



## FORM PILATES ACADEMY STUDENT APPLICATION

### Student Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

I am applying for (check all that apply):

- Comprehensive Mat Pilates Teacher Training: January 15<sup>th</sup> – March 14<sup>th</sup>, 2021
  - January 15<sup>th</sup>, 2021: 4:30pm – 7pm
  - January 16<sup>th</sup>, 2021: 9am - 5pm
  - January 17<sup>th</sup>, 2021: 9am - 5pm
  - January 23<sup>rd</sup>, 2021: 9am - 5pm
  - January 24<sup>th</sup>, 2021: 9am – 4pm
  - February 5<sup>th</sup>, 2021: 4:30pm – 7pm
  - February 6<sup>th</sup>, 2021: 9am - 5pm
  - February 7<sup>th</sup>, 2021: 9am - 5pm
  - February 20<sup>th</sup>, 2021: 9am - 5pm
  - February 21<sup>st</sup>, 2021: 9am - 5pm
  - February 26<sup>th</sup>, 2021: 4:30pm - 6pm
  - February 27<sup>th</sup>, 2021: 9am - 5pm
  - February 28<sup>th</sup>, 2021: 9am - 5pm
  - March 14<sup>th</sup>, 2021: 4:30p – 7pm (Final Exam)



- Comprehensive Equipment Pilates Teacher Training: **March 20<sup>th</sup> – July 25<sup>th</sup>, 2021**
  - March 20<sup>th</sup>, 2021: 9am - 5pm
  - March 21<sup>st</sup>, 2021: 9am - 5pm
  - March 26<sup>th</sup>, 2021: 5pm - 7pm
  - March 27<sup>th</sup>, 2021: 9am - 5pm
  - March 28<sup>th</sup>, 2021: 9am - 5pm
  - April 9<sup>th</sup>, 2021: 4:30pm – 7pm
  - April 10<sup>th</sup>, 2021: 12pm – 5:30pm
  - April 11<sup>th</sup>, 2021: 9am – 4:30pm
  - April 30<sup>th</sup>, 2021: 4:30pm – 6pm
  - May 1<sup>st</sup>, 2021: 12:30pm – 6pm
  - May 2<sup>nd</sup>, 2021: 9am – 5pm
  - May 15<sup>th</sup>, 2021: 12:30 – 6pm
  - May 16<sup>th</sup>, 2021: 9am – 4:30pm
  - May 29<sup>th</sup>, 2021: 12:30pm – 6pm
  - May 30<sup>th</sup>, 2021: 9am – 5pm
  - June 5<sup>th</sup>, 2021: 12:30 – 5:30
  - June 6<sup>th</sup>, 2021: 9am – 4pm
  - June 11<sup>th</sup>, 2021: 4:30pm – 6pm
  - June 12<sup>th</sup>, 2021: 2:30 pm – 6:30pm
  - June 13<sup>th</sup>, 2021: 9am – 4:30pm
  - June 26<sup>th</sup>, 2021: 12:30pm – 6:30pm
  - June 27<sup>th</sup>, 2021: 9am – 5pm
  - July 10<sup>th</sup>, 2021: 12:30pm – 5:30pm
  - July 11<sup>th</sup>, 2021: 9am – 3:30pm
  - July 23<sup>rd</sup>, 2021: 4:30pm – 6pm
  - July 24<sup>th</sup>, 2021: 12:30pm – 6:30pm
  - July 25<sup>th</sup>, 2021: 9am – 4:30pm

If invited, I can be available to audition on (check all that apply):

- November 21, 2020
- November 22, 2020



Application Fee

I am aware that I must create a Mind Body Online account with Form Body Lab prior to submitting my application, and save my credit card information on file. I hereby grant Form Pilates Academy permission to deduct the application fee of \$250.00 CAD from the saved credit card. I understand that my application will not be read until the application fee has been processed. I understand that the application fee associated with submitting my application to enrol in Form Pilates Academy is non-refundable, regardless of acceptance into the program. I understand that submitting an application to enrol in Form Pilates Academy does not guarantee entry into the program.

Unforeseen Circumstances/COVID-19

I am aware that unforeseen circumstances and/or circumstances related to the COVID-19 pandemic may require the modification, postponement or cancellation of any training program I may be accepted to. Form Body Lab's goal is to proceed with the training and will take reasonable steps to modify or postpone training sessions as necessary in response to any such circumstances to allow me to complete the training program, but that circumstances may also require Form Body Lab to cancel all or remaining portions of the training entirely. In any case of modification or postponement I understand and agree that Form Body Lab shall have no obligation to refund me any fees I may have paid for the training. If the training program is cancelled, Form Body Lab will provide a pro-rated refund for fees paid for training sessions that were cancelled. In any case, I understand that Form Body Lab shall not be responsible or liable to me in any way for any claims, costs, damages or expenses I may suffer or claim to suffer as a result of any modification, postponement or cancellation of the training.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



### Written Application

Please complete each of the questions below in 250 words or less. Submit your responses in PDF format via email to [academy@formbodylab.com](mailto:academy@formbodylab.com).

1. Why do you want to become a Pilates Instructor?
2. What is your movement background?
3. What is your education background?
4. How long have you been practicing Pilates?
5. What do you believe makes a great Pilates Instructor?
6. Why have you chosen to train with Form Pilates Academy?
7. What do you hope to gain from this course?
8. Do you plan to teach Pilates, or are you taking this course to further your understanding and deepen your Pilates practice?
9. How did you hear about our program?



## FORM PILATES ACADEMY PHYSICAL READINESS SCREENING

Pilates Teacher training is a physically demanding process, and requires full and active participation in order to become certified. Participants will be required to physically practice all exercises in the Pilates repertoire throughout the course and pass the final exam. These exercises require a tremendous amount of strength and skill to perform at the Instructor level; therefore, a significant amount of practice is required throughout the course. The Pilates exercises include being in prone and supine positions for extended periods (lying on your tummy and back), spinal extension, flexion, and rotation. Please help us to ensure your safety, and the safety of other students, by answering the following questions as truthfully as possible:

1. Do you have any current or ongoing injuries or conditions of any kind that may affect your ability to participate and complete the training program, including your ability to practice:

- pelvic floor work
- varied core work
- poses lying on your stomach, back, sides for extended periods
- spinal mobilisation
- inversion

- Yes
- No

1.a If Yes, please detail the restrictions and/or limitations that result from any injuries or conditions below (*You may attach a separate page if necessary to fully explain*)



Signature: \_\_\_\_\_

Date: \_\_\_\_\_