

**Merrithew™ - STOTT PILATES® COURSES @ Pilatique SINGAPORE - 2019** (as of 26 October 2018)

\*Public Holiday

Comprehensive	HOURS	INTAKE	TIME
Functional Anatomy	30 hours	2019 Feb 22, 23, 24, 28, Apr 5, 6, 7, 12, 13, 14  2019 Aug 23, 24, 25, 27, 29, Oct 11, 12, 13, 18, 19	Feb 22, Fri   7:00pm to 9:00pm Feb 23, Sat   2:00pm to 6:00pm Feb 24, Sun   2:00pm to 6:00pm Feb 28, Thu   7:00pm to 9:00pm Apr 5, Fri   7:00pm to 9:00pm Apr 6, Sat   2:00pm to 6:00pm Apr 7, Sun   2:00pm to 6:00pm Apr 12, Fri   7:00pm to 9:00pm Apr 13, Sat   2:00pm to 6:00pm Apr 14, Sun   2:00pm to 4:00pm  Aug 23, Fri   7:00pm to 9:00pm Aug 24, Sat   2:00pm to 6:00pm Aug 25, Sun   2:00pm to 6:00pm Aug 27, Tue   7:00pm to 9:00pm Aug 29, Thu   7:00pm to 9:00pm Oct 11, Fri   7:00pm to 9:00pm Oct 12, Sat   2:00pm to 6:00pm Oct 13, Sun   2:00pm to 6:00pm Oct 18, Fri   7:00pm to 9:00pm Oct 19, Sat   2:00pm to 6:00pm

Intensive - LEVEL 1	HOURS	INTAKE	TIME
Intensive Mat-Plus (IMP)	40 hours	2019 Feb 20 to 24, 26 to 28  2019 Aug 21 to 25, 27 to 29	Tue to Fri   1:00pm to 6:30pm (0.5hr break) Sat and Sun   8:00am to 1:30pm (0.5hr break)  Tue to Fri   1:00pm to 6:30pm (0.5hr break) Sat and Sun   8:00am to 1:30pm (0.5hr break)
Intensive Reformer (IR)	50 hours	2019 Apr 3 to 7, 10 to 14  2019 Oct 9 to 13, 16 to 20	Wed to Fri   1:00pm to 6:30pm (0.5hr break) Sat and Sun   8:00am to 1:30pm (0.5hr break)  Wed to Fri   1:00pm to 6:30pm (0.5hr break) Sat and Sun   8:00am to 1:30pm (0.5hr break)
Intensive Cadillac (ICAD)	25 hours	2019 Oct 30 to Nov 3	Wed to Fri   1:00pm to 6:30pm (0.5hr break) Sat and Sun   8:00am to 1:30pm (0.5hr break)
Intensive Chair (ICHR)	15 hours	2019 Nov 6 to 8	Wed to Fri   1:00pm to 6:30pm (0.5hr break)
Intensive Barrel (IBRL)	10 hours	2019 Nov 9 to 10	Sat and Sun   8:00am to 1:30pm (0.5hr break)
Intensive - LEVEL 2			
Injuries and Special Populations (ISP)	24 hours	2019 Sep 12 to 15	Thu to Sat   12:00pm to 7:00pm (1hr break) Sun   8:00am to 3:00pm (1hr break)
Advanced Matwork (AM)	6 hours	2019 Aug 30	Fri   12:00pm to 7:00pm (1hr break)
Advanced Reformer (AR)	18 hours	2019 Dec 6 to 8	Fri and Sat   12:00pm to 7:00pm (1hr break) Sun   8:00am to 3:00pm (1hr break)
Advanced Cadillac (ACAD)	6 hours	2019 Dec 10	Tue   12:00pm to 7:00pm (1hr break)
Advanced Chair (ACHR)	3 hours	2019 Dec 11	Wed   12:00pm to 3:00pm
Advanced Barrel (ABRL)	3 hours	2019 Dec 11	Wed   4:00pm to 7:00pm

**IMPORTANT:** Every participant is required to have full attendance to receive Letter of Completion from Merrithew™. Every absented hour is required to be made up through additional private session with an Instructor Trainer. First five absented hours to be made-up through 2:1 ratio, when exceeded five hours, it will be through 1:1 ratio. E.g. 3hrs absence to be made up with 1.5hrs private made-up hours, 6hrs absence to be made up with 6hrs private made-up hours.

<b>Merrithew™ - STOTT PILATES® WORKSHOPS (to facilitate as part of preparation for all Intensive Courses at Pilatique)</b>			
Anatomy Review (0.6 STOTT PILATES CECs)	6 hours	2019 Feb 16	Sat   8:00am to 3:00pm (1hr break)
		2019 Mar 30	Sat   8:00am to 3:00pm (1hr break)
		2019 Aug 17	Sat   8:00am to 3:00pm (1hr break)
		2019 Sep 28	Sat   8:00am to 3:00pm (1hr break)
Postural Analysis Review (including 3 hours masterclass) (0.2 STOTT PILATES CECs)	5 hours	2019 Feb 17	Sun   8:00am to 1:30pm (0.5hr break)
		2019 Mar 31	Sun   8:00am to 1:30pm (0.5hr break)
		2019 Aug 18	Sun   8:00am to 1:30pm (0.5hr break)
		2019 Sep 29	Sun   8:00am to 1:30pm (0.5hr break)

<b>REHABILITATION PROGRAM (for licensed health care professionals)</b>			
Rehab Matwork 1: Spinal, Pelvic & Scapular Stabilization	18 hours	2019 Mar 15 to 17	Fri & Sat   2:00pm to 9:00pm (1hr break) Sun   8:30am to 3:30pm (1hr break)
Rehab Matwork 2: Peripheral Joint Stabilization	18 hours	2019 Jul 19 to 21	Fri & Sat   2:00pm to 9:00pm (1hr break) Sun   8:30am to 3:30pm (1hr break)
Rehab Reformer 1: Spinal, Pelvic & Scapular Stabilization	18 hours	2019 Apr 26 to 28	Fri & Sat   2:00pm to 9:00pm (1hr break) Sun   8:30am to 3:30pm (1hr break)
Rehab Reformer 2: Peripheral Joint Stabilization	18 hours	2019 Nov 22 to 24	Fri & Sat   2:00pm to 9:00pm (1hr break) Sun   8:30am to 3:30pm (1hr break)

<b>EXAMS (EMAIL TO CONFIRM)</b>			
Practical and Written (Non-Rehab)		2019 Feb 26 and 27 (Practical)	Tue   8:30am to 11:30am
		2019 Feb 28 (Written)	Wed   7:00am to 11:00am Thu   8:30am to 11:30am
		2019 Apr 10 and 11 (Practical)	Wed   7:00am to 11:00am
		2019 Apr 12 (Written)	Thu   8:30am to 11:30am Fri   7:00am to 10:00am
		2019 Aug 21 and 22 (Practical)	Tue   8:30am to 11:30am
		2019 Aug 23 (Written)	Wed   7:00am to 11:00am Thu   8:30am to 11:30am
		2019 Oct 16 and 17 (Practical)	Wed   7:00am to 11:00am
		2019 Oct 18 (Written)	Thu   8:30am to 11:30am Fri   7:00am to 10:00am

**Note:** We are open to ad-hoc exam arrangement (outside this fixed schedule) based on examiner's availability at 25% premium.

### Why enroll for STOTT PILATES Courses and Workshops at Pilatique Pilates Studio???

- STOTT PILATES™ Licensed Training Center since 2008 and was presented with "Growth Award" by parent company, MERRITHEW™ in 2016
- Having presence in both countries, Pilatique has trained over 650 STOTT PILATES students from various countries
- STOTT PILATES Lead Instructor Trainer and Presenter Melissa Wong oversees the facilitation of the training courses and workshops. She is also the Education Director, Training & Development Director and co-founder of Pilatique Pilates Studio with more than 10 full time physiotherapists, rehabilitation and fitness professionals, and a Rehabilitation Program Instructor Trainer
- 3months FREE access (by appointment) to our studios in Singapore (1 studio) and Malaysia (2 studios) after last day of any Intensive **LEVEL 1** Training Courses to help you fulfill your exam requirement hours. If you need more time, heavily discounted rates for those who register their exams with Pilatique. 10% off private session packages with certified instructors and 25% off group class packages during the same 3 months
- Mentorship Program Packages by Lead Instructor Trainer / Instructor Trainer are available