



PACIFIC COAST PILATES ACADEMY

KEYSTONE PROGRAM **Information Package 2026/2027**

The Keystone Program

The Keystone Teacher Training Program is designed to provide students with a sustained experience of intellectual discovery in the Pilates Method. The Keystone Program coursework, which includes Levels 1 thru 3, plus the materials will lay the foundation for the Pilates Degree.

Enrollment Requirements

Prospective students must be familiar with the Pilates Method and be capable of performing a Level II Repertoire with a minimum of 30 hours of lessons in the Classical Method.

Completion Requirements – 450 hours

Orientations – 2 hours

New Student Orientation – 1 hour

Case Study and Special Populations Project Orientation – 1 hour

Lecture Units – 36 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

Movement Education Labs – 36 hours

The Fundamentals of Pilates – The Ground Work – 6 hours

Breathing and The Pilates Method – 6 hours

The Fundamentals of Pilates – the Work within the Work – 12 hours

Baby Chair to Fine Tune your Reformer Work – 6 hours

Bone Rhythms of the Pelvis, Spine and Shoulder Girdle – 6 hours

Anatomy Units – 4 hours

Unit 1 – Basic Body Anatomy – 2 hours

Unit 2 – Basic Muscles – 2 hours



PACIFIC COAST PILATES ACADEMY

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 – 345 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 – 5 hours
Miscellaneous – 15 hours

Observed Teaching – 3 hours

Starts after month 6 – it's to prepare you for the Teaching Exams

Exams – 9 hours

Anatomy Exam – 1 hour
Mid Program Performance – 1 hour
Theory Exam – 1 hour
Practice Exams – 3 hours
Final Exams – 3 hours



PACIFIC COAST PILATES ACADEMY

KEYSTONE 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)	\$ 500

TUITION – does NOT include lessons

Education (includes lecture units, movement education labs, anatomy units, pilates clinics, case study and all internship hours except lessons)	\$ 3,950
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EXAMS

All Exams required in order to graduate the program (exams listed above)	\$ 850
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EXTRA COSTS

Lessons – privates, semi-privates or groups
Observed teaching and performances (recommended but not required)
Textbooks - suggested readings for the program

The total cost of the program is \$ 3,950 plus gst PLUS enrollment fees of \$650 plus gst , exams fees of \$850 plus gst and the cost of lessons, textbooks and any observed teaches.