



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 NCPT certification number Reformer \$75 Mat \$75

Renewal Period _____ (2022-2024 for example) *Late Reformer \$150 *Late Mat \$150

Diploma Number: POL _____ (International Graduates Only) *Late Fee applicable if application submitted after November 1st of the year due for renewal.

COMPREHENSIVE GRADUATES ONLY: NCPT Certification #:	NCPT Expiration Date:
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As of 2012, Polestar Pilates Education encourages all Comprehensive graduates to become *Nationally Certified Pilates Teachers* (NCPT). National Pilates Certification Programs (NPCP) certifications are valid for 2 years. NPCP requires all NCPT instructors to earn 16 NPCP approved CECs (1 hour = 1 CEC) in order to renew certification at the end of your two-year term. For more information about the NPCP please visit <https://nationalpilatescertificationprogram.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:	

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Payment Rcvd:	\$	