



The Pilates Alliance NEWSLETTER

UPDATE FROM THE COMMITTEE

Special points of interest:

- **Memberships are due for renewal by the end of March 2004.** If you haven't already forwarded your renewal form to us, or require another copy, please contact us as soon as possible so we can complete this process.

- Don't forget to pencil in the remaining FOUNDATION WORKSHOPS for 2004. At the meeting held at Mind Your Body in March 2004 we discussed continuing education for Alliance members. Thank you to the members who provided feedback on the topics you would find of interest and value for future workshops. We will confirm the details & topics for each workshop nearer to each date!

- 8th May
- 10th July
- 9th October

- **Health Fund Update** - If you have not already pursued issuing of a provider number, where necessary, with the following funds, don't forget, Full Members of the Alliance have been registered with the following Health Funds for provider status:

- NSW Teachers Federation Health Society
- HCF
- Defence Health

- **Alliance Contact Details**
Pilates Alliance (Australasia)
PO Box 374
Surry Hills NSW 2010
(P/F) 02-9540-3302
www.pilatesalliance.net
admin@pilatesalliance.net

Who can believe how quickly this year is passing. It seems it was only yesterday that I was compiling our Christmas newsletter, scheduling Foundation Workshops and organising membership renewals, amongst our other varied tasks at hand.. ..now Easter is almost here!

In the process there have been a few points of discussion that have arisen that the committee felt required clarification. Firstly, the issue of membership fees has been raised and how the levels of membership differ. As many of you are aware the Alliance offers several levels of membership based on qualification and experience.

Associate— General individuals interested in the pilates method itself, and interested in the defining and regulation of quality and integrity within the industry; or, persons undertaking certification or training through an Alliance approved training body. Applicants for this level of membership are often Students/Trainees, Pilates clients, or other allied professionals with an interest in the industry.

Basic—Individuals who have completed training in the Pilates Method in programs that do not meet Alliance Competency Criteria for Full Certification. These individuals may have completed specialty Mat programs, Allegro programs or individual apparatus programs that do not integrate the full scope of pilates methodology or repertoire across all apparatus. Applicants for this level of membership are often fitness leaders and allied health professionals who have added some pilates training components to their existing qualifications.

Full— Individuals who are fully trained in the Pilates Method or graduates of an Alliance Approved program. Eligibility for this level of membership is dependent upon meeting set Competency Criteria. These criteria have been developed through industry consultation and recognition of existing industry educational programs and guidelines for vocational education

training accreditation.

All levels of membership receive information and newsletters on Industry issues and discounts for ongoing education and workshops.

Within the Full membership category there are levels 1,2,3, Principal & Trainer. Again these levels relate to experience and qualification and should be viewed, or aimed for, based on need. It is the committees opinion that not everybody will need, or want, to be a principal level member, and will therefore not need, or have, to pay the fees relevant to those levels. This year we will be developing clearer guidelines for distinguishing the levels and these may include the following:-

Level 1—Entry level instructors or those qualified to work with low risk clientele. Individuals who work with access to guidance, or in the studio of, a more experienced Instructor. Fee remains current at \$350.00.

Level 2— Instructors with a *minimum* of Certification (or equivalent) plus 3000 hours Pilates Teaching Experience. Qualified to work with moderate or medium risk clients. May operate their own small business or oversee a studio recognised by the Alliance. Applicants should upgrade to Level 2 if and when they are in either or both of these situations. Fee remains current at \$400.00.

Level 3—Instructors with a *minimum* of Certification (or equivalent) plus 5000 hours Pilates Teaching Experience. Qualified to work with higher risk, or more complex clients. May operate their own small business or oversee a studio recognised by the Alliance, plus be eligible for relevant insurance and/or provider number benefits. May be eligible to work as a faculty member of an educational body offering certification if able to meet additional Trainer level requirements. Applicants should upgrade to Level 3 if and when they are in any or either of the above situations. Fee

remains current at \$450.00

Principal—Instructors with a *minimum* of Certification (or equivalent) plus 7000 hours Pilates Teaching Experience. Qualified to work with higher risk, or more complex clients. May oversee a studio recognised by the Alliance, plus be eligible for relevant insurance and/or provider number benefits. Applicants will also be a director of an organisation delivering approved

education to the pilates industry. Fee remains current at \$500.00

Trainer—Trainer—Must be a Level 3 or Principal Instructor. Applicants must also hold current Certificate IV in Assessment and Workplace Training or current higher teaching qualification. The separate Trainer Fee has been deleted.

As you can see, not all members will have a need to move through the levels of membership. The level of membership you choose to hold will depend upon your working situation or business. All fees are fully tax deductible - you will be receipted in accordance to ATO guidelines so that you may claim your deduction annually.

The treasurers annual report, distributed at the AGM, will give a breakdown of the Pilates Alliance utilises the membership fees income to work toward a better industry.

PLEASE NOTE: In line with Pilates Alliance OH&S guidelines, it is considered that 1500 hours teaching experience/work per year is an accepted maximum when considering membership upgrades. In reality this equates to working as an instructor for approximately 30 hours per week!

I hope this makes a little more sense of the membership levels.

Have a safe and happy Easter!

Kristy Wetherell

Pilates Plus presents **Body Arts & Science International** “Learn from the Leaders” 11th—15th August 2004

Pilates Plus presents

Rael Isacowitz (USA)
Kathy Corey (USA)
Michelle Larsson (USA)

**4 Day Advanced Pilates
Training Symposium and
1 Day Public Seminar**

11th - 15th August 2004

**Grand Mercure Hotel
Broadbeach, Gold Coast**

The Advanced Pilates Training Symposium includes intensive workshops

with each presenter covering the following topics:

- *Daily Pilates Mat Classes*
- *Gait Analysis*
- *The Art of Cueing*
- *Small Apparatus*
- *Pilates for Golf*
- *Eve Gentry's Mat Workshop*
- *Pilates for the Aging Population*
- *Pilates Guidelines for Hip Replacement*
- *Post Mastectomy Movement and Exercise Protocols*

For further information about the packages, pre-requisites and registration contact::

Shauna Hall, Pilates Plus
(07) 5577-3155
shauna@pilatesplus.com.au

FOR ALL MEMBERS OF THE PILATES ALLIANCE

Continuing Education Credits are available for this Symposium; 15CEC for Full Week or 3 CEC for 1 Day

A 10% discount will apply to all Pilates Alliance members

Mind Your Body Conference Synopsis 5th - 7th March 2004

It was great to see so many Pilates Alliance members at the Mind Your Body conference over 5,6,7th March.

It was a great opportunity to learn from others, catch up with colleagues, and accrue some CEC's. Attendance this year was tripled from 2003, with some international as well as plenty of interstate delegates attending, giving us all a chance to meet new people. Those of you who attended will soon be receiving

your CEC's attendance certificate in the mail, and a full review and photos will be posted on the MYB website in the coming weeks - look for it at www.mindyourbody.com.au

Next years dates are almost finalised for Mind Your Body 2005 – we will publish these dates in the next newsletter, although it looks certain to be early to mid March. Next years theme is “*Changing Bodies, Changing Times*”, and full members of the Pilates Alliance are welcome to apply

to be a presenter – presenter applications can also be found on the MYB website.

Thank you to the members who attended the general meeting of the Pilates Alliance during the conference, and we have received some great feedback via the sheets Shauna handed out regarding ongoing educational requirements.

The Pilates Alliance supports the Mind Your Body annual conference as a CEC's provider.

PROMOTIONAL OPPORTUNITY THE BUB HUB

The Bub Hub (www.bubhub.com.au) is a website that aims to be Australia's comprehensive directory of services for new and expectant parents—providing an easy reference guide to local facilities. Their site is free for users to access and qualifying businesses also list free of charge. The Bub Hub site has pages of listings for providers of specific pregnancy and post-natal exercise classes. These listings are intended for classes that take only pregnant or post-natal women, not just general classes that pregnant women are welcome to attend. Bub Hub are offering to list any members of the Pilates Alliance who offer group mat classes for this population of women and will consider individual instructors providing they have a special interest in pregnancy/post-natal issues.

For further information contact:

Hilary Lauder (Website Manager) hilary@bubhub.com.au or phone 07 3862 4491.
Website www.bubhub.com.au

CONTINUING EDUCATION FOUNDATION WORKSHOP

Saturday 8th May

2.00pm - 4.00pm

**@ Absolute Pilates
1/100 Gynea Bay Rd
Gynea NSW 2227**

2 CEC's

Members \$30.00

Non-members \$45.00

*Please contact the Alliance if
you would like to attend.*

NEW MEMBERS

The Alliance welcomes the following new members .

Michelle Perkins
Noosa Heads QLD

Jenny Rawet
Niddrie VIC

Catherine Mackay
Maroubra NSW

Vera Torbolov
Oatley NSW

John Fell
Dee Why NSW

Abigail White
Cottesloe WA

Margo Rankin
Kambah ACT

Dav Cohen
Manly NSW

Debbie Wood
Manly NSW

For all enquires re advertising in the Alliance Classifieds please contact
Rachel Szabo
admin@pilatesalliance.net