



## **KANE SCHOOL TEACHER TRAINING REGISTRATION** **BASIC TRAINING PHASE I & II**

### **Prerequisites:**

- Core Muscle Anatomy (or a passing grade on the equivalency exam.) See attached anatomy review.
- Past or present enrollment in the Mat Comprehensive Program
- Students must be competent in at least the intermediate repertory of the Reformer.

### **Course Requirements:**

- Attendance of all 7 workshops
- 80 hours of supervised teaching
- 85 hours of self-practice
- 10 private sessions with an expert trainer at Kinected
- 10 private sessions with an apprentice at Kinected
- 65 hours of observation
- 30 hours of assistant teaching or two full workshops
- 45 hours of apprenticeship teaching
- Completion of all homework assignments
- Practical and written exams

### **Tuition:**

- The total cost of the program is \$5200.
  - \$4,400 Tuition
    - A \$300 deposit is due at the time of registration.
    - See following page for payment plans if applicable.
  - \$800 Student Session Package at Kinected, which includes:
    - 10 private expert sessions
    - 10 private apprentice sessions
    - \*Students are to purchase this package at the front desk on the first day of the workshop. Fees for the student package are payable to "Kinected". Each student is eligible to receive one package.

### **Cancellation Policy:**

- If cancellation is made at least one week prior to the first day of the workshop, the initial deposit is transferable to another Basic Training workshop only. The credit must be used within one year. Cancellation with less than one week's notice will result in forfeiture of the initial deposit.
- Students will schedule their required private sessions at Kinected. If a student misses a scheduled private session or cancels within less than 24 hours of the scheduled session, the student will be charged regular studio rates in order to complete the missed session (Apprentice Rate = \$42.00; Expert Rate = \$90.00).

### **Refund Policy:**

- Tuition payments are non-refundable.

After attending the workshops, completing all course requirements and passing both certification exams, students will be awarded Kane School Basic Training Phase I & II Comprehensive Certification.

**KANE SCHOOL TEACHER TRAINING PAYMENT OPTIONS**  
**BASIC TRAINING PHASE I & II**

**Tuition Payment Options:**

The tuition for Basic Training Phase I & II is \$4,400 if paid in full by the first day of the training.

The Kane School offers the following financing and payment plans if the student prefers to spread out the cost over the course of the program:

**Plan A (available to students registering for the Weekend program only):**

- \$300 deposit due at least three weeks prior to the first day of the training
- \$2100 due by the first day of the training
- 4 payments of \$575 due over the following 4 months. Payments are due on the Saturday morning of the workshop. If you are not able to attend a workshop you are still responsible to pay for that workshop as scheduled.

**Plan B (available to students registering for the Weekend program only):**

- \$300 deposit due at least three weeks prior to the first day of the training
- \$2250 due by the first day of the training
- 6 payments of \$375 due over the following 6 months. Payments are due on the Saturday morning of the workshop. If you are not able to attend a workshop you are still responsible to pay for that workshop as scheduled.

**Plan C (available to students registering for the Intensive program only):**

- \$300 deposit due at least three weeks prior to the first day of the training
- \$2025 due by the first day of Phase I
- \$2325 due on the first day of Phase II

The Kane School also offers a work study program. Information is given upon request.

The Kane School accepts payments by check, cash and credit card. All late payments will incur a \$35 penalty. If you have any questions concerning payment options, please contact Sera at 212.463.8308 or [Info@kaneschool.com](mailto:Info@kaneschool.com).

## **KANE SCHOOL TEACHER TRAINING ANATOMY REVIEW**

### **BASIC TRAINING PHASE I & II**

Following is an Anatomy Review for Kane School Teacher Training. Students entering the training must know the origins, insertions and actions of the following muscles as well as which joints these muscles cross. We expect all individuals entering teacher training know the names and locations of all the bones.

#### **1. SPINAL EXTENSORS**

- Erector spinae
- Trapezius
- Rhomboids
- Quadratus Lumborum

#### **2. SPINAL FLEXORS**

- Rectus Abdominus
- External Obliques
- Internal Obliques
- Transversus Abdominus

#### **3. PELVIC FLOOR**

#### **4. MUSCLES OF RESPIRATION**

- Diaphragm
- Intercostals

#### **5. MUSCLES OF THE SHOULDER**

- Serratus Anterior
- Trapezius
- Pectoralis Major/Minor
- Rhomboids
- Deltoid
- Levator Scapulae
- Latissimus Dorsi
- Rotator Cuff:*
  - Subscapularis
  - Supraspinatus
  - Infraspinatus
  - Teres Minor/Major

#### **6. MUSCLES OF THE HIPS**

##### **HIP EXTENSORS**

- Gluteus Maximus
- Biceps Femoris
- Semimembranosus
- Semitendinosus

##### **EXTERNAL ROTATORS**

- Piriformis
- Obturator Internus/ Externus
- Gemellus Inferior/ Superior

##### **HIP FLEXORS**

- Psoas Major
- Iliacus
- Tensor Fascia Latae
- Iliotibial Band

Sartorius  
Rectus Femoris

**QUADRICEPS**

Vastus Medialis  
Vastus Intermedius  
Vastus Lateralis  
Vastus Femoris

**ABDUCTORS**

Gluteus Medius  
Gluteus Minimus  
Tensor Fascia Latae

**ADDUCTORS**

Adductor Magnus  
Adductor Brevis  
Adductor Longus  
Pectineus  
Gracilis

**7. MUSCLES OF THE LOWER LEG**

Gastrocnemius  
Soleus  
Anterior Tibialis  
Peroneus Longus  
Peroneus Brevis  
Flexor Hallucis Longus  
Flexor Digitorum Longus  
Posterior Tibialis

**8. MUSCLES OF THE NECK**

Anterior Suboccipitals aka Prevertebral Group  
    Longus Capitis  
    Rectus Capitis Anterior  
    Rectus Capitis Lateralis  
    Scalenes  
Posterior Suboccipitals  
    Rectus Capitis Posterior Major/ Minor  
    Obliquus Capitis Inferior/ Superior  
Longus Colli  
Sternocleidomastoid

**KANE SCHOOL TEACHER TRAINING ENROLLMENT CONTRACT**  
**BASIC TRAINING PHASE I & II**

The following is a list of the Kane School's requirements and conditions for participating in our teacher training program. Participants must return all forms— signed—along with a tuition deposit. Both the tuition deposit and the completed forms must be turned in or this registration will not be processed. For specific financial terms and payment schedules, please refer to the payment option page. Please read carefully and if you have any questions please contact us.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please Initial:

\_\_\_\_\_1. The student acknowledges that he/she is enrolling in a 104-hour lecture course conducted by the Kane School at Kinected. Other certification requirements include 65 hours of observation, 45 hours of apprenticeship, 85 hours of self-practice, and 80 hours of supervised teaching, 30 hours of assistant teaching (or two full workshops), homework assignments and 10 private sessions with an expert and 10 private sessions with an apprentice teacher at Kinected and completion of the practical and written exam.

\_\_\_\_\_2. For successful completion of the workshop, the Kane School requires that at least 96 of the 104 hours of lecture be attended. It is the student's responsibility to obtain any material missed. Missed material must be obtained from fellow students. It is not the responsibility of the Kane School or its teachers to allocate extra teaching time for missed classes.

\_\_\_\_\_3. Students have one year from the date of their first workshop to fulfill all of the required hours and schedule the final exam in order to receive Pilates certification. All workshops must be completed in the order that they are presented. In the event that a student cannot attend a scheduled workshop, they will have the option of completing the missed and the proceeding workshops the next time they are offered without interrupting payment contract. Please be advised that independent hours may be suspended until the student resumes active participation in workshops.

\_\_\_\_\_4. I understand that in order to maintain a current Kane School certification I must complete 30 hours of Continuing Education every two years. I understand that students have the option of completing these hours at workshops hosted by other studios or organizations; however, at least 15 of the 30 Continuing Education hours must be completed at Kinected.

\_\_\_\_\_5. Copying or redistribution of any and all materials distributed to the student by the Kane School is prohibited. This includes photocopying, recording, electronic, or mechanical transmissions, or any information storage or retrieval system.

\_\_\_\_\_6. The student acknowledges that he/she is enrolling in this course at his/her own risk. It is solely the student's responsibility for maintaining his/her own physical and mental health in order to complete the course.

\_\_\_\_\_7. The Kane School and Kinected reserves the right to terminate any student from our teacher training program for misconduct and/or any other verbal or physical abuse, property damage or theft.

\_\_\_\_\_8. The student agrees to release collectively all Kane School and Kinected employees from any and all liability.

\_\_\_\_\_9. The Kane School requires that a deposit be made when submitting this enrollment contract for registration. Registration is not guaranteed if this form and a deposit are not submitted simultaneously.

\_\_\_\_\_10. The student acknowledges and understands all of the financial terms he/she is agreeing to by enrolling into the teacher training program at the Kane School. The student agrees to abide by all of the terms of his/her financial agreement with the Kane School.

\_\_\_\_\_11. If a payment is not made on the scheduled date, the student will not be able to attend the course that he/she is enrolled in until payment has been made. All late payments will incur at \$35 late fee.

\_\_\_\_\_12. If cancellation is made at least one week prior to the first day of the workshop, the initial deposit is transferable to another Basic Training workshop only. The credit must be used within one year. Cancellation with less than one week's notice will result in forfeiture of the initial deposit. Tuition payments are non-refundable

\_\_\_\_\_13. All front desk and studio policies apply to students. Please see student policy.

\_\_\_\_\_14. Prices and policy are subject to change without notice.

**KANE SCHOOL TEACHER TRAINING STUDENT HEALTH FORM**  
**BASIC TRAINING PHASE I & II**

*This is your confidential student/client history form. Please fill out as much as possible and sign.*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Occupation: \_\_\_\_\_

Company Affiliation (if any): \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Tel: \_\_\_\_\_

**LIST YOUR PHYSICAL ACTIVITIES AND FREQUENCY (INCLUDE ALL ACTIVITIES, i.e., GARDENING, LIFTING, CHILDREN, SPORTS, DANCE, WALKING):**

**INFORM US OF ANY MOVEMENT LIMITATIONS (THIS MAY INCLUDE INJURIES AND/OR STIFFNESS):**

**LIST YOUR PAST/CURRENT MEDICAL HISTORY:**

**LIST ANY ALLERGIES OR MEDICATIONS THAT YOU ARE TAKING:**

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**KANE SCHOOL TEACHER TRAINING REGISTRATION FORM**  
**BASIC TRAINING PHASE I & II**

- Course date \_\_\_\_\_
- Name \_\_\_\_\_
- Address \_\_\_\_\_
- City, State, Zip \_\_\_\_\_
- Phone \_\_\_\_\_
- Email \_\_\_\_\_

I would love to receive Kane School email blasts!

**When did you attend Core Muscle Anatomy?**

**If you did not attend Core Muscle Anatomy, have you taken your anatomy entrance exam? Y\_\_  
N\_\_**

**When did you attend Mat Phase I or Mat Comprehensive? \_\_\_\_\_**

**I have made the required deposit of \$300.00 and will choose (please check one):**

- Full tuition     Plan A     Plan B     Plan C

I, the undersigned, \_\_\_\_\_, have read and understood all requirements and policies listed above in the enrollment contract, completed the confidential student health form and agree to abide by all of the Kane School's requirements and policies while enrolled in the teacher training program at the Kane School.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Front Desk Staff Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Please return this form with your deposit and signed enrollment contract to:

*Kane School*

151 W 19<sup>th</sup> St, 2<sup>nd</sup> Fl ✪ NY, NY 10011

(p) 212.463.8308 (f) 212.463.8309 ✪ [www.kaneschool.com](http://www.kaneschool.com)