

Appendix A

The Bridging Program

The United States Pilates Association, LLC TM (“U.S.P.A. TM”) and the New York Pilates Studio [®] Teacher Certification Program (“Program”) welcome people certified through other reputable Pilates organizations who desire certification in Authentic Pilates TM.

The U.S.P.A. TM recognizes the value of Pilates education from other reputable institutions. Since every approach is different, and our program is very specific in its proven and honored classical tradition, we will do an individual assessment for each applicant, customizing their unique “bridge” program requirements to meet their individual needs as follows:

1. Initial interview & intake meeting with Teacher of Teachers (can be done by phone, or video), however, a direct meeting is preferred.
2. Practical & Oral Q & A, two phase assessment of teaching and performing exercises through the advanced repertoire:
Phase I - mat, reformer, chair
Phase II - cadillac, barrels, Pedi pull, magic circle, weights

Focus on “traditional” endings for beginner, intermediate, and advanced routines will be highlighted. Knowledge of which exercises are beginner, intermediate and advanced will be required. Modifications of the exercises to accommodate physical limitations shall also be highlighted.

This phase shall require a payment of \$100.00 to the U.S.P.A. TM

3. Upon acceptance into the bridge program, an Apprentice Program will be outlined for each applicant by a U.S.P.A. TM Teacher of Teachers/Center Director, emphasizing additional knowledge and review in areas deemed necessary by the U.S.P.A. TM.

Tuition

The assessment will determine tuition. Where the assessment determines the candidate requires more than 300 apprenticeship hours, they will need to apply for full certification.

200 - 300 hours, tuition \$2500.00 (plus up to 50 private lessons with the Center Director.)

1 - 200 hours, tuition \$2,000.00 (plus up to 25 private lessons with the Center Director.)

The hours will be divided up by the Center Director into observation, training and teaching).

Tuition payments shall be payable upon acceptance into the Program.

Private lessons are not included in the cost of tuition. At least two practical exams will be administered at times determined by the Center Director, and there will be a final oral, practical, and written exam once all hours have been completed. The U.S.P.A. TM may also request that the candidate attend one or more system workshops (each 4 days) for a \$250 fee per seminar.

Apprentices in the Program must also attend apprentice meetings at the Certification Center at least once a month. All exams must be passed to achieve certification. Retests shall be given at a cost of \$75.00 per retest; provided that if the final exam is not passed, up to 25 hours of apprenticeship shall be required before the exam is retaken. Apprentices in the Bridge Program will be required to teach at the Center and be observed by the Center Director.

All of the rules, regulations and guidelines set out for Apprentices entering the full Teacher Certification Program shall apply to the Bridge apprentice except as modified by these rules.

Bridge applicants will be free to continue to teach outside of the Certification Center; however, they may not in any way refer to themselves as certified by the Program or use the term Authentic Pilates™ in any manner.

Bridge applicants must complete one continuing education seminar per year as offered by the U.S.P.A™ to maintain certification in the Program.