

Pilates 4 Youth

How to get involved

Thank you for your interest in Pilates 4 Youth, an initiative of the Pilates Method Alliance.

People often ask us, 'how can I get involved?' There are a number of ways you can get involved, and there are two important things to note:

- There is nothing to join.
- The PMA does not offer a prescriptive program.

Our book ***Pilates for Children and Adolescents; Manual of Guidelines and Curriculum***, is intended to be a resource for Pilates teachers to use to support their efforts in working with young people. It provides teachers with essential safety information, as well as guidance on teaching considerations, professionalism and creating curriculum proposals. All of this assists the Pilates teacher in developing successful work with children and adolescents.

What can you do?

- **Purchase our book, *Pilates for Children and Adolescents; Manual of Guidelines and Curriculum*, and implement what you learn.** Use this resource to guide you in safe and effective teaching practices, and in initiating Pilates classes for young people in your community.
- **Join our open Facebook group: PMA Pilates 4 Youth.** This is a great way to connect with others with common interests. Please share your activities with the group, post your photos, ask question of your colleagues and share your success stories!
- **Seek out educational opportunities** to learn more about teaching movement to children and adolescents. Consider further training with regard to the physiological and cognitive development of young people. If you need guidance on coursework relevant to this via the PMA CEC program, please visit www.pilatesmethodalliance.org/certification, or contact Anna Alvarez, Continuing Education Specialist at annaa@pilatesmethodalliance.org for guidance.