



POLESTAR PILATES REQUALIFICATION APPLICATION

Please print clearly.

Name:	DATE:
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If your name has changed since your graduation please write your previous name here:

Home Address:	City/Town:	County:	PostCode:	Country:
Mobile Phone:				
Email:				

Graduation Date: Comprehensive Reformer Mat

IF APPLICABLE: Pilates Method Alliance Certification #: _____ **PMA®-CPT Expiration Date:** _____

Polestar Pilates Education prefers that all Comprehensive graduates become *Pilates Method Alliance Certified (PMA®-CPT)*. In order to remain in good standing with Polestar Pilates, the PMA re-qualification guidelines will apply. PMA certifications are valid for 2 years. PMA requires all PMA Certified Pilates Teachers to earn 16 PMA approved CECs (1 hour = 1 CEC) in order to renew certification at the end of your two-year term. For more information about the PMA Certification Examination and to download the application go to www.pilatesmethodalliance.org.

PRACTICE HOURS (Comprehensive, Reformer, and Mat Graduates)

I have practiced Pilates myself an average of 2 hours per week in the 2-year period. Initials: _____

TEACHING HOURS (Comprehensive, Reformer, and Mat Graduates)

YEAR: _____ WEEKLY SUMMARY					
Site Name	Site Address (City, State, Zip)	Site Phone Number	Supervisor's Name	Average Weekly Hours x Wks/Yr	TOTAL Hours per Year
				_____ x _____	= _____
				_____ x _____	= _____
				_____ x _____	= _____
				_____ x _____	= _____

YEAR: _____ WEEKLY SUMMARY					
Site Name	Site Address (City, State, Zip)	Site Phone Number	Supervisor's Name	Average Weekly Hours x Wks/Yr	TOTAL Hours per Year
				_____ x _____	= _____
				_____ x _____	= _____
				_____ x _____	= _____
				_____ x _____	= _____

Comprehensive Minimum: 10 hours per week= 520 hours per year / Reformer or Mat Minimum: 5 hours per week= 260 hours per year

CONTINUING EDUCATION TWO YEAR SUMMARY (Comprehensive, Mat and Reformer Graduates)

POLESTAR PILATES Courses

Dates	Course Name or Conference	Location	Course Hours	Multiplier	Total Hours
				x 1 =	
				x 1 =	
				x 1 =	
				x 1 =	
				MINIMUM 16 Hours	TOTAL Polestar Pilates Hours:

Office Use Only: LICENSEE APPROVAL	Approved by: _____
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