



# PACIFIC COAST PILATES ACADEMY

## CAPSTONE PROGRAM

### **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 – 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 – 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 workbook)	\$ 150

### Tuition and Exam Fees – lessons NOT included

Education	\$ 3,925
(includes lecture units, movement education labs, anatomy units, pilates clinics, all exams, observed teaches and/or performances, case study and all internship hours)	

### 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 \$ 3,925 plus gst PLUS enrollment fees of \$300 and the cost of lessons, textbooks and any observed teaches above the ones required.**



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## CAPSTONE PROGRAM SCHEDULE 2026/2027

Saturday March 21 <sup>st</sup>	1:00-4:00pm – Advanced Student Orientation
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
Friday May 22 <sup>nd</sup>	1:00-4:00pm – Pilates Clinic
Saturday May 23 <sup>rd</sup>	10:00-4:30pm – Lecture Unit # 5
Sunday May 24 <sup>th</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
Friday Sept 18 <sup>th</sup>	10:00am – ANATOMY EXAM 1:00-4:00pm – MID PROGRAM PERFORMANCE
Friday Oct 16 <sup>th</sup>	11:00am – THEORY EXAM 1:00-4:00pm – Pilates Clinic
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
Friday Jan 22 <sup>nd</sup>	COMPREHENSIVE EXAM
Saturday Jan 23 <sup>rd</sup>	PREP EXAMS



# PACIFIC COAST PILATES ACADEMY

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 or PREP EXAM (with program extension)

Saturday July 24<sup>th</sup>

FINAL EXAMS (with program extension)