

This is a SAMPLE schedule and is subject to change.

Friday	Saturday	Sunday
<p>8:00-10:00 Land Seminar – Course Introduction; Evidence based critical thinking when selecting aquatic intervention</p> <p>10:00-10:15 Changing/Break/Snack</p> <p>10:15-1:00 Land Seminar –Evidence based aquatic intervention for musculoskeletal impairments and cardiovascular performance</p> <p>1:00-2:00 Lunch</p> <p>2:00-3:30 Pool Lab – Pool chemical testing, aquatic equipment and progression. Aquatic interventions for musculoskeletal impairments and cardiovascular performance.</p> <p>3:30-3:45- Break</p> <p>3:45-6:30 Pool Lab – Pool Lab –fundamentals of floating and handling techniques. Integration of material with group case studies</p>	<p>8:00-9:00 Land Seminar – Evidence based aquatic intervention for posture and balance</p> <p>9:00-9:15 Changing/Break/Snack</p> <p>9:15-1:00 Pool lab -Heart rate check; Waterproof dressing application, aquatic manual therapy</p> <p>1:00-2:00 Lunch</p> <p>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.</p> <p>3:30-3:45 Changing/Break/Snack</p> <p>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.</p>	<p>8:00-9:15 Land Seminar – Evidence based aquatic intervention for Halliwick Concept and Bad Ragaz Ring Method</p> <p>9:15-9:30 Changing/Break/Snack</p> <p>9:30-12:00 Pool lab- Halliwick Concept and Bad Ragaz Ring Method,</p> <p>12:00-12:15 Snack</p> <p>12:15-1:00 Pool lab – Watsu and Ai Chi</p> <p>1:00-2:00 Lunch</p> <p>2:00-3:30 Land Seminar – Evidence based aquatic intervention for Ai Chi and Watsu, Integration and review with group case studies and wrap up.</p>