

Wednesday, September 5, 2012

Become a Steele Pilates Certified Instructor!!

Madeline Wilcox, Education Programs Assistant, at 212.625.8369 ext. 209 or mwilcox@dnadance.org

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The Steele Pilates Certification Program at Dance New Amsterdam has been designed to form highly skilled instructors of the Pilates method.

It's mission is to help students become stronger, more confident and financially secure instructors by providing them with the tools, exercises and discipline to teach Pilates. Through this course, they will deepen their understanding of the Method and gain greater mastery of their movements and their lives.

The Steele Pilates Certification Program is created and presented by Teri Lee Steele in partnership with DNA. Teri is a PMA Certified Pilates Instructor and CEC provider. For Teri's bio, please click [HERE](#)

Steele Pilates Mat Certification

The Steele Pilates Mat Certification will teach the principles basic to Pilates and Personal Training. The students will learn how to teach and perform the Pilates Mat Exercise Series in its original order. We will then discuss how, when and why to apply personal training principles to a Pilates session or group class. Modifications and cuing techniques will be discussed, as well as contraindications for special populations.

The Steele Pilates Mat Certification is offered twice per year, once in the fall and once in the spring.

Pre-Requisites

20 Pilates Mat Classes taken no more than six months prior to the start of the course. We recommend the majority of these classes are taken with Teri Lee Steele at Dance New Amsterdam. Log sheets are available through Madeline Wilcox, Education Programs Assistant at mwilcox@dnadance.org

Course Requirements for Certification

Anatomy Lecture

Passing grade on the Anatomy exam (written test)

Full attendance at lecture/demonstration

20 hours - self-practice mat classes

10 hours - observation classes

20 hours - supervised teaching

Passing grade on the Mat exam (written test)

Required Reading

Anatomy of Movement by Blandine C Germain. Available for purchase on [amazon.com](#).

Suggested Reading

The Anatomy Coloring Book by Wynn Kapit and Lawrence M. Elson

Pilates' Return to Life Through Contrology by Joseph H. Pilates and William Miller

Your Health: A Corrective System of Exercising that Revolutionizes the Entire Field of Physical Education by Joseph H. Pilates and Judd Robbins

Fall 2012 Schedule

Anatomy Course: September 14 from 3:00 - 8:00pm

Anatomy Test: September 21 or 22*

Mat Certification Course: September 28, 29, & 30 and October 6 & 7 from 3:00 - 7:00pm

Mat Exam: October 27 or 28*

Practical Test-Out: October 22-26**

*Must be scheduled with Madeline or Teri and taken in the DNA Administrative office. Please allot two full hours for this test.

**Must be scheduled with Teri and taken in the DNA Pilates Room. Please allot 30 minutes for this test.

Fees

Application Fee: \$50

Steele Pilates Mat Certification : \$835

Send the [Steele Pilates Mat Application](#) to Madeline Wilcox, Education Programs Assistant at mwilcox@dnadance.org

For information/questions about the course contact Teri Lee Steele at [dnapilates@gmail.com](#).

Six-Month Advanced Steele Pilates Mat Certification

The only program of its kind in the U.S., the six-month Advanced Steele Pilates Mat Certification has been designed to form highly skilled instructors of the Pilates Method.

The course begins with an introduction to anatomy and body mechanics. Students develop an understanding of skeletal structure, proper joint mobility and proper muscular development to support healthy movement patterns. The history of the Pilates Method will be discussed at length in order to demonstrate how the 1930s methodology was so innovative and why it has become increasingly applicable in recent years.

The course progresses into the Steele Pilates Mat Certification, which teaches the Movement Principals of Pilates and the Core Principal Movements. As students reach a level of proficiency in performing these principals, they will then learn to teach, cue and modify each exercise

for clients ranging from novice to advanced. Special considerations for clients with various injuries, disadvantages or challenges will be discussed. Once the Steele Pilates Mat Certification is completed, students enter into several month-long continuing education courses including Basic/Intermediate/Advanced Stability Ball, Foam Roller, Advanced Mat Exercises with Small Props, Exercise Protocols for the Aging Population and Pre/Post-Natal Pilates.

Candidates who complete the course obtain an Advanced Pilates Mat Teaching Certificate and will be well prepared to create client/goal specific protocols to teach clients privately or in small to large groups. Successful completion of the course will depend upon attendance at all lectures and demonstrations, completion of all course hours and passing marks on all written and practical examinations.

Pre-Requisites

20 Pilates Mat Classes taken no more than six months prior to the start of the course. We recommend the majority of these classes are taken with Teri Lee Steele at Dance New Amsterdam. Log sheets are available through Madeline Wilcox, Education Programs Assistant at mwilcox@dnadance.org

Course Requirements for Certification

Anatomy Lecture

Passing grade on the Anatomy exam (written test)

Full attendance at lecture/demonstration

20 hours - self-practice mat classes

10 hours - observation classes

20 hours - supervised teaching

Passing grade on the Mat exam (written test)

Required Reading

Anatomy of Movement by Blandine C Germain. Available for purchase on amazon.com.

Suggested Reading

The Anatomy Coloring Book by Wynn Kapit and Lawrence M. Elson

Pilates' Return to Life Through Controllogy by Joseph H. Pilates and William Miller

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Fall 2012 Schedule

Anatomy Course: September 14 from 3:00 - 8:00pm

Anatomy Test: September 21 or 22*

Mat Certification Course: September 28, 29, & 30 and October 6 & 7 from 3:00 - 7:00pm

Mat Exam: October 27 or 28*

Practical Test-Out: October 22-26**

Basic Stability Ball CEC: October 2 from 3:00 - 8:00pm

Int/Adv Stability Ball CEC: November 2 from 3:00 - 8:00pm

Adv Mat w/Small props CEC: December 7 from 3:00 - 8:00pm

Foam Roller CEC: January 11 from 3:00 - 8:00pm

Pre/Post Natal CEC: February 1 from 3:00 - 8:00pm

Aging Populations CEC: February 15 from 3:00 - 8:00pm

Practical Final Exam: February 18-22**

Written Final Exam: Must be taken by February 28*

**Must be scheduled with Madeline or Teri and taken in the DNA Administrative office. Please allot two full hours for this test.*

***Must be scheduled with Teri and taken in the DNA Pilates Room. Please allot 30 minutes for this test.*

Fees

Six-Month Advanced Pilates Mat Certification Course

US Students \$3325 International Students \$5195 Previously Certified Instructors: \$2005*

*Previously Certified Instructors, please see below for description of course or email Teri Lee Steel at dnapilates@gmail.com for more information.

U.S. Students

[Application form for U.S. students](#)

[Health Form](#)

Send the complete application to Madeline Wilcox, Education Programs Assistant at mwilcox@dnadance.org by September 7.

For information/questions about the course contact Teri Lee Steele at dnapilates@gmail.com.

International Students

The only program of its kind, the Six-Month Advanced Steele Pilates Mat Certification allows international students to obtain their Pilates certification while on an M-1 student visa.

[Application Form for International Students](#)

[Health Form](#)

Send the complete application to Cassie Bednall, International Student Advisor at cbednall@dnadance.org.

For information/questions about the course contact Teri Lee Steele at dnapilates@gmail.com.

For more information on the International Student Visa Program at DNA click [here](#).

Currently Certified Instructors

Students who have already completed their Mat Pilates Certification with Teri or at another institution, may continue their studies and earn their Advanced Pilates Mat Teaching Certificate. These students will join the Six-Month Advanced Steele Pilates Mat Certification group for all 6 CECs and participate in supervised teaching hours. In addition to your current knowledge of Pilates, the Advanced Mat Certification will give

you additional education in teaching the Mat Series with props as well as the ability to work with a wide variety of clientele.

[Application Form for Currently Certified Instructors](#)
[Health Form](#)

Send the complete application to Madeline Wilcox, Education Programs Assistant at mwilcox@dnadance.org

For information/questions about the course contact Teri Lee Steele at dnapilates@gmail.com.

Refund Policy

The \$150 application fee and the tuition deposit are non-refundable. Requests for refunds of the tuition balance must be submitted in writing before the first day of the program. For international students, the original I-20 form must be returned to DNA before refund will be processed. No refunds will be given after the first day of the program.

For more information contact Madeline Wilcox, Education Programs Assistant at 212.625.8369 ext. 209 or mwilcox@dnadance.org

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