Agenda for All In-Person CCC Except Pasadena

Friday	Saturday	Sunday
8:00-10:00 Land Seminar – Course Introduction; Evidence-based critical thinking when selecting aquatic intervention	**8:00-9:00** Land Seminar – Pain neuroscience education. Evidence-based aquatic intervention for posture and balance.	**8:00-9:30** Land Seminar – Evidence-based aquatic intervention for Halliwick Concept-Water Specific Therapy, Bad Ragaz Ring Method, Ai Chi and Watsu.
10:00-10:15 Break/Snack	**9:00-9:15** Changing/Break/Snack	**9:30-9:45** Changing/Break/Snack
10:15-1:00 Land Seminar –Evidence-based aquatic intervention for musculoskeletal impairments, obesity and cardiovascular, and pulmonary. Halliwick Concept and swimming.	**9:15-1:00** Pool lab - Waterproof dressing application, aquatic manual therapy	**9:45-12:00** Pool lab- Halliwick Concept-Water Specific Therapy and Bad Ragaz Ring Method.
1:00-2:00 Lunch	**1:00-2:00** Lunch	**12:00-12:15** Snack
2:00-3:30 Pool Lab – Pool chemical testing, heart rate check, aquatic equipment and progression. Aquatic interventions for musculoskeletal impairments, obesity, and cardiovascular performance.	**2:00-3:30** Land Seminar –Evidence-based aquatic intervention for muscle tone, motor control/coordination, cognitive processing, and sensory integration and gait/functional activity.	**12:15-1:00** Pool lab –Watsu/ Ai Chi. Integration and review with group case studies.
3:30-3:45- Break	**3:30-3:45** Changing/Break/Snack	**1:00-2:00** Lunch
3:45-6:30 Pool Lab – Pool Lab – Halliwick concept fundamentals of floating and handling techniques. Integration of material with group case studies.	**3:45-6:30** Pool Lab - Aquatic interventions for posture and balance, functional activity and gait, motor control/coordination, cognitive processing, and sensory integration. Review with group case studies.	**2:00-3:30** Land Seminar – Evidence-based aquatic intervention for Aqua Yoga, Aquastretch, Burdenko Method, and wrap up.

Pasadena - Agenda

Friday	Saturday	Sunday
8:00-10:00 Land Seminar – Course Introduction; Evidence-based critical thinking when selecting aquatic intervention **10:00-10:15** Break/Snack **10:15-1:00** Land Seminar –Evidence-based aquatic intervention for musculoskeletal impairments, obesity and cardiovascular, and pulmonary. Halliwick Concept and swimming. **1:00-1:45** Lunch **1:45-3:15** Pool Lab – Pool chemical testing, heart rate check, aquatic equipment and progression. Aquatic interventions for musculoskeletal impairments, obesity, and cardiovascular performance. **3:15-3:30**- Break **3:30-6:30** Pool Lab – Pool Lab – Halliwick concept fundamentals of floating and handling techniques. Integration of material with group case studies.	**8:00-9:00** Land Seminar – Pain neuroscience education. Evidence-based aquatic intervention for posture and balance. **9:00-9:15** Changing/Break/Snack **9:15-12:30** Pool lab - Waterproof dressing application, aquatic manual therapy **12:30-1:15** Lunch **1:15-2:45** Land Seminar - Evidence-based aquatic intervention for muscle tone, motor control/coordination, cognitive processing, and sensory integration and gait/functional activity. **2:45-3:00** Changing/Break/Snack **3:00-5:00** Pool Lab - Aquatic interventions for posture and balance, functional activity and gait, motor control/coordination, cognitive processing, and sensory integration.	**8:00-9:00** Land Seminar –Evidence-based aquatic intervention for Halliwick Concept-Water Specific Therapy and Bad Ragaz Ring Method **9:00-9:15** Changing/Break/Snack **9:15-11:45** Pool lab - Halliwick Concept-Water Specific Therapy and Bad Ragaz Ring Method. Review with group case studies. **11:45-12:00** Break/ Snack **12:00-1:30** Pool lab –Watsu/ Ai Chi. Integration and review with group case studies. **1:30-2:15** Lunch **2:15-4:15** Land Seminar - Evidence-based aquatic intervention for Ai Chi, Watsu. , Aqua Yoga, Aquastretch, Burdenko Method, and wrap up.