

## ***Itemized Hourly Requirements***

### **25 / Private or Semi-Private Duet Lessons**

(8) of these sessions can be with Austin

### **50 / Apparatus Classes**

(15) of these can be with Austin

### **25 / Mat Classes**

### **48 / Apprentice Lab**

These meetings will offer a deep dive into the exercise repertoire on all apparatus and discussions to both anticipate and answer all your questions.

### **120 / Independent Workouts**

As an apprentice you receive key studio use privileges and will be provided a key. You are welcome to use the equipment whenever you like with the understanding client hours have priority use.

### **50 / Assistant Teaching / Co-teaching**

These guided teaching experiences offer an opportunity to approach client problems in real time together. This is both a chance to assist me with my clients, leading them through a series and offering a second set of hands for tactile cueing, and a chance for me to assist you with your clients.

### **150 / Observation**

(25) of these can be with Austin

### **150 / Practice Teaching**

Both volunteer and paying clients count toward this category

## **9 / Teaching and Performance Assessments**

- Performance Assessments
  - Mat
  - Reformer
  - Auxiliary
- Teaching Assessments
  - 1-2 mid-program private lesson assessments
  - (2) different bodies selected by me for private lessons
  - (1) small group apparatus class
  - (1) Mat class

Cost: \$720

## **32 / Workshops and Master Classes**

Includes Foundations Reformer & Mat and Athletic Reformer & Mat twice each

## **91 / Flexible Hours**

These hours are designed to allow you to learn in the way you do best as an individual. You can use them however you'd like with approval. Some ways others have used these hours in the past include:

- Reading *Return to Life* and *Your Health* (required)
- Observing and taking classes/workshops/lessons with Voltage's guest teachers
- Additional hours in any of the other categories
- Designing workouts for your clients

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## **Mission Statement**

I endeavor to preserve the depth of Joe Pilates' method of body and mind conditioning known as Contrology and foster your unique voice as a teacher by offering an immersive mentorship following the traditional apprenticeship model. In committing to fully learning this work as a system, we are continuing a tradition that changes people's lives through holistic wellness, empowering those we teach to take ownership of their bodies and health.

## **Goals of the Program**

- Become fluent in the bulk of Pilates repertoire- on every piece of apparatus- with a focus on the "Joe" exercises
- Teach both Private Lessons and small group classes that effectively meet students' needs
- Build a framework to design balanced workouts that actively and intelligently progress our students
- Confidently approach new bodies and new exercises that we can easily make sense of because of our strong framework
- Develop problem-solving skills that evolve our students' strength and mobility rather than adapt to existing limitations
- Effectively communicate changes we are asking for without inhibiting movement or creating frustration

## **Pre-Requisites**

- Pass an assessment by the Foundations of Mat and Reformer workshop weekend (<https://www.voltagepilates.com/apprentice-assesment>)
  - Be able to demonstrate a sense of familiarity and ownership of the foundational Reformer exercises
- Be in good physical health with no serious injuries
  - Questionable mental health is both accepted....and possibly required 😊

## **Cost**

- Tuition for the program is \$10,000 and is all-inclusive of your requirements.
- A payment plan is welcome: (11) monthly payments of \$833 and a (12<sup>th</sup>) final payment \$837

## **Timeline**

- Requirements are expected to be complete anywhere between 12 to 18 months.
- Finishing sooner is not beneficial as the minimum year of experience is equally important to completing the requirements.
- It is more common and quite normal to spend closer to 18 months completing the program.
- Extensions are available for health issues and extraordinary life circumstances and must be approved by Lindsey.
- If the program is not complete after 18 months, a \$250 monthly charge will be assessed until completion.
- Enrollment in and/or completion of the program does not guarantee employment at Voltage Pilates.

## **Studio Privileges**

Certificate-seeking apprentices receive studio keys in order to utilize the studio to the fullest. You are welcome to work out and practice teaching whenever you'd like as long as it doesn't interfere with the studio's schedule. We all work together and adjust our usage to prevent the studio from feeling crowded. Classes and lessons on the schedule have priority over our personal workouts and practice teaching.

When you receive your key, you will sign a key agreement.

## **Austin**

You'll notice above that some hours with Austin count toward your certification. He has been with Voltage since 2018 and is an excellent teacher. Everyone should take advantage of working him as his teaching style is different than mine but no less effective. Also, he's just a cool person.

## **Practice Teaching and Paid Clients**

At the beginning of your apprenticeship, you will practice teaching on volunteers- maybe your friends and family, maybe some volunteers from our brave Voltage clientele. We do not allow volunteers to be charged for these sessions for ethical and safety reasons. With more experience and competency, you will be assessed and approved to take paying clients for your practice teaching hours.

At Voltage, we charge clients \$35 per private lesson and pay the apprentice \$20 per private lesson. The first ten charged hours of teaching are unpaid to help cover studio costs such as marketing materials and credit card processing fees during their time as an apprentice.

Apprenticeship at Voltage Pilates does not assume or guarantee joining our teaching team upon completion of certification.

## **Insurance**

All apprentices must carry liability insurance. Two companies I have personally used are:

Hiscox

[https://www.hiscox.com/small-business-insurance/professional-business-insurance/health-and-wellbeing/fitness-insurance?medium=tsa&\\_vsrefdom=p.3.c.23033&leadorigin=SEM\\_Generic\\_Google&gclid=CjwKCAjwmeilBhA6EiwA-uaeFSOmYUQZZPFQFNTwdLiFfu-Huq1B8ziKJXmIFsmrJgXIU7ZUzsA81BoC0aIQAvD\\_BwE&gclidsrc=aw.ds](https://www.hiscox.com/small-business-insurance/professional-business-insurance/health-and-wellbeing/fitness-insurance?medium=tsa&_vsrefdom=p.3.c.23033&leadorigin=SEM_Generic_Google&gclid=CjwKCAjwmeilBhA6EiwA-uaeFSOmYUQZZPFQFNTwdLiFfu-Huq1B8ziKJXmIFsmrJgXIU7ZUzsA81BoC0aIQAvD_BwE&gclidsrc=aw.ds)

and Lockton

<https://locktonpersonaltraininginsurance.com/coverage/pilates-instructor-liability-insurance/>

You of course may use any insurance company you prefer. Please just include Voltage Pilates as "additional insured."

## **Studio Etiquette**

Our goal as apprentices is to be immersed into the studio environment without disrupting the flow or the focus of the sessions. These etiquette guidelines are implied at most studios and the same I follow when I am visiting elsewhere.

Help keep the studio tidy by cleaning equipment and putting things away as you see needed.

No talking to the client or teacher when observing. Please write down any questions and save them for later.

Observers should give clients and teachers appropriate distance and not block studio movement. Please don't sit in the middle of the floor or be weirdly close to people trying to work out. It's like "children should be seen and not heard." Only it's more like "Apprentices should be neither seen nor heard." Haha This sounds stern on paper, but once you are in the routine of things you'll find where to be so that everyone is comfortable.

Having observers/new people to make friends with can be distracting and/or intimidating for many clients, which is not helpful for either them as a practitioner or you as someone wanting to learn from the session. So our goal as apprentices is to be quiet helpers. Don't worry....again, things will fall into routine and become comfortable and fun without being disruptive. 😊

## **Continuing Ed, Enthusiast, and Alumni Options**

Certified teachers and highly competent clients are welcome to join classes, workshops, and the apprentice meetings. Because each component is limited in the number of participants to maintain quality, certificate-seeking apprentices receive priority placement, followed by Voltage teacher training alumni, followed by new friends.

Alumni receive a 50% discount on any workshops or master classes they wish to repeat. The beauty of having different people every year is sharpening our skills with new bodies!

## **Refunds**

Voltage Pilates does not offer refunds at any time for any reason. We do not allow transfers to other individuals, but we do allow you to transfer the value on your account for one type of service to another type of service.