

Agenda for Making Waves September 25, 2011

Time	Location	Session Title
9:15 - 9:45	Upstairs Lobby	Registration
9:45 - 10:45	Lecture/activity on deck	Fall Prevention for Seniors
10 mins	Nature break	
10:55 - 12:25	Lecture on deck	Fat Metabolism & Water Exercise
12:25 - 1:15	Registration area	Lunch Bathing suits on and ready poolside for 1:10
1:15 - 2:15	Water sessions	Teaming with Rhythm 2
2:15-3:15	Water sessions	Aqualates
3:15 - 3:30	Energizer break	
3:30 - 4:30	Water session and pool side	Burnout to Bliss
4:30 - 5:30	Water session and pool side	Aqua Yoga Flow