



Dear Prospective Mentee:

Thank you for your interest in the **kinectED Mentor Program**, a 6-month immersive learning experience designed to cultivate passionate, knowledgeable, and effective Pilates teachers.

Below you will find information pertaining to the program, including curricular details, pre-requisites, and program completion requirements. Please read this information carefully.

To apply for the program, please submit the enclosed application and required supplementary materials to:

kinectED  
ATTN: Mentor Program  
151 W. 19th St, 2nd floor  
new york, ny 10011

This program provides an unmatched opportunity to further your teaching skills, advance in your profession, and become part of the extended Kinected learning community. We look forward to receiving your application and empowering your journey as a movement professional.

Sincerely yours,

**Matt McCulloch**

Mentor Program Director  
Kinected Co-Founder & Studio Director

## PROGRAM OVERVIEW

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The KinectED Mentor Program is a **six-month immersive mentorship** for Pilates professionals designed to help certified instructors blossom into gifted and dedicated teachers. During the program, participants gain advanced-level education in Pilates, honing skills in the areas of choreography, programming, and teaching. Participants cultivate a particular area of expertise by **selecting an intensive course of study** in one of the three following concentrations:

- **Anatomy**
- **Injuries & Rehabilitation**
- **The Art of Teaching**

Throughout the program, participants complete approximately **130 hours** of requirements (described in detail below) and work one-on-one with a mentor to cultivate their course of study and achieve the program's goals.

The mentorship culminates in a final written project and presentation. Example topics within concentrations for final projects include:

- Anatomy: Comparing the architecture of the shoulder and hip joints, The foot as a the foundation of locomotion
- Injury & Rehabilitation: The role of Pilates in degenerative knee conditions, Pilates for osteoporosis
- The Art of Teaching: How to teach Pilates to children, Using Pilates to teach proprioception in the geriatric population

## PROGRAM GOALS

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The goals of the mentor program are to:

- Impart advanced-level skills and comfort in teaching Pilates, equipping mentees with tools to work safely & effectively with a wide range of clientele
- Cultivate a mentee's own movement practice and expand mentee's choreography and programming repertoire
- Deepen a mentee's knowledge of anatomy and prevalent injuries & conditions affecting clientele
- Foster skills in the art of learning, teaching mentees how to apply these skills to a lifelong course of study
- Enhance a mentee's communication and business skills through writing endeavors and public presentation

## PREREQUISITES

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- Basic level mat and full equipment (reformer, cadillac, chair, barrels) certification in Pilates
- Anatomy proficiency

## CURRICULUM & REQUIREMENTS

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The program consists of approximately **130 education hours** (not including self-study and research), divided among three core elements: **mentorship, skill enrichment, and focused study.**

### **Mentorship**

This element includes 2 one-hour meetings per month (12 total) between mentor and mentee to help cultivate the chosen field of study. Additionally, there are 18 mentor-supervised sessions where the mentee teaches 1-hour private Pilates sessions to a specified client at Kinected approximately three times per month. **Total hours: 30**

### **Skill Enrichment**

The second element focuses on expanding the mentee's Pilates skills and continuing education studies with participation in five 1-hr private sessions with Matt McCulloch, Kelly Kane and a senior-level instructor (15 total), 5 mat and 5 equipment classes at Kinected and two kinectED continuing ed workshops of the mentee's choosing over the course of the 6-month mentorship, and attendance at the Functional Anatomy for Movement & Injuries (FAMI) Workshop. Mentee writes a 1-page synopsis of the teachings gleaned from each workshop. **Total hours: Approximately 60-75**

### **Focused Study**

Mentees also fulfill the following educational responsibilities to facilitate studying + learning within their chosen concentration: Collecting and reviewing topic-centered literature and research, leading 3 Teacher's Lab (continuing education classes for instructors, 3 hours), writing at least 3 educational blogs (3 hours) and a culminating project including a final paper and live presentation on chosen topic (20 hours)

**Total hours: 26 + research**

In addition to the requirements described above, mentees **meet with the Kinected's Education Manager** three times during the program, to ensure consistency and coherence in the overall experience, as well as to field any questions.

## TUITION

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Cost of program: \$3470\*

Includes:

- 15 private sessions (5 sessions with studio director Matt McCulloch, 5 sessions with Kane School founder Kelly Kane, 5 sessions with a senior level instructor) (\$2159.23)
- Tuition for FAMI Workshop (\$1145)
- 5-pack of equipment classes and 5-pack of mat classes (\$266.47)
- Mentor Meetings and Mentor-Supervised Sessions
- Mentor Program materials and administration

Not included in tuition:

- 2 workshops of mentee's choosing at Kinected, to be completed within the 6 month mentorship time frame (price varies per workshop, mentee receives a 25% discount on each workshop) Weekly

Mentee credit:

- Mentee receives \$20/hr credit (which can be used as Kinected cash redeemable for any studio service or workshop) for each completed mentor-supervised session

*\*due to the fact that each mentor program is customized the cost may vary per individual.*

## THE APPLICATION PROCESS

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Please submit the enclosed registration form along with the required supplementary application materials outlined below to:

kinectED  
ATTN: Mentor Program  
151 W. 19th St, 2nd floor  
new york, ny 10011  
(f): 212.463.8309

### The application must include:

- Completed and signed application form (enclosed)
- Resume documenting teaching experience
- Photocopies of Pilates mat and equipment certifications
- Documentation of Continuing Education taken in the past two years

## CANDIDATE SELECTION

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Due to the intensive nature of this program (and our commitment to deliver an excellent learning experience to each mentee), mentorship slots are limited; slots are awarded to candidates based on merit, goals, and perceived commitment and ability to complete the program. All applicants will be interviewed by the studio director and notified of the application decision within a timely manner.

## QUESTIONS?

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We're happy to help guide you through this intensive and rewarding learning experience. Just email us at [education@kinectedcenter.com](mailto:education@kinectedcenter.com) or call us at 212.463.8338 with any questions!

# APPLICATION

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## **Applicant Information**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Country (if not US): \_\_\_\_\_ Tel: \_\_\_\_\_

Company Affiliation: \_\_\_\_\_

How did you hear about us? (please choose one)

Walk-in     Editorial     Ad     CEC Provider     Trade Show

Internet (Please specify:  Google Ad  Citysearch  Other: \_\_\_\_\_)

Other/Referral from: \_\_\_\_\_)

Would you like to receive our monthly newsletter about studio events and workshops?     yes     no

## **Certification & Training Information**

Please list certifying institutions & dates of completion:

Mat certification: \_\_\_\_\_ Completion date: \_\_\_\_\_

Equipment certification: \_\_\_\_\_ Completion date: \_\_\_\_\_

Please list all continuing education courses taken in the last two years:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Program Questionnaire**

On a separate piece of paper, please type your answers to the following questions (please limit your answers to 1-2 pages total). Your answers will be reviewed with you by the program director during your interview and will help guide both the application decision and, if you are accepted into the program, your concentration and focus of study.

- Why do you want to partake in the kinectED Mentorship Program?
- What are the strengths in your teaching? (i.e., anatomy, assessment, programming, teaching group classes: mat or equipment?)
- Where are the areas you desire to grow in your teaching (i.e., anatomy, assessment, programming, teaching group classes: mat or equipment?)
- Do you want to develop skills in working with a special population? If yes, please specify (i.e., prenatal, breast cancer survivors, people with orthopedic injuries).
- What are potential topics you'd like to focus on during your mentorship?
- What skills/interests do you have outside of the Pilates environment (i.e., business development, writing)? Do you want to incorporate them into to your Pilates career, and If so, how?

**Tuition Information:**

If accepted into the program, tuition is due at Initial Meeting with Education Manager. Payment plans are available; please email [education@kinectedcenter.com](mailto:education@kinectedcenter.com) in advance for more information.

**Payment Information:**

Please complete the following information. Credit card payments will only be processed if applicant is accepted into the program, based upon the chosen payment option above:

To pay by check: Please make checks payable to Kinected, and submit to Kinected by dates specified above. Checks must be U.S. funds drawn on a U.S. or Canadian bank.

To pay by credit card:

Credit card #: \_\_\_\_\_ Exp date: \_\_\_\_\_ Billing zip: \_\_\_\_\_

Print name: \_\_\_\_\_ Signature: \_\_\_\_\_  
*(I authorize Kinected to sign on my behalf.)*

**Program Agreement:**

If accepted into the Mentor Program, I agree to fulfill all requirements within six months of my start date. I agree to make payments by the dates specified above. I understand that all payments not made on the scheduled date are considered late and are subject to a \$35 late fee.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**For office use only:**

Application received: \_\_\_\_\_

Interview date: \_\_\_\_\_

Enrollment decision: \_\_\_\_\_