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MANIA Schedule Timeline Overview

**8 HOURS**

**11:00-11:20 AM** SPLASH ZONE 1 / 30 minutes

* + - Introduce self, participant introductions, WATERinMOTION® introductions
		- What to expect, review: rebound & power rebound, grounded & neutral, suspension & flotation

**11:20-11:30 AM** 10 Minute Break to get ready for Pool

**11:30-12:30 AM** SPLASH ZONE 2 / 1 hour (POOL NEEDED)

* + Master Class (50 minutes), movement details (10 minutes)

**12:30-12:45 AM** 15 Minute Break to get showered, dry, land workout clothes and back to room

**12:45-1:15 AM** SPLASH ZONE 3 / 30 min

* The “RIPPLE” overview
* Explain the Wave Kit, Notes

**1:15-2:45 AM** SPLASH ZONE 4/ 1.25 hours (STUDIO WITH MIRRORS NEEDED)

* Land rehearsal of all moves in the Wave/Assigned Tracks
* Practice all movements in front of mirrors - whole group

**2:45-3:15 PM** 30 min LUNCH BREAK (working optional) Sales table reminders, i.e. purchasing back releases, etc

**3:15-3:45 PM** Practice for 1st filming, change clothes, turn in RIPPLE Sheet, report at the pool

**3:45-4:45 PM** SPLASH ZONE 5 / 1 hour (POOL NEEDED)

* First Teach/Videotaping: Don’t stop the music; each participant is on deck for the track prior and hops right in to teach. Take manual notes about “R” & “P” on RIPPLE sheets.
* Transition back to class

**4:45 – 5:30 PM** SPLASH ZONE 6 / 45 min

* + - * REVIEW FOOTAGE from 1st filming
			* Action Plans, Assessment, Track Worksheet
			* Practice and prepare for final teaching

**5:30 – 6:30 PM** SPLASH ZONE 7 / 1 hour (POOL NEEDED)

* Second Teach/Videotaping (use trainees device if they want to take it home)
* Take manual notes about “I” on RIPPLE Sheets
* Meet back in Lecture room

**6:30 – 7:00 PM** SPLASH ZONE 8 / 30 minutes

* Final videotaping review (15 minutes)
	+ - * Excite & Launch! - In depth look at the “E” Excite - brainstorm launch plans and ideas, Go through the launch kit (5 minutes)
			* CIRCLE Time (congratulations, resources & welcome to the “family”) (5 minutes)
* Wautoship, farewell (5 minutes)