

## *Cadillac Certification*

**Tuition:** \$1,500

**PROGRAM LENGTH:** This 76-hour program is taught in seven-hour segments, separated by a period of three months of practical experience.

**HOURS OF LECTURE TIME:** 24 hours

**ADDITIONAL HOURS REQUIRED:** 30 apprentice hours; 25 self-practice hours

**PREREQUISITES:** Successful completion of Mat Level I; working knowledge of Pilates; must have had a session on Pilates apparatus at a Pilates studio.

**BOOKS/MATERIALS NEEDED:** PCC will provide at the certification

**UPON SATISFACTORY COMPLETION, YOU WILL BE QUALIFIED TO:** TEACH A CADALLIC CLASS AND GIVE PRIVATE OR SEMI-PRIVATE LESSONS.

*Through lecture, discussion, journaling, and hands-on activities, participants will learn:*

- \* THE NAMES OF THE CADALLIC EXERCISES
- \* HOW YOU CAN MAKE AN EXERCISE MORE CHALLENGING
- \* WHAT THE EXERCISE IS ACCOMPLISHING/GOAL OF THE EXERCISE
- \* BENEFIT OF EACH EXERCISE
- \* CONTRAINDICATIONS
- \* ANATOMICAL POSITIONS
- \* PROPER PILATES BREATHING
- \* VERBAL AND TACTILE CUEING
- \* PROPER FORM
- \* ANATOMY
- \* HISTORY OF PILATES
- \* HOW TO COMMUNICATE WITH CLIENTS
- \* WHAT CLIENTS SHOULD BE FEELING
- \* ALL APPRENTICE AND SELF-PRACTICE HOUR MUST BE COMPLETED BY THE END OF THE COURSE

***Requirements:***

- \* SUCCESSFUL COMPLETION OF ASSIGNMENTS, AS WELL AS WRITTEN AND PRACTICAL TESTS
- \* ACCESS TO A VIDEO CAMERA
- \* THIS CERTIFICATION REQUIRES THREE WEEKENDS OF INSTRUCTION WITHIN A THREE-MONTH PERIOD

**STUDENTS IN ALL EQUIPMENT CERTIFICATION PROGRAMS MUST CARRY PROFESSIONAL LIABILITY INSURANCE COVERAGE FOR 1 MILLION DOLLARS, AND SHOW PROOF 1 WEEK BEFORE THE FIRST CLASS SESSION. QUESTIONS OR GUIDANCE IN FINDING A REPUTABLE INSURER CAN BE DIRECTED TO THE PCC HEADQUARTERS**