

DOUGLAS COLLEGE SPORTS INSTITUTE

The Douglas College Sports Institute is extremely excited to be hosting the following BCPRA Pilates Certification Module at the Douglas College/New Westminster campus for \$795.00.

Register Before December 20th, 2022 and Receive \$50 Early Bird Rate

BCRPA Pilates Certification Module

Learn to teach beginner to intermediate Pilates exercises on the mat. Adhering to the classical approach of breath, core and flow, we will explore the exercises as they were documented in *Return to Life Through Contrology* by Joseph Pilates. This course includes lesson planning for group classes, as well as one-on-one program designs for Personal Trainers who want to teach proper Pilates techniques. Fitness leaders will learn current adaptations and modifications for various class levels, abilities and training settings.

Teaching Pilates is the breakthrough many fitness professionals want to achieve. In this comprehensive, time-efficient and thoroughly guided course, you will be shown the steps to put a safe and effective Pilates routine together, with minimal props and on the mat. You will learn instructional techniques, correct forms and movement progressions in order to gain full confidence in leading group classes of any size and/or training clients. This course is divided into lectures, practices, and assignments. Focus will be on the completion of BCRPA registration requirements, including the preparation for your practicum and ICE (practical evaluation). This course is a BCRPA registration requirement in Pilates Fitness. *Those currently registered with BCRPA will receive 40 continuing education credits.* **Prerequisite:** Current BCRPA Registered Fitness Leader and/or First-Year Student Registration with BCRPA upon completion of the Fitness Theory Exam.

ALL CLASSES AT THE DOUGLAS COLLEGE (NEW WESTMINSTER) CAMPUS:

Saturday, January 14	9:00am – 3:30pm	Saturday, February 11	9:00am – 3:30pm
Saturday, January 21	9:00am – 3:30pm	Saturday, February 25	9:00am – 3:30pm
Saturday, January 28	9:00am – 3:30pm	Saturday, March 4	9:00am – 3:30pm (<i>Practicum Class</i>)
Saturday, February 4	9:00am – 3:30pm	Saturday, March 11	9:00am – 4:00pm (<i>ICE Evaluations</i>)

** All classes are mandatory with exception- No Class on February 18th – Family Day Long weekend*

BCRPA Pilates Certification Module Registration can be done through email at CEREG@douglascollege.ca or by Phone (604-527-5472), where we can process your registrations and provide further information on how to make a payment. Payment options are Visa/MasterCard or if necessary Online Bill Payment.

The cost of the Pilates Certification Module is \$795 or Register before December 20th to receive \$50 Early Bird Rate = \$745 - includes:

- Pilates Course In-Person Classes at Douglas College (New Westminster Campus – ONLY)
- Handouts and/or other course materials as required
- Practicum (March 4th)
- ICE Package/Evaluation (March 11th)
- **40 BCRPA CECs & Renewal Credits**

To register Students have the following options:

1) **By Phone** **By Phone:** 604-527-5472 *(During office hours: <https://www.douglascollege.ca/programs-courses/continuing-education/contact-us>)*

2) **By Email:**

Complete the Registration form attached and submit it to CEREG@douglascollege.ca via email. Students must register into **ALL** CRNs listed on the Registration Form. **Please read instructions on Registration form.** **Once your registration form is submitted, one of our Registration Officers will reply to your email in a timely manner with instructions on how to make your payment**

PLEASE NOTE:

- Students are required to make their payment for the Pilates Certification Module (\$749 before December 14th to receive \$50 Early Bird Rate after December 14th = \$795) within **24hrs** of registration to complete their registration once receiving their instructions email from one of our Registration Officers.
- Student will **ONLY** receive a payment confirmation email once payment is received. **PAYMENT IS REQUIRED TO COMPLETE REGISTRATION.**

Register before December 20th to receive \$50 Early Bird Rate

To register, please call 604-527-5472 and quote CRN 11401 .

For more information, please email sportsinstitute@douglascollege.ca and/or

Visit our website:

<https://www.douglascollege.ca/programs-courses/continuing-education/sports-institute/recommended-and-bcrpa-renewal-courses>

BCRPA RENEWAL CREDIT COURSE

Pilates Certification Module:

January 14th - March 11th, 2023

****Register Before December 20th, 2022 and Receive \$50 Early Bird Rate****

Pilates Certification Module Registration over the phone or in-person are currently unable. ALL Registration can be done through email at CEREG@douglascollege.ca where we can process your registrations and provide further information on how to make a payment. Payment options are Visa/Mastercard, Interac E-transfer or if necessary Online Bill Payment.

Full Name: _____ Student ID: _____

Not required for NEW Students

Address: _____

City: _____ Postal Code: _____

Birthdate (DD/MM/YYYY): _____

Student Gender: M F Non-Binary Prefer not to answer

**required for registration*

Telephone (Preferred): _____

Email: _____

**required for registration*

Module	Term	CRN	Course Name	Tuition Fee
1	202311	11401	Pilates Certification Module(January 14 - March 11)	\$795
<i>*Register Before December 20th, 2022 & Receive \$50 Early Bird Rate</i>				TOTAL: \$ 795.00

INSTRUCTIONS TO REGISTER:

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PLEASE NOTE: *Payment is required within 24hrs of receiving a payment instruction email from the CE Registration Office. Registration is NOT complete until payment is received by Douglas College.*