



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 15th – March 13th, 2021

Mat Level 1:

- Friday Jan. 15TH : 5-7pm
- Saturday, Jan. 16th : 9am-5pm
- Sunday Jan. 17th : 9am – 4pm
- Saturday, Jan. 23rd : 9am – 4pm
- *Friday, Feb. 5th : 5pm – 7pm (Mat Level 1 Exam & Practice Hours)*

Mat Level 2:

- Saturday, Feb. 6th : 9am – 5pm
- Sunday, Feb 7th : 9am – 4pm
- Saturday, Feb. 20th : 9am – 5pm
- *Friday, Feb. 26th : 5pm – 7pm (Mat Level 2 Exam & Practice Hours)*

Mat Level 3:

- Sunday, Feb. 21st : 9am - 4pm



- *Friday, Feb. 26th : 5pm – 7pm (Mat Level 2 Exam & Practice Hours)*
- *Saturday, Feb. 27th : 9am – 5pm*
- *Sunday, Feb. 28th : 9am -4pm*
- *Friday, March 12th : 5pm – 7pm (Level 3 Exam & Practice Hours)*
- *Saturday, March 13th : 12pm – 4pm (Practice Teaching)*
- ***Sunday, March 14th : time TBD | FINAL MAT EXAM***

- Comprehensive Equipment Pilates Teacher Training: **March 19th – July 18th, 2021**

Reformer 1-3:

- *Friday, Mar 19th : 5pm – 7pm*
- *Saturday, March 20th : 9am – 4pm*
- *Sunday, March 21st : 9am – 4pm*
- *Saturday, March 27th : 9am – 4pm*
- *Sunday, March 28th : 9am – 4pm*
- *Friday, April 9th : 5pm – 7pm (Reformer Level I Written Exam + Practice Teaching)*
- *Saturday, April 10th : 9am – 4pm*
- *Sunday, April 11th : 9am – 4pm*
- *Friday, April 16th : 5pm – 7pm (Reformer Level II Written Exam + Practice Teaching)*
- *Friday, April 23rd : 5pm – 7pm (Reformer Level III Written Exam + Practice Teaching)*



Cadillac:

- Saturday, Apr 17th : 9am – 4pm
- Sunday, April 18th : 9am – 3pm
- *Friday, April 23rd : 5pm – 7pm (Reformer Level III Written Exam + Practice Teaching)*
- Saturday, April 24th : 9am – 4pm
- Sunday, April 25th : 9am – 3pm
- *Friday, May 14th : 5pm – 7pm (Cadillac Written Exam + Practice Teaching)*

Chair:

- Saturday, May 15th : 9am – 4pm
- Sunday, May 16th : 9am – 3pm
- Saturday, May 29th : 9am – 4pm
- *June 4th : 5pm - 7pm (Chair Written Exam + Practice Teaching)*

Barrel:

- Sunday, May 30th : 9am – 3pm
- *June 4th : 5pm - 7pm (Chair Written Exam + Practice Teaching)*
- Saturday, June 5th : 9am – 4pm
- Sunday June 6th : 9am – 4pm
- *Friday June 11th : 5pm – 7pm (Barrel Written Exam + Practice Teaching)*

Auxiliary Equipment + Teaching Methods:

- Saturday, June 12th : 9am – 3pm
- Sunday, June 13th : 9am – 3pm
- *Friday, June 25th : 5pm – 7pm (Auxiliary Written Exam + Practice Teaching)*
- *Saturday, June 26th : 12pm – 4pm (Supervised Practice Teaching / Final Exam Prep.)*
- *Sunday, June 27th : 12pm – 4pm (Supervised Practice Teaching / Final Exam Prep.)*
- ***Saturday, July 17th – Sunday, July 18th : FINAL APPARATUS PRACTICAL + WRITTEN EXAMS***



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

- ☐ Virtually ☐ In-person

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 Body Lab permission to deduct the application fee of \$125.00 CAD from the saved credit card. I understand that my application will be verified prior to payment being taken, and that a full review of my application will not be conducted 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 Pilates Academy'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 Pilates Academy and 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.

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: _____