



# 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:	State/County/Province:	Zip/Postal Code:	Country:
Primary Phone: (Cell/Work/Home?)		Secondary Phone: (Cell/Work/Home?)		
Email:				

Graduation Date:  Comprehensive-\$0 \*No Fee with submission of PMA Certification Number  Reformer \$75  Mat \$75

**COMPREHENSIVE GRADUATES ONLY: Pilates Method Alliance Certification #:** \_\_\_\_\_ **PMA®-CPT Expiration Date:** \_\_\_\_\_

As of 2012, Polestar Pilates Education requires 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](http://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 (Required only for 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: _____
Payment Rcvd: \$ _____	