

2011 COURSES

****Please visit website for full course details****

Intensive Mat IMP Level 1

Vancouver

Feb 10-13 / Feb 17-20

July 21-24 / Jul 28-31

Nov 17-20 / Nov 24-27

Victoria

Apr 28-May 1 / May 5-8

Sept 22-25 / Sept 29-Oct 2

Intensive Reformer (IR) Level 1

Vancouver

Feb 24-27 / Mar 4-6 / Mar 11-13

Aug 3-7 / Aug 17-21

Victoria

May 25-29 / June 1-5

Intensive Cadillac (ICAD) Level 1

Vancouver

Jan 19-23

Sept 28-Oct 2

Victoria

Mar 9-13

Intensive Chair (ICHR) Level 1

Vancouver

May 6-8

Oct 21-23

Victoria

July 22-24

Intensive Barrels (IBRL) Level 1

Vancouver

May 28-29

Nov 5-6

Victoria

Feb 12-13

Advanced Matwork (AM) Level 2

Vancouver

April 9th

Oct 15th

Victoria

July 16th

Advanced Reformer (AR) Level 2

Vancouver

June 10-12

Victoria

Nov 18-20

Advanced Cadillac (ACAD) Level 2

Vancouver

Dec 10th

Advanced Chair (ACHR) Level 2

Vancouver

Dec 11th

Advanced Barrels (ABRL) Level 2

Vancouver

Dec 11th

Injury and Special Populations (ISP)

Vancouver

Nov 18-21st

Crossover Program

Vancouver

Jan 29

Victoria

July 17

Please visit our

[West Coast Pilates Courses page](#)

To fill out the Application form

Please note:

Level #1 course must be completed in order to register for the same Level #2 course.

Level #1 Mat/Reformer programs must be completed to attend any of the Cadillac-Chair-Barrels programs.

Auditing the ISP program is prohibited. You are welcome to audit all other courses if you have taken that program and are preparing for your exam.

Auditing is not eligible for STOTT CEC's.



2011 CEC WORKSHOPS

Still need any 2010 CEC's or want to get a jump on your 2011 CEC's...

Vancouver

Sunday Jan 30th

9-11am

Foam Roller Level #2

11:30-1:30pm

Lumbo Pelvic Stability

2-4pm

Matwork for Teens

Please visit our

[West Coast Pilates Workshops page](#)

To fill out the Application form

\$90.00 plus HST per 2 hour workshop

Each workshop is eligible for

2 STOTT CEC's

Spring – Summer workshops will be posted early February

Coming in January 2011



Crossover Program

\$253.36 Inc Tax

Jan 29th – Vancouver

July 17th – Victoria

Pre-requisites: IMP
CEC's: 0.6

Learn to conduct an orientation class designed specifically for clients entering group matwork classes.

Instructors will leave with ten pre-designed Essential through Intermediate workouts ready to teach in a group environment. These incorporate small equipment (Flex-Band Exercises, Fitness Circle resistance rings and Toning Balls) and cover a variety of intensity levels.

**Happy Holidays
Wishing you all a
very Healthy and
Happy 2011!
Tessa, Mia, Shelly,
Darcy**

