



Association of Women Martial Arts Instructors
Teaching the Teacher Conference 2010 Schedule
Majesty of the Seas Cruise to the Bahamas/Key West
January 4-8, 2010

Monday January 4, 2010; Depart Miami 5pm

6:00-7:00pm – Registration/Orientation

7:00-8:30pm – Session #1, Panel Discussion

8:30pm – Dinner followed by ship board entertainment

Tuesday January 5, 2010; Docked in Nassau 8am-5pm

8:00-9:00am – Session #2, Morning Workout

9:30-10:30am – Breakfast

10:30-12Noon – Session #3

12Noon-4:30pm – Free Time off ship or onboard

4:30-6:00pm – Session #4

6:15-7:45pm – Session #5

8:30pm – Dinner followed by ship board entertainment

**Wednesday January 6, 2010; Tenders (small boat from ship to shore) to
Coco Cay (private island) 8am-5pm**

9:00-11:00am – Session #6 Beach Workout in the Shade on Coco Cay

11:00-12Noon – Session #7 Skills Exchange

12Noon-4:30pm – Bar-B-Q Lunch & Free Time on Coco Cay

4:30-6:00pm – Session #8

6:15-7:45pm – Session #9

8:30pm – Dinner followed by ship board entertainment

Thursday January 7, 2010; Docked in Key West, Fla. 10am-6pm

8:00-9:00am – Session #10, Morning Workout

9:30-10:15am – Breakfast

10:15-11:45am – Session #11

12Noon-1:30pm – Session #12

1:30-6:00pm – Free Time in Key West or onboard

6:30-8:15pm – Demo, Awards, Raffle drawing, Closing Ceremonies

8:30 – Dinner, followed by dancing in the disco

(Schedule is subject to change without notice; see www.awmai.org for more details)