

Fletcher®

PILATES

**PROGRAM OF STUDY
CATALOG**

Catalog Effective Fall 2017

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Fletcher Pilates® Program of Study

Our Mission

In body, breath, mind and spirit we preserve and advance the inspired evolution of Body Contrology, the work of Joseph and Clara Pilates as articulated by our Master Teacher, Ron Fletcher. As he mentored and taught us, so we will teach and mentor others in the artistic transformation that leads from strength to balance to grace. We embody excellence and professionalism as guides on the journey that is the legacy of this work.

We inspire
excellence and
professionalism
in each
generation
of Pilates
Teachers.

About Fletcher Pilates®

The international Pilates revolution owes much of its momentum to Ron Fletcher. A 20-year student and protégé of Joseph and Clara Pilates, Fletcher's organic, movement-based approach to the original Pilates method has inspired generations of Pilates teachers and practitioners. Much of the existing Program of Study structure and syllabus date back to 1999 with the inception of the Body Works Studio Pilates Teacher Program in Tucson, Arizona. In January 2003, The Ron Fletcher Program of Study® was formed, further clarifying the Fletcher Pilates® lineage. In 2007, the Program of Study went through a second progressive transformation in which the syllabus was further refined and the structure both clarified and simplified, to form the Comprehensive Program. Beginning in Fall of 2013, The Ron Fletcher Program of Study® became the Fletcher Pilates® Comprehensive Program in its third progressive transformation. The Fletcher Pilates® Program of Study has grown to include the Preparatory Course, the Comprehensive Program, which includes the Foundational and Professional Programs, licensing courses, and continuing education courses.

Fletcher Pilates® Faculty and Administration

Owner and Director of Fletcher Pilates, Inc.®
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Mexico

Alma Garcia

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Programs & Courses

The Fletcher Pilates® Program of Study is the most comprehensive and definitive international Pilates educational program of its kind. The multi-dimensional Comprehensive Program is the only teacher-training program to be fully endorsed by Ron Fletcher. The Program of Study includes the Preparatory Course, the Comprehensive Pro-gram, which includes the Foundational and Professional Programs, licensing courses, and continuing education courses.

What We Offer

Preparatory Course

30 hours over 8 - 10 weeks

The Fletcher Pilates® Preparatory Course is designed to give students an overview of the Fletcher Pilates® syllabus, from a student's point of view. Based on Ron Fletcher's philosophy of "knowing movement in the body," the Prep Course encourages experiencing each piece of movement before learning to teach it. Structured as a 30-hour course, the Prep Course is the most efficient and affordable means of reviewing the beginning to intermediate Fletcher Pilates® syllabus. The Preparatory Course is a prerequisite of the Foundational Program.

Comprehensive Program

Foundational and Professional Programs

The Fletcher Pilates® Comprehensive Program is designed to give participants a thorough understanding of the complete Fletcher lineage of the Pilates method and to instill an understanding of how to teach Fletcher Pilates®. Our Comprehensive Program is divided into the Foundational and Professional Programs. Upon successful completion of the Foundational Program, students receive a Fletcher Pilates® Qual-

ified Teacher Certificate and are eligible to seek employment as Pilates teachers in studio, clinic, fitness and other settings. Our Professional Program expands upon this range of knowledge to include to the full Fletcher Pilates® syllabus and curriculum further developing teaching and movement skills to be successful as a full-time Pilates professional. Graduates of this Program receive a Fletcher Pilates® Professional Teacher Certificate. The complete range of Pilates apparatus is incorporated as well as signature Fletcher Pilates® techniques in both levels of the Program.

Foundational Program

(480 educational hours, with an additional 180 hours of prerequisites, evaluations, mentoring and homework)

The Fletcher Pilates® Foundational Program is designed to give participants a thorough understanding of the complete Fletcher lineage of the Pilates method, and to instill an understanding of how to teach Fletcher Pilates®. The program incorporates the full range of Pilates apparatus, as well as Fletcher Pilates® Matwork and the signature Fletcher Towelwork®, Fletcher Spine Corrector™, Fletcher Barrework™, Fletcher Floorwork® and Fletcher Percussive Breath™ techniques.

Prerequisite Hours

It is essential for participants to learn and know the Fletcher Pilates® method and technique in their own bodies before learning to teach this work to others. Applicants are required to complete at least 30 private sessions and the Fletcher Pilates® Preparatory Course before entering the Foundational Program. The Fletcher Pilates® Preparatory Course can be substituted by 30 hours of private sessions or group classes if the Prep Course is unavailable. The full pre-requisite process generally takes three to six months of concentrated study. Prerequisite requirements will be modified for those who

have completed another comprehensive Pilates teacher training program. If you do not live near a Faculty member, you may prepare to enter the Foundational Program by studying with any of our Fletcher Pilates® Qualified Teachers.

Entrance Evaluation and Interview

Each student is required to complete an Entrance Evaluation demonstrating basic understanding of the beginning/intermediate syllabus as well as the Pilates Movement Principles and Fletcher Fundamentals. Students also participate in an entrance interview during which faculty assess the student's preparedness to enter the Foundational Program and also communicate results of the Entrance Evaluation. If needed, a specific preparation plan for entering the Foundational Program can also be determined through these meetings. Ideally, this Evaluation is one of required prerequisite private sessions or must be paid for separately.

Classroom Hours

(120 hours)

The Foundational Program is taught in four 5-day sessions, spread out over the course of 8 months. International Programs may be taught in two 10-day sessions. Attendance is mandatory. Class-room hours offer class-based direct instruction from Fletcher Faculty. The first two sessions cover the fundamental Fletcher Pilates® techniques. The last two sessions continue education through intermediate techniques and focus on teaching the student-teacher to approach the Fletcher Pilates® syllabus as a movement program.

Each Session includes teaching and discussion of the movements, structured group classes and opportunities for student teaching. Each session also includes an Anatomy Discussion, Teaching Labs, Daily Discussions and guided opportunities to explore movement—putting the technique in to practice. Subjects covered during the coursework sessions of the Program include: Foundations of Pilates Instruction, Basic Anatomy and Body Mechanics, History and Philosophy of Pilates, and Ethics and Lo-

gistics. Texts include: Return to Life Through Contrology, by Joseph H. Pilates; Trail Guide to the Body by Andrew Biel; and excerpts from Every Body is Beautiful, by Ron Fletcher.

Assessments

(Included in Classroom hours)

Assessments designed to assist in enhancing the learning process are included in each of the classroom session. A practical performance assessment is included in each session. A casework assessment is included in Sessions III and IV. An anatomy assessment is included in each session. All assessments must be passed by a rate of 70%, or a plan for progress will be implemented to ensure student's success in the remainder of the Program.

Participation Practicum

(140 hours)

Between Classroom Session, students are required to complete 4-5 hours weekly, or a minimum of 140 total, Participation Hours as follows:

1. Between Sessions I and II: 40 Participation Hours
2. Between Sessions II and III: 40 Participation Hours
3. Between Sessions III and IV: 30 Participation Hours
4. Between Sessions IV and the Evaluation Session: 30 Participation Hours

The practicum portions of the Program are direct study supervised by Fletcher Pilates® Qualified Teachers. These hours must be logged and initialed by the Fletcher Pilates® Qualified Teacher, on the Weekly Logs.

Participation hours include private and semi-private sessions, group classes and self and group practice hours.

It is strongly advised that at least 2 of the weekly participation hours include private or semi-private sessions and/or group classes with a Qualified Teacher.

Observation/Assisting Practicum

(100 hours)

Throughout the program, students are required to complete 4-5 weekly, or a minimum of 100 total, Observation and Assisting Hours as follows:

1. Between Sessions I and II: 40 Observation Hours
2. Between Sessions II and III: 30 Observation/Assisting Hours
3. Between Sessions III and Session IV: 30 Assisting Hours

These hours must be logged and initialed by a Qualified Teacher on the Weekly Logs.

For international programs where Pilates professionals are unavailable for observation, the Program Director and Director of Education will construct alternative requirements meeting the needs of the student, while maintaining the quality of the student's education.

Assigned Homework

(80 hours)

Independent Study

(40 hours)

Homework includes reading and writing assignments, as well as creative problems and group projects that must be completed as assigned. Students are advised to study the work and memorize the program material following each session, as well as prepare material for upcoming sessions. These hours are considered separate from Participation Practicum hours.

Anatomy Study

(40 hours)

Anatomy Study is a directed independent study that utilizes the text and workbook, Trail Guide to the Body. Assignments are listed in the Anatomy section of the Program manual and must be completed prior to each classroom session. An assessment of the material is administered each session. Discussions further connecting the anatomy study to the practice of Pilates are integrated into the classroom sessions.

Foundational Mentoring

(20 hours)

Each student will be assigned an advisor to mentor them through the program process. Student/Advisor communication is scheduled as follows:

Weekly communication:

The student is responsible to touch base with their advisor on a pre-determined weekly basis throughout the Program to review progress and to answer questions. This weekly communication may take place by phone or by e-mail.

Monthly communication:

The student is responsible for scheduling one longer in-person meeting with their advisor on a monthly basis throughout the Program to review progress, answer questions, and have the Weekly Logs initialed. This monthly communication must take place face-to-face.

Additional meetings may be scheduled to address specific needs or issues, as needed, throughout the Program.

Casework Teaching Practicum

(120 hours)

Casework is the student-teaching internship phase of the Program. The Teaching Practicum (casework hours) allows students to practice and apply their skills while working with actual clients under the supervision of a Pilates teaching professional. Student-teaching casework hours follow successful completion of all required hours through classroom Session II. Assessment of the student Casework process occurs periodically.

Private Session Casework Hours

(100 hours)

During the first phase of Casework, focused on programmatic development, students are required to take 3 practice clients through 20 private sessions each (10 each between Session II and III and 10 each between Session III and IV) utilizing the set structure presented in the Program. These hours must be logged and initialed by a Qualified Teacher on the Weekly Logs.

During the second phase of Casework, focused on assessment-based teaching, students are required to teach an additional 40 private sessions, between Session III and the Evaluation Session, to 2 new practice clients, utilizing the set structure presented in the Program. These hours must be logged and initialed by a Qualified Teacher on the Weekly Logs.

Group Class Casework Hours

(20 Hours)

Student-teachers are required to teach 20 hours of group classes as part of their Casework process. During these classes, they may utilize any aspects of the Fletcher Pilates® syllabi. Please consider identifying a low-income group or charitable organization that would enjoy and benefit from group Fletcher Pilates® classes.

Final Evaluation Session

(20 Hours)

The Final Evaluation Session takes place within two months of completing the four Classroom Sessions. Students must have also completed at least 80% of required Participation Practicum, Observation Practicum, and Casework Teaching Practicum hours prior to completing the Final Evaluation Session. All hours must be complete before a student can receive a certificate.

The Final Evaluation includes review sessions, written, performance, and practical teaching evaluations covering the material presented throughout the Program. Students must pass the Final Evaluations to successfully complete the Foundational Program.

Students that have successfully completed the Foundational Program are eligible to sit for the Pilates Method Alliance National Certification Exam to become PMA Certified Pilates Teachers. All are encouraged to become members of the Pilates Method Alliance, the only non-profit professional organization for Pilates.

Additionally, it is highly recommended that students continue into the Fletcher Pilates® Professional Program to further develop their teaching skills and complete the Comprehensive Program in its entirety.

Professional Program

(330 educational hours, with an additional 70 hours of mentoring and homework)

The Fletcher Pilates® Professional Program provides advanced understanding of Fletcher Pilates® methods. The Professional Program is ideal for students that complete the Foundational Program or the Fletcher Pilates® Bridge Program. Graduates of the Professional Program receive a Fletcher Pilates® Professional Teacher Certificate.

Prerequisite Hours

Students must complete one of two options for admission to the Professional Program:

1. Fletcher Pilates® Foundational Program
2. Fletcher Pilates® Bridge Program along with 10 private sessions with a Fletcher Pilates® Teacher

Classroom Hours

(120 hours)

The Professional Program is taught in four, 5-day sessions, spread out over the course of 8 months or in two 10-day sessions. Attendance is mandatory. Class-room Hours offer class-based direct instruction from Fletcher Faculty.

Each Session includes teaching and discussion of the movements, structured group classes and opportunities for student teaching. Each session also includes Anatomy Discussions, Teaching Labs, Daily Discussions and guided opportunities to explore movement - putting the technique in to practice. Subjects covered during the coursework sessions of the Program include: Foundations of Pilates Instruction, Anatomy and Body Mechanics, Philosophy of Pilates, Ethics and Logistics, and Business and Legal Aspects of Pilates. Texts include: Return to Life Through Contrology, by Joseph H. Pilates; Taking Root to Fly by Irene Dowd; and excerpts from Every Body is Beautiful, by Ron Fletcher. Additional teaching materials may be added at the discretion of the Program Director.

Assessments

(Included in Classroom hours)

Assessments designed to assist in enhancing the learning process are included in each of the classroom session. All assessments must be passed by a rate of 70%, or a plan for progress will be implemented to ensure student's success in the remainder of the Program.

Participation Practicum

(120 hours)

Students are required to complete 5 weekly, or a minimum of 120 total Participation Hours:

1. Between Sessions I and II: 40 Participation Hours
2. Between Sessions II and III: 40 Participation Hours
3. Between Sessions III and IV: 40 Participation Hours

The practicum portions of the Program are direct study supervised by Fletcher Pilates® Qualified Teachers. These hours must be logged and initialed by the Fletcher Pilates® Qualified Teacher, on the Weekly Logs.

Participation hours include private and semi-private sessions, group classes and self and group practice hours.

It is strongly advised that at least 2 of the weekly participation hours include private or semi-private sessions and/or group classes with a Qualified Teacher.

Observation/Assisting Practicum

(optional)

Throughout the program, students are encouraged to take advantage of any opportunity to observe other Fletcher Pilates® Teachers teaching. While not a requirement, most students find it helpful to seek out specific observation opportunities that focus specifically on their particular teaching challenges. These hours should be logged and initialed by a Qualified Teacher on the Weekly Logs.

Assigned Homework

(50 hours)

Independent Study

(20 hours)

Homework includes reading and writing assignments, as well as creative problems and group projects that must be completed as assigned. Students are advised to study the work and memorize the program material following each session, as well as reviewing material for upcoming sessions. These hours are considered separate from Participation Practicum hours.

Anatomy Study

(30 hours)

Anatomy Study is a directed independent study that continues Anatomy Study from the Foundational Program. Lessons are assigned during Classroom Sessions and assessment of the material is administered each session. Discussions further connecting the anatomy study to the practice of Pilates are integrated into the classroom sessions.

Professional Mentoring

(20 hours)

Each student will be assigned an advisor to mentor them through the program process.

Student/Advisor communication is scheduled as follows:

Weekly communication:

The student is responsible to touch base with their advisor on a pre-determined weekly basis throughout the Program to review progress and to answer questions. This weekly communication may take place by phone or by e-mail.

Monthly communication:

The student is responsible for scheduling one longer in-person meeting with their advisor on a monthly basis throughout the Program to review progress, answer questions, and have the Weekly Logs initialed. This monthly communication must take place face-to-face.

Additional meetings may be scheduled to address specific needs or issues, as needed, throughout the Program.

Casework Teaching Practicum

(90 hours)

Private Session Casework Hours

(90 hours)

Students are required to teach 90 hours of private sessions focused on the material presented in Program classroom sessions. These hours must be logged and initialed by a Qualified Teacher on the Weekly Logs.

Group Class Casework Hours

(optional)

Students are encouraged to teach group classes as part of their Casework process. The Classroom Sessions will include activities that relate to group class teaching even though the Group Class casework is not required. Group classes may utilize any aspects of the Fletcher Pilates® syllabi. Please consider identifying a low-income group or charitable organization that would enjoy and benefit from group Fletcher Pilates® classes.

Final Evaluation

Students must complete at least 80% of required Participation Practicum, Observation Practicum, and Casework Teaching Practicum hours prior to attending a Final Evaluation Session. All hours must be complete before a student can receive a certificate.

Students can attend any evaluation session within a year of completing the classroom hours for evaluation. At least two Evaluation sessions will be scheduled each year. Students should register their attendance in advance on the Fletcher Pilates website.

The Final Evaluation includes, written, performance, and practical teaching evaluations covering the material presented throughout the Program. Students must pass the Final Evaluations to successfully complete the Professional Program.

Beyond the Program

Graduates appreciate the quality of the Fletcher lineage of Pilates and enjoy its benefits when entering the Pilates community as teaching professionals. Fletcher Pilates® Inc. provides a support system for Program graduates: a network of teachers and studios with employment opportunities throughout the country and world.

Students that have successfully completed the Professional Program are encouraged to sit for the Pilates Method Alliance National Certification Exam to become PMA Certified Pilates Teachers. All are encouraged to become members of the Pilates Method Alliance, the only non-profit professional organization for Pilates.

Fletcher Pilates® Bridge Process

Pilates teachers interested in studying the Fletcher Pilates® method and earning a Fletcher Pilates® Qualified or Professional Teacher Certificate will need to complete the Fletcher Pilates® Foundational Program as a Bridge student and then may enter the Professional Program. The Bridge process is ideal for students from other Pilates lineages and schools. Students that have completed a program that meets the approval criteria of the Pilates Method Alliance Registry of Schools are eligible to enroll as a Bridge student in any of our Foundational Programs. Bridge students must complete 10 private sessions prior to starting the Program.

Bridge students must complete the following learning units from the Foundational program:

- Classroom Sessions (I-IV) 120 hours
- Participation Practicum 140 hours
- Observation optional
- Casework 120 hours
- Mentoring 20 hours
- Evaluation 20 hours

Fletcher Pilates® Intensive Licensing Course (Continuing education)

(28 hours over 5 days)

The Fletcher Pilates® Intensive is an in-depth Fletcher experience focused on specific aspects unique to Fletcher Pilates®. This course is primarily designed for comprehensively trained teachers from other Pilates lineages and schools to experience and license to teach Fletcher Towelwork®, Fletcher Floorwork®, and Fletcher Barrework™.

Continuing Education Courses

Our Fletcher Pilates® Continuing Education Courses are designed to provide ongoing CEC opportunities for Qualified Teachers and Licensed Providers. Course offerings are also available to fitness and Pilates professionals of other schools and lineages, including personal trainers and physical therapists. Courses include the following:

- Advanced Intensive (28 hours over 5 days)
- Matwork Licensing Course (28 hours over 5 days)
- Graduate Immersion Course (28 hours over 5 days)
- Spine Corrector (7 hours over 1 day)
- Ped-i-Pul (7 hours over 1 day)
- Wise Hands: Hands-on Techniques for Pilates Teachers (7 hours over 1 day)
- Guillotine (7 hours over 1 day)
- Hard Roller (7 hours over 1 day)
- Magic Circle (7 hours over 1 day)
- Youth Program Development (7 hours over 1 day)

Comprehensive Program Hour Breakdown

Foundational Program

Total Program hours: 660 hours

Prerequisite Hours

- Fletcher Pilates® Preparatory Course: 30 hours
- Private sessions: 30 hours

- 10 months (+ 5 months of prerequisites)
- Four 5-day Classroom Sessions
- 1 Evaluation Session
- 10-12 hrs/week Practicum/Casework hours
- 2-3 hrs/week Anatomy Study and Homework

Classroom Sessions 120 hours	Four 5-day sessions (or two 10-day sessions for some international programs)—attendance is mandatory
Participation Practicum 140 hours	<ol style="list-style-type: none"> 1. 40 hours between sessions I and II 2. 40 hours between sessions II and III 3. 30 hours between sessions III and IV 4. 30 hours between sessions IV and Evaluation <p>*Participation hours must be logged and signed by the Faculty Mentor</p>
Observation/ Assisting Practicum 100 hours	<ol style="list-style-type: none"> 1. 40 observation hours between sessions I and II 2. 30 observation/assisting hours between sessions II and III 3. 30 assisting hours between sessions III and IV <p>*Observation and Assisting hours must be logged and signed by the Faculty Mentor</p>
Casework 120 hours	<ol style="list-style-type: none"> 1. 30 hours of Private Session casework between sessions II and III 2. 50 hours of Private Session casework between sessions III and IV 3. 20 hours of Private Session casework between sessions IV and the evaluation session 4. 20 hours of Group Class casework between sessions III and the evaluation session
Anatomy Study 40 hours	Independent study with assignments due before classroom sessions
Foundational Mentoring 20 hours	Weekly meetings with Mentor to review progress and address questions
Assigned Homework 40 hours	Independent study of Program material, assignments related to casework preparation and Classroom Session activities.
Evaluations	<p><i>Program Evaluations</i></p> <ol style="list-style-type: none"> 1. Practical performance assessments during all classroom Sessions 2. Casework assessment during Sessions III and IV 3. Anatomy assessment during all classroom Sessions
	<p><i>Final Evaluation: 20 hours</i></p> <ol style="list-style-type: none"> 1. Written examination 2. Performance Evaluations 3. Practical Teaching Evaluations

Comprehensive Program Hour Breakdown

Professional Program

Total Program Hours: 400
(not including prerequisites)

Prerequisites

- Foundational Program or
- Fletcher Pilates® Bridge Program

- 8 months
- 4 five-day Classroom Sessions
- 10-12 hrs/week Practicum/Casework hours
- 2 hrs/week Anatomy Study and Homework

Classroom Sessions 120 hours	Four 5-day sessions (or two 10-day sessions)—attendance is mandatory
Participation Practicum 120 hours	<ol style="list-style-type: none"> 1. 40 hours (5hrs/week) between sessions I and II 2. 40 hours (5hrs/week) between sessions II and III 3. 40 hours (5hrs/week) between sessions III and IV <p>*Participation hours must be logged and signed by the Faculty Mentor</p>
Observation Practicum (optional) 100 hours	Observation is encouraged but not required. Any observation hours should be logged
Casework 90 hours	<ol style="list-style-type: none"> 1. 30 hours of Private Session casework between sessions I and II 2. 30 hours of Private Session casework between sessions II and III 3. 30 hours of Private Session casework between sessions III and IV 4. Group Class casework-optional
Assigned Homework 50 hours	<p>Independent study: 20 hours</p> <p>Anatomy Study: 30 hours</p>
Professional Mentoring 20 hours	Weekly meetings with Mentor to review progress and address questions
Evaluations	<p><i>Final Evaluation:</i></p> <ol style="list-style-type: none"> 1. Written examination 2. Performance Evaluations 3. Practical Teaching Evaluations

Tuition Information and Refund Policy Program Costs

Comprehensive Program

(Foundational and Professional Programs)

810 hours, with an additional 250 hours of pre-requisites, evaluations, and homework.

Tuition: \$10,000 (US)

- Includes all classroom and mentoring hours
- Includes manuals and Pilates texts (\$600 US)

Additional Costs to Consider:

- Fletcher Pilates® Preparatory Course - \$1,500 (US)
- Prerequisite private sessions – cost varies approx. \$2000 (US)
- Monthly Studio Fee - cost varies range \$750-\$3000 (US)

(Covers independent studio usage as well as observation/assisting hours at your Fletcher Pilates® studio.)

- Anatomy textbooks – approx. \$200 (US)
- Fletcher Pilates Towel – \$40 (US)
- CPR training – cost varies approx. \$40 (US)
- Liability Insurance – cost varies approx. \$160 (US)
- Ongoing Private Sessions (optional)
- If necessary, Travel/Room/Board for Classroom and/or Evaluation Sessions
- Professional membership to the Pilates Method Alliance upon completion of the Program

(A student membership is provided to each student by Fletcher Pilates as part of the PMA's Fostering Future Professionals program.)

Foundational Program Only

480 hours, with an additional 180 hours of pre-requisites, evaluations, and homework.

Tuition: \$7,500 (US)

- Includes all classroom and mentoring hours
- Includes manuals and Pilates texts (\$300 US)

See Additional Costs to Consider under Comprehensive Program

Professional Program Only

330 hours with an additional 70 hours of evaluations and homework

Tuition: \$5,000 (US)

- Includes all Classroom hours and Mentoring hours
- Includes Manuals and Pilates texts

See Additional Costs to Consider under Comprehensive Program

Payments

Payments can be made to Fletcher Pilates® in the form of a credit card through the online registration system. Cash or check payments may be arranged through the Program Administrator, if necessary.

Comprehensive Program:

Regular payment option:

1. Four payments of \$2500 due quarterly, beginning one month prior to the start of the Program (two months prior for International Programs.)
2. Studio Practicum fee ranging from \$750-\$1500 is due prior to the start of classes.

Studio fees are paid to the studio and not to the school.
3. Tuition and fees payments received after the payment deadline will be subject to a \$50 late fee.

Extended payment option:

1. Eleven payments of \$950 due monthly, beginning one month prior to the start of the Program (two months prior for International Programs.)
2. Studio Practicum fee ranging from \$750-\$1500 is due prior to the start of classes.

Studio fees are paid to the studio and not to the school.
3. Tuition and fees payments received after the payment deadline will be subject to a \$50 late fee.

Foundational Program only:

Regular payment option:

1. Three payments of \$2500 due quarterly, beginning one month prior to the start of the Program (two months prior for International Programs.)
2. Studio Practicum fee ranging from \$750-\$1500 is due prior to the start of classes.

Studio fees are paid to the studio and not to the school.
3. Tuition and fees payments received after the payment deadline will be subject to a \$50 late fee.

Extended payment option:

1. Eight payments of \$950 due monthly, beginning one month prior to the start of the Program (two months prior for International Programs.)
2. Studio Practicum fee ranging from \$750-\$1500 is due prior to the start of classes.

Studio fees are paid to the studio and not to the school.
3. Tuition and fees payments received after the payment deadline will be subject to a \$50 late fee.

Professional Program only:

Regular payment option:

1. First payment of \$2500 due one month prior to the start of the Program (two months prior for International Programs)
2. Second payment of \$2500 due one month prior to the start of Session III (two months prior for International Programs)
3. Studio Practicum fee ranging from \$zero-\$1200 is due prior to the start of classes.

Studio fees are paid to the studio and not to the school.
4. Tuition and fees payments received after the payment deadline will be subject to a \$50 late fee.

Extended payment option:

1. Five payments of \$1000 due monthly, beginning one month prior to the start of the Program (two months prior for International Programs.)
2. Studio Practicum fee ranging from \$zero-\$1200 is due prior to the start of classes.

Studio fees are paid to the studio and not to the school.
3. Tuition and fees payments received after the payment deadline will be subject to a \$50 late fee

Fletcher Pilates® Bridge Student Tuition

\$7500 Comprehensive Program (\$5000 Foundational Program only)

Regular payment option:

1. Three payments (two for Foundational only) of \$2500 due quarterly, beginning one month prior to the start of the Program (two months prior for International Programs.)
2. Studio Practicum fee ranging from \$zero-\$1500 is due prior to the start of classes.

Studio fees are paid to the studio and not to the school.
3. Tuition and fees payments received after the payment deadline will be subject to a \$50 late fee.

Extended payment option:

(only available for Comprehensive Program):

1. Eight payments of \$950 due monthly, beginning one month prior to the start of the Program (two months prior for International Programs.)
2. Studio Practicum fee ranging from \$zero-\$1500 is due prior to the start of classes.

Studio fees are paid to the studio and not to the school.
3. Tuition and fees payments received after the payment deadline will be subject to a \$50 late fee.

International Programs

Tuition information and payment options may vary for international programs. Should you need clarification, contact Fletcher Pilates.

Course Costs

Preparatory Course \$1500

Continuing Education Courses

Intensive Licensing Course \$1500
 Advanced Intensive..... \$1500
 Matwork Licensing \$1500
 Graduate Immersion..... \$1500
 Spine Corrector \$300
 Ped-i-Pul \$300
 Wise Hands \$300
 Guillotine..... \$300
 Hard Roller \$300
 Magic Circle \$300
 Youth Program Development \$300

**Early registration discount of 20% available up to 30 days before course start date.*

**Retake price is 50% of normal registration prices.*

See retake policy on page 19.

Cancellation and Refund Policy

Three-Day Cancellation — an applicant who provides written notice of cancellation within three days (excluding Saturday, Sunday, and federal or state holidays) of signing an enrollment agreement is entitled to a refund of all monies paid. No later than 30 days of receiving the notice of cancellation, the School shall provide the 100% refund.

Other Cancellations — an applicant requesting cancellation more than three days after signing an enrollment agreement and making an initial payment, but prior to entering the School, is entitled to a refund of all monies paid, minus a \$100 administrative fee. Applicants who are rejected by the institution or international students whose visa applications are rejected, are entitled to a full refund of all tuition monies paid.

Refund After the Commencement of Classes

1) Procedure for withdrawal date:

- A student choosing to withdraw from the School after the commencement of the Program or Course is to provide written notice to the Director of the School. The notice is to indicate the expected date of withdrawal and should be signed and dated by the student.
- A student will be determined to be withdrawn from the institution if the student has not attended any required hours for 30 consecutive days.
- All refunds will be issued within 30 days of the determination of the withdrawal date.

2) Tuition Charges

- Tuition charges will be determined based upon the percentage of the clock hours attempted. The percentage of the clock hours attempted is determined by dividing the total number of clock hours elapsed from the student's start date to the student's withdrawal date, by the total number of clock hours in the Program, less a \$100 administrative fee.

- Tuition refunds will be issued within 30 days of the date of student written notification, or date of School determined withdrawal due to absences or other criteria as specified in School catalog.
- Tuition refunds are determined as follows: Before the beginning of classes, the student is entitled to a refund of 100% of the tuition, less a \$100 administrative fee. After the commencement of classes, the tuition refund amount shall be determined based on the percentage of clock hours attempted as follows:
 - a) 10% or less, the School may keep 10% of the tuition charged and will refund 90%.
 - b) More than 10% and up to 20%, the School may keep 20% of the tuition charged, and will refund 80%.
 - c) More than 20% and up to 30%, the School may keep 30% of the tuition charged, and will refund 70%.
 - d) More than 30% and up to 40%, the School may keep 40% of the tuition charged, and will refund 60%.
 - e) More than 40% and up to 50%, the School may keep 50% of the tuition charged, and will refund 50%.
 - f) More than 50%, the School may keep 100% of the tuition charged, and no refund is due.

3) Books and supplies: there is no refund for equipment, books and supplies received by the student.

4) Special cases: in case of prolonged illness or accident, death in the family, or other circumstances that make it impractical for the student to complete the Program, the School may make a settlement which is reasonable and fair.

Holder in Due Course Statement

Any holder of this consumer credit contract is subject to all claims and defenses which the debtor could assert against the seller of goods or services obtained pursuant hereto or with the proceeds, hereof. Recovery hereunder by the debtor shall not exceed amounts paid by the debtor (FTC Rule effective 5/14/76).

Program Cancellation Policy

Fletcher Pilates® may cancel a Course or Program due to insufficient enrollment or illness. In the unlikely event that this occurs, notice of cancellation will be sent to registered students at least 14 days prior to Program / Course scheduled start date. If Fletcher Pilates cancels a Program or Course, all tuition paid (including deposits) will be refunded within 30 days following the scheduled Program or Course start date. Enrolled students will be automatically eligible for the next Program / Course start date. Program application fees will not be refunded.

Financial Aid

The Fletcher Pilates® Program of Study offers up to three tuition scholarships (either full or half) annually to University of Arizona Dance Majors in good academic standing. The Fletcher Pilates® Tuition Scholarship application will be made available on the Fletcher Pilates website each year:

<http://www.fletcherpilates.com>.

Applicants should carefully review the eligibility and application requirements prior to submitting the scholarship application.

Additionally, University of Arizona Dance students can receive a 50% tuition discount for some programs. To receive this discount, the student must provide proof of enrollment in the University of Arizona School of Dance, and proof of good academic standing as defined by the University of Arizona. Proof of enrollment and good academic standing can be located in the student center of uaccess.arizona.edu and may be printed and submitted to the Program Administrator. Students who provide adequate proof of the above will be discounted the Preparatory Course and/or Comprehensive Program by 50%.

No other discounts or financial assistance are offered at this time.

Tuition Collection

If a student fails to pay tuition within the determined due dates, the student's account will be considered delinquent. The Program Administrator will contact the student regularly regarding their account status and will determine the reason for the delinquent tuition. The student is responsible for updating the Program Administrator of any extraneous circumstances or financial issues concerning his/her failure to deliver payment. If the student has not settled his/her account by 1 week prior to Program commencement, the student will be informed that they will not be admitted to any Program sessions. If the student settles their account prior to the commencement of the Program, they will be admitted to all required Program hours covered by his/her payment. If the student has not settled their account before 30 days after Program commencement and has not attended any required Program hours, the student will be administratively withdrawn from the Program.

Admissions Requirements and Procedures

Fletcher Pilates® considers all applicants equally, regardless of gender, age, race, sexual orientation, religion, national origin or disability.

1. Applicants must be at least 18 years of age and have a high school diploma or equivalent. A fitness and/or movement therapy background is recommended and previous study of anatomy and physiology is helpful.
2. Applicants must submit a completed application to Fletcher Pilates® along with their non-refundable application fee and all requested supporting materials listed on the application.
3. Applicants must submit documented completion of prerequisite hours prior to starting a Program. These include a minimum of 30 private sessions, and the Preparatory Course. If the Preparatory Course is unavailable for any reason, it may be substituted with 30 private sessions or group classes with a Fletcher Pilates® Qualified Teacher. A list of Qualified Teachers may be found at www.fletcherpilates.com.
4. Applicants must participate in an Entrance Evaluation and Interview. The Entrance Evaluation is required to demonstrate breadth and depth of knowledge, proficiency in basic movement patterns as well as a knowledgeable level of kinesthetic awareness. The interview is designed to give the applicant personal and specific guidance in fulfilling the entrance requirements and to answer any questions the applicant might have.
5. Upon acceptance, applicants must complete the Enrollment and Registration Process.

Learning Joseph Pilates' method of Body Contrology is a transformative process. In order to teach this transformative process to someone else you must have experienced it yourself. Applicants must demonstrate a physical and psychological willingness to participate in this process to succeed in the endeavor to become a Fletcher Pilates® Qualified Teacher. Through the application, the Entrance Evaluation and interview the applicant should demonstrate:

- Physical readiness and ability — kinesthetic awareness and a physical fitness level able to integrate the Program syllabus;
- A positive work ethic — focus, self motivation, and determination are all necessary components to help successfully fulfill the requirements of this Program;
- Academic ability — the ability to integrate knowledge on many levels;
- Financial and personal stability — this Program requires a 10-24 month commitment of time and energy as well as financial commitment. Be prepared financially and personally to complete the Program.

When all entrance requirements have been successfully completed, the candidate may be recommended for the Comprehensive Program. Final approval for enrollment is at the discretion of the Program Director.

Students with Special Needs

All students are upheld to the aforementioned admission requirements and evaluation process. Any student with special needs who fulfills the above requirements may discuss with his/her Faculty, Director of Education, and Program Director regarding any necessary accommodations that best facilitates student progress through the Program.

Transfer of Credit Policy

Fletcher Pilates®, Inc. does not accept transfer of credit from any other institution, course, or examination. If a student has previously completed another comprehensive Pilates training program, which is defined by the Pilates Method Alliance as a program with a duration of 450 hours, the student must submit proof of completion to be considered for experiential credit. A certificate of completion or a transcript will suffice as proof of completion. If the student is able to provide proof of completion, he/she may be given experiential credit towards prerequisite requirements or other program requirements as deemed appropriate by the Program Director and Director of Education. Previous Pilates education will be reviewed by the Program Director and Director of Education on a case-by-case basis.

Fletcher Pilates, Inc. does not guarantee that any other institution will accept study completed in the Comprehensive Program for either transfer credit or experiential credit.

Attendance Policy

Foundational and Professional Program students are expected to fully attend every Session, and 100% attendance is required for Program completion. Faculty are responsible for tracking the attendance of the student on the Student Tracking Form. Students will be required to make up any missed instruction, excused or unexcused, on their own time and at their own expense, in a timely fashion. Fletcher Faculty and the Director of Education establish what constitutes as make-up work depending on the individual student's circumstances.

Student Conduct

Students are expected to conduct themselves in a respectful and ethical manner. A student's conduct throughout their Program provides the teachers an opportunity to evaluate the student's professionalism and ability to relate to

people, vital skills as a Pilates Teaching Professional. Any conduct that might jeopardize the Fletcher Pilates Program of Study or the reputation of Fletcher Pilates will be cause for dismissal. Attending class while under the influence of alcohol or illegal drugs is cause for immediate dismissal. Failure to pay tuition in a timely manner is cause for dismissal. Students who have been dismissed will not be re-enrolled.

Fletcher Pilates® Class Protocol

The purpose of our class protocol is simply to create the best possible learning environment for our students to receive the greatest benefit from their Fletcher Pilates® studies.

1. TO ASSIST THE TEACHER TO SEE YOUR BODY ALIGNMENT, please wear black, form-fitting clothing such as a leotard, leggings, one-piece unitard or close fitting t-shirt and shorts. Please no jazz or yoga pants, bare midriffs, thongs, stripes, patterns or large, obvious logos. We recommend a form fitting sweater or another layer for changes in room temperature.
2. TO ASSIST THE TEACHER TO SEE YOUR CERVICAL ALIGNMENT, please wear your hair away from your face and up off the neck. Buns and ponytails should be groomed so that you can place your head flat while laying supine.
3. TO ENHANCE FOOT ARTICULATION AND PLACEMENT AND TO AVOID SLIPPING, please do not wear shoes or socks in the movement space.
4. IN CONSIDERATION OF OTHERS please avoid wearing strong perfumes and essential oils during class. Use of deodorant is encouraged.
5. FOR SAFETY, please minimize jewelry in class.
6. FOR SAFETY, KEEP POSSESSIONS OFF THE FLOOR AND EQUIPMENT SPACE. This includes water bottles, cell phones, addi-

tional clothing, etc. During Comprehensive Program events, notes are permitted during lecture and review sessions.

7. IN RESPECT OF OTHERS, PLEASE TURN OFF CELL PHONES AND PAGERS DURING CLASS. You may check messages during the breaks. In rare situations, we allow those with family constraints to keep their phone in the room and ask that they place their phone on “vibrate” and leave the room to take the call.
8. RECORDING DEVICES OF ANY KIND ARE NOT ALLOWED.
9. OBSERVATION / AUDITING IS NOT ALLOWED WITHOUT PERMISSION.
10. IN RESPECT OF OTHERS, PLEASE BE ON TIME. It is a good plan to be dressed and ready at least 10 minutes before class begins. If you arrive late, please wait outside and join class at the first break. If you need to leave class for personal reasons, please leave with discretion for the sake of your fellow students and teacher.
11. TO AVOID DISTRACTING THE CLASS, please avoid fidgeting and do not talk in class while the teacher is presenting. If you have a question, please ask at the appropriate moment such as between movement sequences. If the question is not relevant to the situation, the teacher may choose to address this with you during the break.
12. PLEASE DO NOT ASSIST. There are assistants who are professionally trained and have been specifically asked to do so.

Withdrawal Policy

Students who withdraw, for any reason, from either the Foundational or Professional Programs after the commencement of classes must submit a signed and dated letter stating reasons for withdrawal and expected last date of attendance to their primary Faculty and the Program Administrator. Refunds will be calculated in accordance to the Program of Study Refund Policy.

A student will be administratively withdrawn from the Program if the student has not attended any required Program hours for 30 consecutive days.

Re-enrollment Policy

Students that wish to re-enroll may submit a written proposal to do so within 24 months of their withdrawal. Students may only re-enroll if they have completed Sessions I and II. They will have the opportunity to restart the Program on the next start date.

Students that do not submit a proposal for re-enrollment within 24 months of their withdrawal must reapply to the Program.

Additional study, at the student's expense, may be requested by the Fletcher Faculty or Program Director to ensure the student's readiness to re-enter the Program.

Extension Policy

An extension allows for a student to supplement their progress in the Program through independent study at their own expense. Extensions may be requested upon completion of all Classroom Sessions and when additional practice is required prior to the Evaluation.

A student may request an extension by submitting their request in writing to their primary Faculty. The request should be a signed and dated letter stating the reason(s) for requesting an extension. All extensions must be approved by the Program Director and the student's primary Faculty. Extensions will be granted for no more than 1 year for the Foundational Program and 1 year for the Professional Program.

Retake Policy

Students and/or graduates from the Foundational and/or Professional Program may elect to repeat portions of a Program. In order to do so, they must contact their primary Faculty to gain permission. There are several situations in which retaking Programs may take place:

1. Students that withdraw from the Foundational Program after completing Sessions I and II.
2. Students that withdraw from the Professional Program after completing Sessions I and II.
3. Students with an approved extension may choose to retake Classroom Sessions before completing the Evaluation.
4. Program graduates that wish to review material may retake by the Session.

Retake Guidelines

- Cost — Once the Program Director and primary Faculty member have granted permission, students will be approved for a discounted tuition rate of 50%.
- Students choosing to retake must be attentive to all Program policies and procedures.

Student Grievance Procedure

The Program Director recognizes that student issues may arise from time to time. In order to address concerns in an orderly and timely fashion, the following procedure has been established.

For students to resolve concerns or if they believe their rights have been violated, they should first attempt to resolve their problems at the appropriate level:

- To resolve issues regarding classroom instruction, please contact your primary Faculty
- To resolve personal issues, please contact your Faculty Mentor
- For issues regarding the Program of Study in general, please contact the Program Administrator
- If the concern is not resolved at this level, students have 30 days to contact the Directors by submitting a written request to the Program Administrator. This written request should outline the problem, including dates, times and places that are relevant to the issue

- At this point, the Director will inform the Faculty that a written complaint has been filed against him or her
- The Faculty will submit a written response to the complaint
- The Director will review the documents submitted and choose an appropriate response or course of action
- The Program Director will notify the student, in writing, of the resolution to the complaint within 30 days of the submission of a written request.

If the complaint cannot be resolved after exhausting the Program of Study grievance procedure, students may file a complaint with the Arizona State Board for Private Post-Secondary Education. Students must contact the State Board for further details. The State Board address is:

1400 W. Washington, Room 260
Phoenix, AZ 85007
602-542-5709 • www.azppse.gov

Grading Policy

Written assessments, performance assessments and practical assessments are administered periodically throughout the duration of the Programs. Proficiency standards are set at a minimum of 70% mastery in each area. Students will participate in the final performance, written and practical assessments after completing all 4 Classroom Sessions and at least 80% of all required Participation Practicum, Observation Practicum, and Casework hours. This evaluation process will determine the student's readiness to exit their program successfully.

Assessment reports, exam results, and transcripts are maintained in the student's permanent records. Students may request to schedule a meeting to review and discuss progress or exam results. Only after a student has completed all required hours and achieved 70% mastery on all assessments and evaluations, will the student receive his/her Fletcher Pilates Teacher certificate

Progress Policy

Fletcher Pilates students are expected to comply with all attendance and evaluation requirements outlined in this catalog. If a student fails to comply with any of the above, he/she is issued a written warning to immediately remedy the issue. If the issue is not resolved through the written warning, the student is subject to the process below.

If a student is not sufficiently progressing in his/her understanding of the material intellectually or kinesthetically, and/or does not reach the quantitative or qualitative standards determined as satisfactory academic progress for the Fletcher Pilates® Foundational, Professional or Bridge Programs, a Plan for Progress is implemented. The qualitative and quantitative standards are as follows:

1. Students must attend all Program session hours or make up required hours as stated in attendance policy;
2. Students must complete the designated number of hours prior to taking evaluations or commencing Casework as stated in Comprehensive Program description and hour breakdown;
3. Students must reach the 70% proficiency standard on assessments and evaluations.
4. Students must complete the Program within 200% of its published length as stated in the Program Hour Breakdowns.

If the student is not in compliance with any of the above standards, a Plan for Progress is drafted by the primary Faculty and approved by the Director of Education and/or Program Director. The written Plan for Progress is presented to the student, at which time the Faculty and student sign the document. According to the timeline specified in the Plan for Progress, the Faculty re-evaluate the student for compliance to the standards. If the student is accepted as meeting standards upon reevaluation, the student continues in the Program as scheduled. If the student is not in compliance, the Faculty recom-

mends withdrawal or extension. The student is reinstated in accordance with the Re-enrollment Policy.

Student Records

Permanent records for all students are maintained in the administrative office. These include admission forms, progress and exam results, and logs submitted to verify lab hours. Students may request at any time to schedule a meeting to view their records. Student records are considered confidential information and personally identifiable information will only be released with the student's written permission except in the following instances:

1. To authorized state and local education authorities.
2. To school officials, including teachers, who are determined to have a legitimate educational interest.
3. Name, address, telephone, email address, and dates of attendance may be distributed on a student contact sheet. Students who would not like their information included may request so in writing with their enrollment agreement.

Placement Assistance

Fletcher Pilates does not guarantee job placement after completion of its Programs.

Fletcher Pilates provides a support system for graduates as well as a network of teachers and studios with employment opportunities throughout the country and around the world, including job listings available on the Fletcher Pilates® website. Graduates have an established mentoring network that supports continual learning and ongoing professional development through the Fletcher Pilates Continuing Education Courses.

Services & Calendar

Student Services

- Mentoring/advising is available throughout the Program.
- Tutoring is available when needed. Additional costs may apply.
- A professional library containing a wide collection of texts, videotapes, and additional resources is available to all students throughout the course of study.

Facilities

Each facility hosting a Foundational and/or Professional Program has adequate space for number of students enrolled, not to exceed 20 students and a 1:10 student/teacher ratio. Each facility has adequate mirrors, illumination, and equipment, including but not limited to: one per student each of Fletcher Braided Towels, Magic Circles, Spine Correctors, and Pilates Mats; and at least one Fletcher Reformer, Fletcher Chair, Cadillac, Ped-i-Pul, High Barrel, and Ballet Barre.

Each facility hosting a course has adequate space for number of students enrolled, not to exceed 40 students and a 1:20 student/teacher ratio. Each facility has adequate mirrors, illumination, and pieces of equipment necessary for the specified course content.

Program Calendar

All Comprehensive Program schedules can be accessed on the Fletcher Pilates website, www.fletcherpilates.com. For a complete listing of courses and Programs, please refer to the website or contact the office at (888) 732-8884.

The School and all services are closed on the following holidays: Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day and New Years Day.

Arizona Comprehensive Program Calendar

2017

Professional Program - Classroom Sessions

Sessions I & II: September 15-24, 2017

Sessions III & IV: December 1-10, 2017

2018

FoundationI Program - Classroom Sessions

Session I: January 3-7, 2018

Session II: March 14-18, 2018

Session III: May 16-20, 2018

Session IV: July 18-22, 2018

Evaluations: September 20-23, 2018

2019

FoundationI Program - Classroom Sessions

Session I: January 9-13, 2019

Session II: March 20-24, 2019

Session III: May 22-26, 2019

Session IV: July 17-21, 2019

Evaluations: September 4-6, 2019

Professional Program - Classroom Sessions

Sessions I & II: September 6-15, 2019

Sessions III & IV: December 6-15, 2019