

EDUCATION CALENDAR

Guelph 2024



PILATES LEVEL 1: MAT

WINTER DATES – Location: 26 Eramosa Rd

Module 1: Feb 23–25 (Fri–Sun, 11:15am–5:15pm)

Module 2: Mar 8–10 (Fri–Sun, 11:15am–5:15pm)

Module 3: Mar 22–24 (Fri–Sun, 11:15am–5:15pm)

Module 4: Apr 19–20 (Fri–Sat, 11:15am–5:15pm)

Online written exam: May 4–5 (all weekend access)

In-person practical exam: May 10 (Fri, times TBD)

FALL DATES – Location: 17 Goodwin Dr

Module 1: Oct 18–20 (Fri–Sun, 12:15–6:15pm)

Module 2: Nov 1–3 (Fri–Sun, 12:15–6:15pm)

Module 3: Nov 15–17 (Fri–Sun, 12:15–6:15pm)

Module 4: Nov 29–30 (Fri–Sat, 12:15–6:15pm)

Online written exam: Dec 7–8 (all weekend access)

In-person practical exam: Dec 13 (Fri, 12:15–3:15pm)

PILATES LEVEL 2: REFORMER

SPRING DATES – Location: 17 Goodwin Dr

Module 1: Apr 26–28 (Fri–Sun, 12:15–6:15pm)

Module 2: May 24–26 (Fri–Sun, 12:15–6:15pm)

Module 3: Jun 21–23 (Fri–Sun, 12:15–6:15pm)

Module 4: Jul 19–21 (Fri–Sun, 12:15–6:15pm)

Written exam preparation labs: May 19, Jun 2, and Jul 7 (Sun, 10–11am; live streaming via Zoom)

Practical exam preparation lab: Sep 20 (Fri, 1–5pm; in-person)

Online written exam: Aug 10–11 (all weekend access)

In-person practical exam: Oct 4 (Fri, times TBD)

PILATES LEVEL 3: CADILLAC CHAIR SPRINGBOARD BARRELS

WINTER DATES – Location: 17 Goodwin Dr

Module 1: Jan 12–14 (Fri–Sun, 12:15–6:15pm)

Module 2: Feb 9–11 (Fri–Sun, 12:15–6:15pm)

Module 3: Mar 1–3 (Fri–Sun, 12:15–6:15pm)

Module 4: Apr 5–7 (Fri–Sun, 12:15–6:15pm)

Practical exam preparation labs: May 31 and Jun 28 (Fri, 1–5pm; in-person)

Online written exam: May 18–19 (all weekend access)

In-person practical exam: Jul 12 (Fri, 1–5pm)

CONTINUING EDUCATION

• [Balance Apparatus: Pilates Props with Purpose](#)

Fri, Jan 19, 11am–5pm @ 26 Eramosa Rd

• [Anatomy for Motion](#)

Sun, Feb 4, 11am–5pm @ 26 Eramosa Rd

• [Build a Strong and Supple Spine](#)

Fri, Apr 12, 3–6pm @ 26 Eramosa Rd

• [Simplifying the Shoulder Complex](#)

Mon, Apr 15, 5–8pm @ 17 Goodwin Dr

• [Working with Scoliosis](#)

Sat, May 11, 11am–5pm @ 26 Eramosa Rd

• [Postural Analysis](#)

Fri–Sat, Sep 6–7, 12:15–6:15pm @ 17 Goodwin Dr

• [SI Joint: The Critical, Functional Link](#)

Fri, Sep 13, 12:15–6:15pm @ 17 Goodwin Dr

• [Anatomy for Motion](#)

Fri, Sep 27, 12:15–6:15pm @ 17 Goodwin Dr

• [Gait Analysis](#)

Fri, Oct 25, 11am–5pm @ 26 Eramosa Rd

• [Osteopenia, Osteoporosis and Orthopaedic Health](#)

Fri, Nov 8, 11am–5pm @ 26 Eramosa Rd

• [Rehabilitative Exercise: Principles and Application](#)

Fri, Nov 22, 12:15–6:15pm @ 17 Goodwin Dr

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