

COURSE DATES 2009

PILATES MATWORK DIPLOMA (INC. LEVEL 3)

MATWORK 1 COURSE		
23 – 25 JANUARY	Module 1a-c	Anatomy and Physiology
7 – 8 FEBRUARY	Module 2	Technique and Teaching
21 – 22 FEBRUARY	Module 3	Technique and Teaching
7 MARCH	Module 4a	Technique and Teaching
8 MARCH	Module 4b	Special Populations - Pregnancy and Seniors
28 MARCH	Examination	Practical Assessment Day
TBC	Examination	Theory Paper (CYQ Level 3)
MATWORK 1 COURSE		
27 – 29 MARCH	Module 1a-c	Anatomy and Physiology
18 -19 APRIL	Module 2	Technique and Teaching
25 -26 APRIL	Module 3	Technique and Teaching
9 MAY	Module 4a	Technique and Teaching
10 MAY	Module 4b	Special Populations - Pregnancy and Seniors
6 JUNE	Examination	Practical Assessment Day
TBC	Examination	Theory Paper (CYQ Level 3)
MATWORK 1 COURSE		
15 – 17 MAY	Module 1a-c	Anatomy and Physiology
6 – 7 JUNE	Module 2	Technique and Teaching
13 – 14 JUNE	Module 3	Technique and Teaching
27 JUNE	Module 4a	Technique and Teaching
28 JUNE	Module 4b	Special Populations - Pregnancy and Seniors
11 JULY	Examination	Practical Assessment Day
TBC	Examination	Theory Paper (CYQ Level 3)
MATWORK 1		
25 – 27 SEPTEMBER	Module 1a-c	Anatomy and Physiology
24 – 25 OCTOBER	Module 2	Technique and Teaching
7 – 8 NOVEMBER	Module 3	Technique and Teaching
21 NOVEMBER	Module 4a	Technique and Teaching
22 NOVEMBER	Module 4b	Special Populations - Pregnancy and Seniors
5 DECEMBER	Examination	Practical Assessment Day
TBC	Examination	Theory Paper (CYQ Level 3)
MATWORK 2 COURSE		
23 – 25 JANUARY	Module 5	Repertoire Analysis
7 – 8 FEBRUARY	Module 6	Teaching Applications



COURSE DATES 2009

PILATES MATWORK DIPLOMA (INC. LEVEL 3) cont.

MATWORK 2 COURSE		
24 – 26 APRIL	Module 5	Repertoire Analysis
23 – 24 MAY	Module 6	Teaching Applications
MATWORK 2 COURSE WEEK INTENSIVE		
20 – 24 JULY	Module 5 and 6	Repertoire Analysis/Teaching Applications
MATWORK 2 COURSE		
18 – 20 SEPTEMBER	Module 5	Repertoire Analysis
17 – 18 OCTOBER	Module 6	Teaching Applications
MATWORK 3 COURSE		
14 – 15 MARCH	Module 7	The Movements
4 – 5 APRIL	Module 8	Review and Class Planning
MATWORK 3 COURSE		
30 – 31 MAY	Module 7	The Movements
20 – 21 JUNE	Module 8	Review and Class Planning
MATWORK 3 COURSE WEEK INTENSIVE		
27 – 30 JULY	Module 7 and 8	The Movements/ Review and Class Planning
MATWORK 3 COURSE		
24 – 25 OCTOBER	Module 7	The Movements
14 – 15 NOVEMBER	Module 8	Review and Class Planning
SUPPORTING MODULES (Required for Level 3 & Pilates Institute Matwork Diploma)		
17 JANUARY	Lecture	Shoulder Girdle and Neck
18 JANUARY	Lecture	Sacroiliac and Hip
31 JANUARY	Lecture	Knee and Foot
7 MARCH	Lecture	Clinical Posture
8 MARCH	Lecture	Healthy Back
28 MARCH	Lecture	Shoulder Girdle and Neck
29 MARCH	Lecture	Sacroiliac and Hip
5 APRIL	Lecture	Knee and Foot
23 MAY	Lecture	Clinical Posture
24 MAY	Lecture	Healthy Back
13 JUNE	Lecture	Shoulder Girdle and Neck
14 JUNE	Lecture	Sacroiliac and Hip
27 JUNE	Lecture	Knee and Foot
5 SEPTEMBER	Lecture	Clinical Posture
6 SEPTEMBER	Lecture	Healthy Back
19 SEPTEMBER	Lecture	Shoulder Girdle and Neck
20 SEPTEMBER	Lecture	Sacroiliac and Hip
24 OCTOBER	Lecture	Knee and Foot