

Application Form

Pilates Unlimited - Independent Instructor Training Programme

Please enter your information in the text boxes in CAPITAL LETTERS

PERSONAL DETAILS

Name	<input type="text"/>
Address	<input type="text"/>
	<input type="text"/>
Phone	<input type="text"/>
Mobile	<input type="text"/>
Email	<input type="text"/>
Date of Birth	<input type="text"/>

PRIOR PILATES EXPERIENCE

Name of instructor(s) who taught you Pilates	<input type="text"/>
Name of Studio where you have studied Pilates	<input type="text"/>
Studio Address	<input type="text"/>
	<input type="text"/>
Date Started	<input type="text"/>
Date Completed	<input type="text"/>
Instructor's Signature	<input type="text"/>

Pilates Independent Instructor Training Programme (IITP)

Application Form

Pilates Unlimited - Independent Instructor Training Programme

PILATES UNLIMITED

takapuna beach

PRIOR PILATES EXPERIENCE

How often do you work out?

What is your understanding of the main concepts of the Pilates Method?

How many Pilates sessions have you done in the past 6 months?

Application Form

Pilates Unlimited - Independent Instructor Training Programme

PILATES UNLIMITED

takapuna beach

MEDICAL HISTORY

Have you ever
suffered physical
injuries in the past?
If yes, give details

Are you recovering from
any physical injuries?
If yes, give details

Have you ever
undergone surgery?
If yes, give details

Have you ever suffered
from a serious illness?
If yes, give details

Do you currently take
any medications?
If yes, give details

Please list any major
hospitalisations with
dates and treatments.

Application Form

Pilates Unlimited - Independent Instructor Training Programme

PILATES UNLIMITED

takapuna beach

OTHER RELEVANT DETAILS

Please describe why you want to become a certified Pilates instructor.

Please describe what you plan to do when you achieve certification.

Explain what teaching experience you have.

Application Form

Pilates Unlimited - Independent Instructor Training Programme

PILATES UNLIMITED

takapuna beach

OTHER RELEVANT DETAILS

List past/present occupations, including outstanding achievements in your career.

Outline how you intend to complete the requirements including how many hours per week you will be able to commit to the program.

CHECKLIST

To apply for enrolment in Romana's Pilates Certification Course, the applicant will also need:

- Please tick
- A minimum of 75 sessions of prior Authentic Pilates experience, logged on a prior session log, each session signed by the session's certified Pilates instructor
 - Competence with the various apparatus at a good intermediate level
 - Completed Romana's Pilates application form
 - Current résumé
 - Two letters of recommendation
 - Doctor's release
 - Recent photograph

PAGE 5/6

www.romanaspilates.co.nz

Application Form

Pilates Unlimited - Independent Instructor Training Programme

PILATES UNLIMITED

takapuna beach

OTHER RELEVANT DETAILS

Please refer to the Training Brochure for all information pertaining to the required seminars, three phases of the apprenticeship, exams and hours that must be completed before attaining certification. If any part of this is unclear please feel free to speak to the studio training director/ office manager. Do not rely on word of mouth of other apprentices or instructors in regarding to these policies.

All teaching methods used at Pilates Unlimited are consistent with those used at all other Romana's Pilates Training Centers. As outlined in our Training Brochure, the entire process of your training is to be completed in a 12-month period from your first seminar.

However, if you are approaching the end of your 12 months and feel that you may not finish your hours and complete all your tests required, you must schedule a meeting with the training director to assess the situation and your progress.

Teaching at other locations prior to certification, unless given consent, will result in an immediate dismissal from the training program. Please be aware that when you complete all exams and gain full certification, apprentices are not guaranteed employment with this studio.

It is vital that you adhere to the techniques and procedures you learn at this studio, even after commencing work at other locations.

By signing this document I certify this statement as true and understand all rules and regulations.

Print Name _____

Signature _____ Date _____