



# PACIFIC COAST PILATES ACADEMY

## **INTENSIVE PROGRAM** **Information Package 2026-2028**

### **The Intensive Program**

The Intensive Teacher Training Program is designed for instructors that have already graduated from an Intermediate Teacher Training Program but are interested in pursuing the Classical Method alongside of the movement education that's being offered by PCPA.

### **Enrollment Requirements**

Prospective students must have graduated from the PCPA Keystone Program or a recognized Intermediate Pilates TTP, be familiar with the Classical Pilates Method and be capable of performing the classical exercises at an intermediate to advanced level.

### **Completion Requirements – 475 hours**

#### **Orientations – 2 hours**

New Student Orientation – 1 hour

Case Study and Special Populations Project Orientation – 1 hour

#### **Lecture Units – 60 hours**

Unit 1 – Level 1 Pilates Exercises + Miscellaneous - 12 hours

Unit 2 – Level 2 Pilates Exercises + Miscellaneous - 12 hours

Unit 3 – Level 3 Pilates Exercises + Miscellaneous - 12 hours

Unit 4 – Level 4 Pilates Exercises + Miscellaneous - 12 hours

Unit 5 – Level 5 Pilates Exercises + Miscellaneous - 12 hours

#### **Movement Education Labs – 36 hours**

The Fundamentals of Pilates – 12 hours

The Link System – 6 hours

Baby Chair to Fine Tune your Reformer Work – 6 hours

Bone Rhythms of the Pelvis, Spine and Shoulder Girdle – 12 hours

#### **Anatomy Unit – 3 hours**

Unit 3 – Advanced Body Anatomy – 3 hours



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## **Pilates Clinics – 15 hours (5 of the following )**

The Nine Lines of Movement  
Taking Root  
Teaching Roadblocks  
Getting to Know your Psoas  
Oppositional Energy

Modifications and Bridge Exercises  
Ball Rolling for Pilates  
Synchronization of the Girdles  
The Stretch & Strength in Pilates  
Spotting and Partnering

## **Internship – 342 hours**

Observations + Lessons = 150 hours (minimum of 75 lessons)  
Personal Practice – 75 hours  
Teaching – 80 hours (80% privates and 20% group classes)  
Case Study – with a focus only on set-up, safety, breath, choreography and  
Transitions – 20 teaching hours  
Special Populations Mini Project – 10 hours  
Miscellaneous – 7 hours

## **Observed Teaching and/or Performance – 5 hours**

Starts after month 6 and it's a combo of what you require and desire the most

## **Exams –12 hours**

Anatomy & Body Rolling Exam – 2 hours  
Mid Program Performance – 1 hour  
Theory Exam – 1 hour  
Comprehensive Exam – 2 hours  
Practice Exams – 3 hours  
Final Exams – 3 hours



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## INTENSIVE PROGRAM FEES

### Enrollment Fees

Application Fee	\$ 50
Assessment Fee	\$ 100
Course Materials (includes lecture workbooks anatomy handouts, FM balls & band, hoodie, bag and insurance coverage)	\$ 600

### Tuition – lessons NOT included

Education (includes lecture units, movement education labs, anatomy units, pilates clinics, observed teaches and/or performance, case study and all internship hours)	\$ 3,950
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### Exam Fees

Anatomy & body rolling, theory, comprehensive, practice & final teaching and performance exams	\$ 1,075
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### EXTRA COSTS

#### Lessons

Observed teaching and performances (above the 5 required in the program)

Textbooks - suggested readings for the program

**The total cost of the program is \$ 3,950 plus gst PLUS enrollment fees of \$750 plus gst, exam fees of \$1,075 plus gst and the cost of lessons, textbooks and observed teaches above the ones required.**



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## INTENSIVE PROGRAM SCHEDULE 2025/2027

Saturday Sept 20 <sup>th</sup>	1:00-4:00pm – Intensive Student Orientation
Saturday Sept 27 <sup>th</sup>	10:00am-4:30pm – Leccture Unit #1
Sunday Sept 28 <sup>th</sup>	10:00am-4:30pm – Lecture Unit #1
Friday Oct 17 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Saturday Oct 25 <sup>th</sup>	10:00am-4:30pm – Lecture Unit #2
Sunday Oct 26 <sup>th</sup>	10:00am-4:30pm – Lecture Unit #2
Friday Nov 14 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Saturday Nov 22 <sup>nd</sup>	10:00am-4:30pm – Lecture Unit #3
Sunday Nov 23 <sup>rd</sup>	10:00am-4:30pm – Lecture Unit #3
Friday Dec 12 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Friday Jan 16 <sup>th</sup> , 2026	1:00-4:00pm – Pilates Clinic
Friday Feb 13 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Friday March 27 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Saturday March 28 <sup>th</sup>	10:00am-4:30pm – Leccture Unit #4
Sunday March 29 <sup>th</sup>	10:00am-4:30pm – Lecture Unit #4
Friday April 17 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Saturday April 25 <sup>th</sup>	10:00am-4:30pm – Movement Education Lab
Sunday April 26 <sup>th</sup>	10:00am-4:30pm – The Fundamentals
Friday May 8 <sup>th</sup>	9:30am-12:30pm –Anatomy Unit #3 1:00-4:00pm – MID PROGRAM PERFORMANCE
Friday May 22 <sup>nd</sup>	1:00-4:00pm – Pilates Clinic
Saturday May 30 <sup>th</sup>	10:00-4:30pm – Lecture Unit #5
Sunday May 31 <sup>st</sup>	10:00-4:30pm – Lecture Unit #5
Saturday June 13 <sup>th</sup>	10:00am-4:30pm – Movement Education Lab
Sunday June 14 <sup>th</sup>	10:00am-4:30pm – Bone Rhythms
Friday June 19 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Friday July 24 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Saturday Sept 12 <sup>th</sup>	10:00am-4:30pm – Movement Education Lab Baby Chair
Sunday Sept 13 <sup>th</sup>	10:00am-4:30pm – Movement Education Lab The Link System



# PACIFIC COAST PILATES ACADEMY

Friday Sept 18<sup>th</sup>

10:00am – ANATOMY EXAM

Friday Oct 16<sup>th</sup>

11:00am-THEORY EXAM

1:00-4:00pm – Pilates Clinic

Saturday Oct 24<sup>th</sup>

PREP EXAMS

Saturday Nov 7<sup>th</sup>

COMPREHENSIVE EXAM

Friday Nov 13<sup>th</sup>

1:00-4:00pm – Pilates Clinic

Friday Dec 11<sup>th</sup>

1:00-4:00pm – Pilates Clinic

Friday Jan 15<sup>th</sup>, 2027

1:00-4:00pm – Pilates Clinic

Saturday Jan 23<sup>rd</sup>

FINAL or PREP EXAMS (with program extension)

Friday Feb 12<sup>th</sup>

1:00-4:00pm – Pilates Clinic

Friday March 12<sup>th</sup>

1:00-4:00pm – Pilates Clinic

Friday April 16<sup>th</sup>

1:00-4:00pm – Pilates Clinic

Saturday April 24<sup>th</sup>

FINAL EXAMS (with program extension)