



PACIFIC COAST PILATES ACADEMY

CAPSTONE PROGRAM **Information Package 2027/2028**

The Capstone Program

Our Capstone Teacher Training Program builds upon the Keystone Program by taking the knowledge and skills from the Level 1 thru 3 work and integrating it into the more advanced Level 4 and 5 work which finishes out your Pilates Degree.

Enrollment Requirements

Prospective students must have completed either the Pacific Coast Pilates Academy Keystone Teacher Training Program or a Teacher Training Program from an Approved School; be capable of performing and teaching a Level III Repertoire (on both the mat and reformer) and have a minimum of 30 hours of lessons in the Classical Method.

Completion Requirements - 400 hours

Orientation – 2 hours

Advanced Student Orientation – 1 hour

Case Study and Special Populations Project Orientation – 1 hour

Lecture Units – 24 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 – The Ground Work – 6 hours

The Fundamentals of Pilates – The Work within the Work – 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 – 6 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 – 303 hours

Observations + Lessons = 100 hours (minimum of 60 lessons)

Personal Practice – 75 hours

Teaching – 80 hours (80% privates and 20% group classes)

Case Study – teaching a trainee from the Foundational TTP with a focus on gaining a deep understanding of the Level 1-3 Pilates Exercises – 20 hours

Special Populations Project – 10 hours

Miscellaneous – 18 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 and Body Rolling Exam – 2 hours

Mid Program Performance – 1 hour

Theory Exam – 1 hours

Comprehensive – 2 hours

Practice Exams – 3 hours

Final Exams – 3 hours



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CAPSTONE PROGRAM FEES

Enrollment Fees

Application Fee	\$ 50
Assessment Fee	\$ 100
Course Materials (includes lecture workbooks, anatomy handouts, FM balls, hoodie, bag and insurance coverage)	\$ 400

Tuition – lessons NOT included

Education (includes lecture units, movement education labs, anatomy units, pilates clinics, observed teaches and/or performances, case study and all internship hours except lessons)	\$ 3,650
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EXAM FEES

All Exams required in order to graduate the program (exams listed above)	\$ 1,075
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EXTRA COSTS

- Lessons – privates, semi-privates or group
- Observed teaching and performances (above the 5 required in the program)
- Textbooks - suggested reading for the program

The total cost of the program is \$ 3,650 plus gst **PLUS** enrollment fees of \$550 plus gst, exam fees of \$1,075 plus gst and the cost of lessons, textbooks and any observed teaches above the ones required.