

STUDENT INFORMATION FOR 2017



TERM DATES 2017

TERM 1 Mon 9 Jan – Sun 19 Mar 10 weeks of tuition

TERM 2 Mon 20 Mar – Sun 2 Apr & Mon 1 May (BHM off) – Sun 25 Jun 10 weeks of tuition plus an inter-term Easter break of 4 weeks.

TERM 3 Mon 17 Jul – Sun 24 Sept 10 weeks of tuition.

TERM 4 Mon 2 Oct – Sun 10 Dec 10 weeks of tuition.

40 weeks tuition with 12 weeks off. Christmas social, first Monday in December.

TIME TABLE Please see below for full address.

Mon Level 4, 7-8.30pm: Tues Levels 1, 2 and Tasters, 7-8pm: Tues Level 3, 8-9pm: Thurs Level 3, 7-8pm: Thurs Levels 1, 2 and Tasters 8-9pm: all at the Urdang Academy, EC1.

Sat Level 5 and Classical Studies, 9.30-11am: Sat Levels 1, 2 and Tasters, 11.15am-12.15pm: both at the Marylebone Dance Studio, NW1

Sat Levels 1, 2 and Tasters, 3.30-4.30pm: Sat Levels 3, 4 and 5, 4.30-5.30pm: both at Urdang 2, EC1.

EXTENSION CLASSES An extra 2 weeks optional training each year. 2-hour vacation classes offer in depth tuition to enhance and augment training received during the term. These longer classes have themes but all start with a full and balanced warm-up.

EASTER BREAK 2017 Mon Apr 7-9pm Urdang Academy EC1, 'Standing Section and Super -Abs' Tues 4 Apr 7-9pm Urdang Academy EC1, 'Inter-class Stretch' Thurs 6 Apr 7-9pm Urdang Academy EC1, 'Intro to Classical'.

CHRISTMAS BREAK 2017 Mon 11 Dec 7-9pm Urdang Academy EC1, 'Handstands, Upper Body Strength and Postural Control', Tues 12 Dec 7-9pm Urdang Academy EC1, 'Pilates on a Chair', Thurs 14 Dec 7-9pm Urdang Academy EC1, 'Inter-class Stretch' Sat 16 Dec 9.30-11am Marylebone Dance Studio NW1, 'Stretches on the Ballet Barre'.

All classes cost £15. To book, please place £15, correct money, in an envelope marked with your name, the title of the event and hand this in at the beginning of class by placing the envelope on the piano. Thank you.

SUNDAY MORNING WORKSHOPS There is one stand alone, metabolism boosting 'Sunday Morning Workshop' in 2017, 'The Bikini Workout', Sunday 29 Jan, 10am-12 noon, Urdang Academy, EC1. £15, see above for how to book and pay. Three more 'Sunday Morning Workshops' are scheduled as component classes of our 3-day 'Intensives'.

INTENSIVES The 3-day 'Intensives' take place on Saturdays 9.15-11am Marylebone Dance Studio, NW1, Sundays (open to all levels) 10am-12 noon Urdang Academy, EC1 and Mondays 7-9pm Urdang Academy, EC1.

Each unit costs £15, see above for how to book and pay and you may do 1, 2 or all 3 units. Each 'Intensive' has a theme, but all component classes start with a full and balanced warm-up. Dates for 2017 are:

No 1. May 20, 21 and 22 'Feet, Legs and Hip joints' **No 2. Jun 17, 18 and 19** 'Introduction to Classical' **No 3. Sep 16, 17 and 18** 'Breathing techniques, Shoulders, Necks and the Thoracic Spine'. There are 3 BANK HOLIDAY MONDAYS in 2017 to be replaced: **May 1, May 29 and Aug 28**. Tuition is extended on the 3 Mondays of the 'Intensives' to give 3 longer, 2 hour classes for Level 4 students.

CLASSICAL WORKSHOPS Saturdays, 9.30-11am as part of Level 5 training, Marylebone Dance Studio, NW1. We set up 2 per month. £15 PBA Level 4 and £20 non-members with accredited teaching qualifications. As a non-member you may book and pay on line. Dates for 2017: **Jan 21 and 28: Feb 11 and 18: Mar 4 and 11: Apr N.B. 25 Mar and 1 (Apr): May 6 and 11: Jun 3 and 10: Jul 22 and 29: Aug 12 and 19: Sep 2 and 9: Oct 7 and 14: Nov 4 and 11: Dec 2 and 9.**

PILATES DAYS We have 4 Pilates Saturdays in 2017 in the delightful light filled studio A of Urdang 2, EC1, 10am-2pm, £45, with a half hour break between the 2 classes and afterwards an optional lunch in one of the excellent local restaurants. Please book and pay in class using a marked envelope for your fees. Thank you. Dates for 2017 are: **Jan 7: Apr 8: Jul 15: Sep 30.**

NEW STUDENTS AND THE TASTER Our 1 hour Taster Classes, 4 each term-time week, £15, are held on Tuesdays 7-8pm, Thursdays 8-9pm, Saturday mornings 11.15am-12.15pm and Saturday afternoons 3.30-4.30pm, please see the time table above and the website for details of our Special Offers, our Central London venues, our 'swap-in' scheme and to book and pay for the Taster in advance using PayPal. An Inaugural Course of 10 classes in 10 consecutive term-time weeks costs £110 or possibly less, see website.



www.pilatesbodyawareness.co.uk

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For enquiries you may also text to 07881 494212

PBA Venues

Urdang Academy, Old Finsbury Town Hall
Rosebery Ave, EC1R 4RP

Marylebone Dance Studio, 12 Lisson Grove, NW1 6TS
Urdang 2, 259-263 Goswell Rd, EC1V 7AH