

Blue Sparrow Pilates North Beach

1441 Grant Avenue
San Francisco CA 94133
415.398.4425
info@bluesparrowpilates.com
www.bluesparrowpilates.com



STOTT PILATES® Intensive Mat Course Application

mail your application to: Blue Sparrow Pilates, 1441 Grant Avenue, San Francisco, CA 94133

fax your application to: 415.899.1881, please include cover page "To: Blue Sparrow Pilates"

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Email: _____

IMP intensive mat

IMP Intensive Mat – 40 hours

Cost of course 1150.00

Cost of Materials 175.00

July 16, 17, & 18: Fridays 5:00pm-9pm; Saturday 12pm-6:00pm; Sun 9:30am-3:30pm

July 30, 31, & August 1: Fridays 5:00pm-9pm; Saturday 12pm-6:00pm; Sun 9:30am-3:30pm

Saturday, August 14 & Sunday, August 15: Saturday 12pm-5:30pm; Sun 11am-5:00pm

Maximum of 12 students per Instructor Trainer

course registration

Applications must be accompanied by a detailed resume/CV outlining education and experience, two letters of reference, and a non-refundable deposit of 20% for course fees and a deposit of 20% of the material fees. Space is limited and applications will be processed on a first-come-first-serve basis.

20% Course fees and 20% Material fees due upon registration.

Full Course fees due 30-days prior to first day of course. (Alternative payment plan may be arranged.)

Full Materials fees due on course start day.

Deposits are non-refundable and non-transferable.

Space will only be reserved upon receipt of all application materials and deposits.

You must withdrawal from the course four week prior to start date of course for a refund minus the non-refundable deposit.

Fees for courses and workshops do not include required course materials or applicable taxes.

Prices are subject to change without notice.

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payment method

MasterCard VISA/MC AMEX check money order

course application

reference letters

Letters should reflect course prerequisites, your teaching abilities and character

relevant education

Please list related degrees, diplomas, post-secondary or certificate courses and workshops

Describe anatomy education: Include number of hours, when / where you studied and what topics were covered (e.g. musculoskeletal, anatomy, biomechanics) college / university course workshop / other

List related certification (please specify: eg. ACE, AFAA)

relevant experience

Outline your teaching experience (describe subject taught / years teaching)

Describe your personal experience in dance, fitness or other body work (how many years / how recently)

Outline your pilates experience

(describe when & where, indicate the STOTT PILATES method or other) none 1-10 hrs 10-30 hrs 30+ hrs

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personal information

Do you have any injuries, conditions or postural issues? Are you currently pregnant or have you recently given birth?
Failure to disclose any issues prior to enrollment may result in your removal from the course.

How did you hear about STOTT PILATES and its education program?

Why are you interested in becoming a Pilates instructor?

Are you using this course to fulfill continuing education credits? ■ Yes ■ No If so, for what organization?

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I hereby certify that the information provided on this application is accurate. I understand that failure to provide accurate information may result in my removal from the certification program.

I plan to attend all course hours: ___ Yes ___ No

I understand that if I miss course hours I will need to make them up with an Instructor Trainer (per Instructor Trainer availability). Course hours are made up at a 2:1 ratio for the first 5 hours missed and 1:1 ratio for more than 5 hours. Make-up hours are an additional cost of \$75/hour.

Please Initial _____

I understand the following:

Space will only be reserved upon receipt of all application materials and deposits.

Please Initial _____

Deposits are non-refundable and non-transferable.

Please Initial _____

You must withdraw from the course four weeks prior to start date of course for a refund minus the non-refundable deposit.

Please Initial _____

I have included the following:

- ___ 20% non-refundable/non-transferable course fee deposit
- ___ 20% non-refundable/non-transferable course materials deposit
- ___ Two letters of reference
- ___ Detailed resume / CV of education / experience

Applications that do not include the above will not be processed.

signature: _____ date: _____

Release of Liability

In consideration of being allowed to participate in any way in the Blue Sparrow Pilates North Beach programs and courses, and any related events and activities, I recognize the necessity of occasional physical contact with trainers, and the risks of illness and injury inherent in any physical fitness program. I am participating with the express agreement and understanding that I am hereby waiving and releasing Blue Sparrow Pilates North Beach, Stott Pilates, and its employees against all claims. I have read this release of liability and fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

signature: _____ date: _____