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Schedule Timeline Overview

**8 HOURS**

**9:00-9:30 AM** SPLASH ZONE 1 / 30 minutes

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

**9:30-10:20 AM** SPLASH ZONE 3 / 30 min

* The “RIPPLE” overview (Review RIPPLE sheet)
* Explain the Wave Kit, Notes
* Land rehearsal of assigned tracks-Listen to music, Watch/Practice with video/Review notes

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

**10:30-12:00 PM** SPLASH ZONE 2 / 1.5 hours (POOL NEEDED)

* + Master Class (50 minutes)
	+ Water demonstration and practice of movements (40 minutes)

**12:00-12:20** 20 Minute Break to get showered, dry, land workout clothes and back to room

**12:20-1:00 PM** SPLASH ZONE 4/ 40 minutes (STUDIO WITH MIRRORS NEEDED)

* Review Loading Down
* Land rehearsal of all moves in assigned tracks (1-5), trainees working independently
* Practice all movements in front of mirrors - whole group

**1:00-1:30 PM** 30 min LUNCH BREAK (working optional) Sales table reminders, i.e. purchasing back releases, etc

**1:30-2:30 PM** Continue SPLASH ZONE 4/ 1 hour

* Introduce/explain Cueing Worksheet
* Land rehearsal of all moves in assigned tracks (6-10), trainees working independently
* Practice all movements in front of mirrors - whole group

**2:30-3:30 PM** SPLASH ZONE 5 / 1.5 hours (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.

**3:30-4:00 PM** SPLASH ZONE 6 / 30 min (STAY AT POOL)

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

**4:00-5:00 PM** SPLASH ZONE 7 / 1 hour (POOL NEEDED)

* Second Teach/Videotaping

**5:00-5:30 PM** SPLASH ZONE 8 / 35 miinutes

* Final videotaping review (15 minutes)
	+ - * Excite- In depth look at the “E” Excite - brainstorm launch plans, ideas, launch kit (5 minutes)
			* CIRCLE Time (congratulations, resources & welcome to the “family”) (10 minutes)
* Wautoship, farewell (5 minutes)