

THE PBA YEAR AHEAD

STUDENT INFORMATION FOR 2019

TEXT 07881 494212

TERM DATES 2019

All PBA terms are 10 weeks long, start on a Monday and finish on a Sunday. We run 4 per year.

- TERM 1: Mon 7 Jan- Sun 17 Mar (10 wks total)

- TERM 2: Mon 18 Mar- Sun 31 Mar plus Mon 29 Apr- Sun 23 Jun (10 wks total)

*** Plus Extension Classes running Mon 1 Apr 6.30-8.30pm, Balcony, Thurs 4 Apr 6.30-8pm, Lounge and also for guests Sat 6 Apr 2-4pm, Balcony. NO CLASSES SAT 23 MAR WITH ALL 3 REPLACED SAT 6 APR but only for students registered for these classes. Swap-in suspended to allow for guests, £17.50, for the afternoon Extension Foot Class and the morning Classical Class, both in Balcony, 6 April. No classes BH Monday evenings this term. An extra 'Handstands', class has been put on 6.30-8.30pm, Balcony, Mon 24 Jun, i.e. after the end of term, for Monday students, swap-in suspended, guests £17.50. All 3 classes run BH Saturdays, this term due to booking blips in June. Here they are... Sat 8 Jun ONE CLASS ONLY 5.30-7.30pm and Sat 15 Jun ONE CLASS ONLY 6-8pm both in Balcony, both with a focus on Partnered Stretch. No charge for members of the Sat classes, swap-in suspended, guests £17.50.*

- TERM 3: Mon 15 Jul- Sun 22 Sept (10 wks total)

***No class BH Mon 26 Aug and only one 2-hr morning class BH Sat 24 Aug 11am-1pm in Balcony. An extra class Partnered Stretch, has been put on 6.30 – 8.30pm, Balcony, Monday 23 Sept i.e. after the end of term, for Monday students, swap-in suspended, guests £17.50.*

- TERM 4: Mon 30 Sept- Sun 8 Dec (10 wks total)

***Plus Extension Class Week ...a 6hr Pre-Christmas Course running Mon 6.30-8.30pm, Thurs 6.30-8.30pm and Sat 2-4pm all in Balcony and so the year finishes. 40 weeks tuition with 12 weeks off. Christmas social early December.*

TIME TABLE – all at Academy Mews Dance Studios. NW1 0AD. See below for full address.

Mon: 6.30-7.30pm Advanced, Level 4

7.30-8.30pm Higher Intermediate, Level 3+

Wed: 6.30-7.30pm Improvers, Level 2 & Tasters for P-fans new to PBA (full yoga kit required)

Thurs: 7.00-8.00pm Intermediate, Level 3, Floor Barre and Standing Section

8.00-8.30pm The Pilates Dash, £5. Suitable non-members (dancers/athletes) should start at 7.30pm, £10, to catch the Standing section as a warm-up pre Dash

Sat: 11am-12.30pm Level 5 & Classical Workshops

2-3pm Absolute Beginners, Level 1 & Tasters. Improvised kit acceptable.

3-4pm Higher Intermediate Level 3+

EXTENSION CLASSES - all at Academy Mews Dance Studios. NW1 0AD. An extra 2 weeks optional training each year. 2hr 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. In addition we have the 2hr term-time classes detailed above for 'Partnered Stretches' & 'Handstands'.

Easter Extra 2019 1-6 April incl, Pratt Mews.

• Mon 1st Apr: Handstands and Extreme Backbends, 6.30- 8.30pm.

• Thurs 4th Apr: Quads and Hip Flexors, Stretch and Leg Alignment, 6.30- 8.00pm.

• Sat 6th Apr: The Foot Class, 2.00- 4.00pm. No charge for Sat pm students.

Christmas Extra 2019 9-14 December incl, Pratt Mews

6hr Extension Course: PBA Pilates Matwork and how our syllabus connects with the aspirations of Classical Matwork and Strong, Flexible Bodies.

• Mon 6.30- 8.30pm. 9th Dec

• Thurs 6.30- 8.30pm. 12th Dec

• Sat 2-4pm. 14th Dec

All extra classes cost £17.50. To book please place £17.50, 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 music centre. Thank you.

WEEKEND WORKSHOPS

One stand alone, Sat Workshop, 'The Bikini Workout', Sat 26 Jan, 2hrs, 11-12.30pm, Pratt Mews. See above for how to book and pay. For the 3 Sunday Workshops, please see below.

WEEKEND 5hr INTENSIVES

The 3 Weekend Intensives take place Saturdays, 11-12.30pm Academy Mews Dance Studios, NW1 0AD and Sundays, 10am-2pm The Old Diorama Arts Centre, NW1 3FE.

The Saturday class costs £17.50, and the longer session on Sunday, £50.00, £67.50 for the whole event, see above for how to book and pay. Each 'Intensive' has a theme, but all component classes start with a full and balanced warm-up. Dates for 2019 are:

- NO 1: 23 & 24 Feb •Coming out of Winter: Reinvigorate, Remobilize
- NO 2: 22* & 23 Jun •Mid Summer: The best Stretch ever: Wall, chair, partner
- NO 3: 26 & 27 Oct •Pre Winter: Energizing Posture: Length and Strength.

CLASSICAL WORKSHOPS- all at Academy Mews Dance Studios. NW1 0AD

2 available each month, take place within the Sat am Level 5 classes 11am- 12.30pm .

JAN 12 & 19	APR 30(Mar) & 6(Apr)	JUL 20 & 27	OCT 5 & 12
FEB 9 & 16	MAY 11 & 18	AUG 10 & 17	NOV 2 & 9
MAR 2 & 9	JUN 1 & 22*	SEP 14 & 21	DEC 30(Nov) & 7(Dec)

* The Saturday component of the Intensive will cover Classical material suitable for this treatment.

Rules of Engagement

Minimum standard Level 4, if with the school, Advanced Pilates Teaching qualifications if from outside. Minimum attendance, if with the school, membership of Level 4 plus 10 Classical classes each year ie a class a month for 10 months a year, £17.50 per class, if not, 10 classes/year as above, £22.50/class. Please note these classes must be booked in advance no later than the 2nd week of the Classical run of the previous month. If necessary contact Chris to arrange payment before the deadline. Should a pre-booked class be missed it cannot be carried over to the next month free of charge. Full payment will be needed for the next booking. The swap-in scheme may be used to make up this loss as is standard in the school. If dropping a month, please pay for the next but one instead. Full yoga kit required. Thank you.

PILATES DAYS

We have **4 Pilates Saturdays** in 2019, 10am-2pm, £50.00, 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 2019: 5 Jan, Pratt Mews, 27 Apr, 13 Jul, 28 Sep, all at Diorama Arts, 2019

NEW STUDENTS AND THE TASTER

Our 1hr Taster Classes, 2 each term-time week, £17.50, are held on **Saturdays 2-3pm Complete Beginners & Wednesdays 6.30-7.30pm Improvers**. Please see the website for details of Special Offers, our Central London venue, our 'swap-in' scheme for Levels 2-5 and how to book and pay for the Taster in advance using PayPal. An Inaugural Course of 10 classes in 10 consecutive term-time weeks cost £120 or possibly less, see web.

PBA VENUES

1. COURSE CLASSES: ACADEMY MEWS DANCE STUDIOS, 15 Pratt Mews, NW1 0AD

2. SUNDAY WORKSHOPS: THE OLD DIORAMA ARTS CENTRE, 201 Drummond St, NW1 3FE.