

SCHEDULE: (subject to minor revision):

**FIRST DAY**

**Monday/Thursday**

10:00 – 11:00 Check-in, Orientation and foundational instruction  
11:00 – 12:30 1st underwater videotaping and group instruction  
12:30 – 1:30 Lunch at the Ravinia Club – \$12  
1:30 – 2:00 Classroom workshop and review of video #1  
2:15 – 3:45 Group instruction in the pool

**SECOND DAY**

**Tuesday/ Friday**

10:00 – 11:00 Classroom workshop  
11:00 – 12:30 Group Instruction in the pool  
12:30 – 1:30 Lunch at the Ravinia Club – \$12  
1:30 – 3:00 Group instruction in the pool and 2nd underwater videotaping  
3:00 – 3:45 Final video review and wrap-up

**\*Please call (800) 609-7946 to register.**