



PAI Teacher Training Policies, Prices and Procedures
Updated April 2018

Program Information

The Pilates Academy International believes a great Pilates instructor must have three essential skills: a solid understanding of anatomy, biomechanics and postural issues; a strong command of the exercise repertoire, including modifications for all fitness levels; *and* the ability to inspire and motivate clients.

PAI offers a comprehensive Pilates Teacher Training program offering a flexible schedule. This allows you to focus on each individual course to insure confidence as you pursue your passion.

All Populations I courses consist of the first three levels of exercises. All Populations II courses include the last two and most advanced level exercises. This allows flexibility with your schedule and budget.

Program Pricing

COURSE:	COURSE PRICE:	MANUAL PRICE:
ABP	\$599.00	\$50 Manual + \$12.50 study guide + \$50 one-time application-admin. fee *See note below.
APM I	\$1,075.00	\$30
APM II	\$270.00	\$18.50
APR I	\$1,725.00	\$45
APR II	\$630.00	\$30
APCad I	\$1,075.00	\$45
APCad II	\$500.00	\$25
APB I	\$385.00	\$35
APB II	\$220.00	\$20
APCh I	\$615.00	\$35
APCh II	\$420.00	\$25

*All students must have/purchase the Trail Guide to the Body, by Andrew Biel, 5th Edition.

Payment Deadlines

Full payment deadline: Two weeks before the start of the course.

PAI offers payment plans. Please email jenny@pilatesbythebay.com with specific inquiries.

Cancellation Policy

If a student chooses to withdraw from training outside of two weeks prior to the start date, the course cost will be returned to the student with the exception of the \$200 non-refundable deposit. If the student chooses to withdraw from training within the two weeks prior to the start date or after the course begins, no refunds will be given.

PAI has the right to cancel a course with one month notice. In the event of a cancellation, all payments will be returned including the \$200 deposit.

Certification Exam and Fees

The student has one year from the last day of the course to take the certification exam. If the student takes longer than a year, a review hour must be scheduled with a certifying instructor at the rate of \$35-50/hour. This hour serves to insure the student is on track with studying and the information hasn't been lost throughout the year.

Exams for every All Populations I courses includes a written and practical portion. All Populations II includes only a practical. A score of at least 80% is required to pass the written. The practical is graded pass/fail.

The first exam consisting of ABP and the student's first All Populations I course exam is \$225. All subsequent exams or retakes are \$50 per course.

Make-up Hours

It is required that students attend every day of training. If a student has a conflict that cannot be resolved and must miss training hours, the student must notify PAI prior to the course. Make-up course must be scheduled with a certifying instructor at \$35-50/hour. (Note: 3 hours of missed group training does not necessarily equal 3 make up hours. A single student is often able to go through material faster in a one-on-one setting. The number of review hours will be decided by the certifying instructor and PAI directors.)

Outside Class Requirements

Observation Hours: Watch a class, private session, or videos. Taking a class is not considered observation.

Practice Teaching: Practice teaching the exercises on another person.

Personal Study Hours: Study the exercises - exercise design, modifications, breath patterns, muscles involved, etc. Taking class can be considered as personal study hours.

These hours are to be logged and completed before taking the certification test. The logs are turned in on the day of the test.

	Class	Practice Teaching	Observation	Personal Study	Total
ABP	15	-	-	-	-
APM I	35	20	10	10	75
APR I	50	25	15	15	105
APCad I	30	10	10	10	60
APCh I	15	10	10	10	45
APB I	8	4	4	4	20
APM II	5	5	5	5	20
APR II	18	10	10	10	48
APCad II	12	5	5	5	27
APCh II	12	5	5	5	27
APB II	4	2	2	2	10
Totals	204	96	76	76	452