

Pilates For Youth

Pilates For Youth Virtual Workshop

With Nancy Gwinnett Hurd

Joseph Pilates has these words to say about Pilates for Children

“First, educate the child. In childhood, habits are easily formed—good and bad. Why not, then, concentrate on the formation of only good habits and thus avoid the necessity later in life of attempting to correct bad habits?”



– Joseph Pilates, “Your Health”

As a former public-school teacher and now a Pilates Teacher, I feel these words ring truer now than ever before. I was lucky to attend the Pilates for Youth Workshop at the PMA Summit in June 2013. Presented by Brett Howard, PMA®-CPT, MA and Celeste Corey Zopich, PMA®-CPT, RMT, NASM®Youth Exercise Specialist

The purpose of the 2-day program was to share with Pilates Teachers the research, background, ideas and the importance of Pilates and movement for youth. The goal was to have Pilates teachers create programs and to share the information with other Pilates Teachers. I have been fortunate to present this

workshop live and in longer formats. Now with the benefit of technology I can share it with you in a shorter condensed version. Hopefully inspiring you to create programs at your studio and/or in your community.

What will we be doing?

- We will look at age specific protocols and curriculum considerations for various environments such as Pilates studios, public schools, rec centers etc.

- We will look at how to successfully develop curriculum and class sessions with fun and playful teaching strategies for kids and teens and discuss ideas for special interests such as football players, swimmers, summer campers, educational settings etc.

- We will demonstrate, and you may participate in a fun Pilates for youth mat class.

Most importantly we encourage smiles creativity and getting back to our youth. A rubber duck will be involved!

Can't Make it Live?

Register and a Video will be downloaded into your account to view for 2 weeks

PILATES FOR YOUTH

May 28, 2025

Virtual

2-4pm EST

2 CEC's

US/Asia registration:

<https://peaku.peakpilates.com/p/pilates-for-youth?instance=675cc6e5e8a21995110ed6aa>

Europe Registration:

<https://peaku.peakpilates.eu/p/pilates-for-youth?instance=67852f01ef25f693160b36ee>