



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 – 12 hours

Breathing and The Pilates Method – 6 hours

Baby Chair to Fine Tune your Reformer Work – 6 hours

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

Anatomy Units – 4 hours

Unit 1 – Basic Body Anatomy – 2 hours

Unit 2 – Basic Muscles – 2 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 – 348 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 – 18 hours

Exams – 9 hours

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



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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)	\$ 450

TUITION – does NOT include lessons

Education (includes lecture units, movement education labs, anatomy units, pilates clinics, case study and all internship hours)	\$ 3,650
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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 \$ 3,650 plus gst PLUS enrollment fees of \$600 plus gst , exams fees of \$850 plus gst and the cost of lessons, textbooks and any observed teaches.



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KEYSTONE PROGRAM SCHEDULE 2025/2026

Saturday Sept 20 th	1:00-4:00pm - New Student Orientation
Saturday Sept 27 th	10:00am-4:30pm – Lecture Unit #1
Sunday Sept 28 th	10:00am-4:30pm – Lecture Unit #1
Friday Oct 17 th	1:00-4:00pm – Pilates Clinic
Saturday Oct 25 th	10:00am-4:30pm – Lecture Unit #2
Sunday Oct 26 th	10:00am-4:30pm – Lecture Unit #2
Friday Nov 14 th	10:00am-12:00pm – Anatomy Unit #1 1:00-4:00pm – Pilates Clinic
Saturday Nov 22 nd	10:00am-4:30pm – Lecture Unit #3
Sunday Nov 23 rd	10:00am-4:30pm – Lecture Unit #3
Friday Dec 12 th	10:00-12:00pm – Anatomy Unit #2 1:00-4:00pm – Pilates Clinic
Friday Jan 16 th , 2026	1:00-4:00pm – Pilates Clinic
Friday Feb 13 th	1:00-4:00pm – Pilates Clinic
Sunday Feb 22 nd	10:00am-4:30pm – Movement Education Lab Breathing and Pilates
Friday March 13 th	11:00am – ANATOMY EXAM 1:00-4:00pm – MID PROGRAM PERFORMANCE
Friday March 27 th	1:00-4:00pm – Pilates Clinic
Friday April 17 th	11:00am – THEORY EXAM 1:00-4:00pm – Pilates Clinic
Saturday April 25 th	10:00am-4:30pm – Movement Education Lab
Sunday April 26 th	10:00am-4:30pm – The Fundamentals
Friday May 22 nd	1:00-4:00pm – Pilates Clinic
Saturday June 13 th	10:00am-4:30pm – Movement Education Lab
Sunday June 14 th	10:00am-4:30pm - Bone Rhythms of the Body
Friday June 19 th	1:00-4:00pm – Pilates Clinic
Friday July 24 th	1:00-4:00pm – Pilates Clinic
Saturday July 25 th	PREP EXAMS
Saturday Sept 12 th	10:00am-4:30pm – Movement Education Lab



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Baby Chair

Friday Oct 16th

1:00-4:00pm – Pilates Clinic

Saturday Oct 24th

FINAL or PREP EXAMS (with program extension)

Friday Nov 13th

1:00-4:00pm – Pilates Clinic

Friday Dec 11th

1:00-4:00pm – Pilates Clinic

Friday Jan 15th, 2027

1:00-4:00pm – Pilates Clinic

Saturday Jan 23rd

FINAL EXAMS (with program extension)