****

***9am Start: MANIA Schedule Timeline Overview***

**8 HOURS**

**9:00-9:20 AM** SPLASH ZONE 1 / 30 minutes (CLASSROOM)

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

**9:20-10:00AM** SPLASH ZONE 2 / 30 min (CLASSROOM)

* The “RIPPLE” overview & 3 Ms: Move, Muscle, Motivation
* Explain the Wave Kit, Notes

**10:00-10:15 AM** 10 Minute Break to get ready for Pool

**10:15-11:15 AM** SPLASH ZONE 3 / 1 hour (POOL)

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

**11:15-11:30 AM** 15 Minute Break to get showered, dry, land workout clothes and back to room

**11:30 AM-12:45 PM** SPLASH ZONE 4/ 1.25 hours (CLASSROOM)

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

**12:45-1:15 PM** 30 min LUNCH BREAK (working optional) Sales table reminders, i.e. purchasing back releases, etc

**1:15-1:30 PM** Practice for 1st filming, turn in RIPPLE Sheet (CLASSROOM)

**1:30-2:30 PM** SPLASH ZONE 5 / 1 hour (CLASSROOM / DECK FILMING)

* 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.

**2:30 – 3:15 PM** SPLASH ZONE 6 / 45 min (CLASSROOM)

* + REVIEW FOOTAGE from 1st filming
  + Action Plans, Assessment, Track Worksheet
  + Practice and prepare for final teaching (Change & Transition to Pool)

**3:15 – 4:15 PM** SPLASH ZONE 7 / 1 hour (POOL)

* + 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

**4:15 – 5:00 PM** SPLASH ZONE 8 / 45 minutes (CLASSROOM)

* + Final videotaping review (15 minutes)
  + Excite & Launch! - “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)