

A woman with her hair in a bun, wearing a white strapless top, is sitting on a massage table covered with a white sheet. She is facing away from the camera, looking out over a lush green valley with rolling hills and mountains in the distance under a blue sky with light clouds. Some red flowers are visible in the upper corners of the frame.

Hands-On Approach
School of Massage

LICENSED WITH THE
TEXAS DEPARTMENT OF STATE HEALTH SERVICES
MS0091
AMTA SCHOOL MEMBER
NCBTMB APPROVED CONTINUING EDUCATION PROVIDER

Dear Prospective Student,

Are you interested in a career field with endless possibilities? Would you like a training program that, within a few months, could have you making money as a recognized professional?

Massage therapy is a unique career choice. The range of possible placement offers the individual a great deal of freedom. It is common to see a massage therapist working with athletes, in health clubs, spas, salons, working on cruise ships or at resorts, employed with Medical Doctors, chiropractors, psychotherapists and personal trainers. Many therapists enjoy the independence of self-employment.

At Hands-On Approach we are dedicated to training that will maximize the positive effects of massage therapy as well as promote continued growth of the profession. Our school offers a comprehensive, academically challenging vocational training program. The school strives to provide resources, support service and activities conducive to well-rounded educational and vocational environment.

Sincerely



Russell Rust
Owner

**Hands-On Approach School of Massage
Application**

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PHONE:(HM) _____ (WK) _____

S.S#: _____ TX DL# _____

BIRTH DATE: _____ MALE _____ FEMALE _____

CURRENT EMPLOYMENT: _____

I AM APPLYING FOR THE FOLLOWING COURSE:

_____ DAY CLASS _____ NIGHT CLASS

_____ FAST TRACK _____ SLOW TRACK

START DATE OF PROGRAM: _____

THIS FORM MUST BE ACCOMPANIED BY \$500.00 DEPOSIT

_____ \$500.00 Deposit Enclosed (refunded if not accepted to school)

Mail this form and application fee to:

**HANDS-ON APPROACH-SCHOOL OF MASSAGE
13370 Preston Road—Dallas, TEXAS 75240—(972) 484-8180**

Dates and times are subject to change, depending on enrollment. Prospective students are advised to file this application as soon as possible. The classes are limited in size and enrollment is closed when classes are filled.

In connection with my application, I understand that a consumer report, which may contain public record information, may be requested. This report may include the following types of information: names and dates of previous employers, credit information, etc. I further understand that such reports may contain public record information concerning my credit, bankruptcy proceedings, from federal, state and other agencies. Your signature below indicates that the following information on the application is true and accurate to the best of your knowledge and you authorize any party or agency contacted to furnish the above information.

SIGNATURE _____ DATE _____

ADMISSION REQUIREMENTS

Hands-On Approach evaluates each applicant without discrimination regarding age, sex, race, nationality, religion, creed or marital status. In order to be considered a student at our school the following criteria must be met:

- * Submit a completed application along with a \$500 deposit
- * Must be physically, mentally, emotionally and financially capable of completing the course.
- *Health Release form must be completed in order to receive massage as part of class.**

GRADUATION REQUIREMENTS-500 Hours

- * Completion of 450 contact hours of training, plus 50 hours of internship.
 - * Successful completion of all assignments.
 - * 80% or better on all tests.
- * All financial obligations must be paid in full before transcripts are released.

GRADUATION REQUIREMENTS-570 Hours

- * Completion of 450 contact hours of training, plus 120 hours of internship.
 - * Successful completion of all assignments.
 - * 80% or better on all tests.
- * 9 consecutive on time payments and completion of program hours are required before release of transcripts.

LICENSING REQUIREMENTS

- *Criminal background check
 - *Must be free of criminal convictions.
- (A student is ineligible for licensing if he/she has been convicted of or entered a plea of nolo contendere or guilty, or received deferred adjudication to crimes of prostitution or sexual offenses; or convicted of a violation of the ACT, felony and or misdemeanor of moral turpitude within the last five years.)
- *Valid Social Security card.
 - *Successful completion of written examination and jurisprudence exam

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HANDS ON APPROACH

13370 PRESTON RD
DALLAS TX
75240
972-484-8180

4639 CORONA DR. STE 18
CORPUS CHRISTI TX.
78411
361-853-7734
handsonapproach.com

Mission Statement

At Hands-on Approach our goal is to provide each and every student with the necessary tools and support to become successful in the massage industry. We are dedicated to developing highly-skilled therapists that are assets within the field as well as in the community.

Why choose Hands on Approach?

Founded in 1998

Over 1000 Successful
Graduates

- *Flexible Schedule*
- *7 or 14 month programs*
- *Affordable tuition*
- *In house financing*
- *No hidden costs*
- *6000 Sq. Ft. facility (Dallas Campus)*
- *4000 Sq. Ft. facility (Corpus campus)*
- *Better Business Bureau member*
- *AMTA School Member*
- *National Certification Board for Massage & Bodywork Approved C.E. Provider*

CANCELLATION AND REFUND POLICY-570 Hours

A student will receive a full refund if he/she cancels the Enrollment Agreement, in writing, within 72 hours (until midnight of the 3rd day excluding Saturday, Sunday, and Legal Holidays) after the Enrollment Agreement is signed by the prospective student. If tuition is collected in advanced the first day of the program, and if, after expiration of the 72 hour cancellation privilege, the student does not enter the program, not more than \$200.00 shall be retained by the school. If a student enters the school and is terminated or withdraws, the school may retain \$200.00 of tuition and the minimum refund of the remaining tuition will be as outlined based on 570 clock-hours of instruction, hours attended are ones which are prior to official termination or withdrawal.

Refunds are calculated by Texas Department of State Health Services and are outlined as follows:

- Less than 72 hours after enrollment agreement is signed 100% of tuition.
- During the first week or one-tenth of the program, whichever is less 90% of the remaining tuition.
- After the first week or one-tenth of the program, whichever is less but within the first three weeks of the program 80% of the remaining tuition.
- After the first three weeks of the program, but within the first quarter of the program, 75% of the remaining tuition.
- During the second quarter (143-285 hours) 50% of tuition
- During the third quarter (286-427 hours) 10% of tuition
- During the last quarter (428-570 hours) 0% of tuition.
- During the last quarter of the program, the student may be considered obligated for the full tuition.

Refunds will be made within 30 days of the earliest of

- The effective date of termination if the student is terminated.
- The date of receipt of written notice of withdrawal
- 10 instructional days following the first day of the program if the student fails to enter.

Refunds of items of extra expenses to the student, such as instructional supplies, books, student activities, laboratory fees, service charges, rental deposits and all other such ancillary miscellaneous charges will be made in a reasonable manner.

- Supplies (i.e. bag, sheets, oils, and lotions) are refundable if unopened / unused.

CANCELLATION AND REFUND POLICY-500 Hours

A student will receive a full refund if he/she cancels the Enrollment Agreement, in writing, within 72 hours (until midnight of the 3rd day excluding Saturday, Sunday, and Legal Holidays) after the Enrollment Agreement is signed by the prospective student. If tuition is collected in advanced the first day of the program, and if, after expiration of the 72 hour cancellation privilege, the student does not enter the program, not more than \$200.00 shall be retained by the school. If a student enters the school and is terminated or withdraws, the school may retain \$200.00 of tuition and the minimum refund of the remaining tuition will be as outlined based on 500 clock-hours of instruction, hours attended are ones which are prior to official termination or withdrawal.

Refunds are calculated by Texas Department of State Health Services and are outlined as follows:

- Less than 72 hours after enrollment agreement is signed 100% of tuition.
- During the first week or one-tenth of the program, whichever is less 90% of the remaining tuition.
- After the first week or one-tenth of the program, whichever is less but within the first three weeks of the program 80% of the remaining tuition.
- After the first three weeks of the program, but within the first quarter of the program, 75% of the remaining tuition.
- During the second quarter (125-250 hours) 50% of tuition
- During the third quarter (251-375 hours) 10% of tuition
- During the last quarter (376-500 hours) 0% of tuition.
- During the last quarter of the program, the student may be considered obligated for the full tuition.

Refunds will be made within 30 days of the earliest of

- The effective date of termination if the student is terminated.
- The date of receipt of written notice of withdrawal
- 10 instructional days following the first day of the program if the student fails to enter.

Refunds of items of extra expenses to the student, such as instructional supplies, books, student activities, laboratory fees, service charges, rental deposits and all other such ancillary miscellaneous charges will be made in a reasonable manner.

- Supplies (i.e. bag, sheets, oils, and lotions) are refundable if unopened / unused.

Becoming a Professional Massage Therapist

Massage Therapy Growing as a Career Opportunity

As public acceptance of massage has grown in the United States, the number of massage therapists has risen dramatically. AMTA estimates that the number of massage therapists in the United States, including students, is between 250,000 and 300,000.

The number of massage therapy training programs in the United States has also risen. There are currently over 1,000 schools offering training to obtain professional certification and/or licensing.

Training programs in massage therapy generally require a high school diploma, though postsecondary education is useful. Previous studies in broad subjects such as science (especially anatomy and physiology), business and humanities are helpful.

The Path to a Career in Massage Therapy

Pursuing a career in massage therapy often involves three steps:

- Complete a training program that will qualify you to practice in the location you choose
- Become nationally certified by passing the National Certification Exam for Therapeutic Massage and Bodywork
- Meet the requirements of your state or municipality (such as obtaining a license or other credential, if you practice in an area where massage therapy is regulated).

National Certification

Certification by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) is an indication that a massage therapist has attained a particular professional credential. Regulatory bodies in 33 states (as of 2006) require massage therapists to pass the National Certification Exam as a minimal requirement before a massage therapist is allowed to legally practice.

Education and Training with a quality school

Standards for education and training can assist the consumer to know whether a massage therapist has adequate preparation to practice. AMTA recommends a minimum of 500 hours of supervised, in-class initial massage therapy training, which must include the study of anatomy and physiology, the theory and practice of massage therapy, and elective subjects.

States that license massage therapists define the minimum initial massage therapy training required. Most require a minimum of 500 hours of training, but some require 1,000 hours (e.g. New York).

The only way of knowing whether a training program or massage school provides a nationally-recognized standard level of education is to go to ncbtmb.com or amtamassage.org to see if the school has meet the requirements for approval.

SCHOOL FACILITIES

Our facilities feature large classrooms equipped with top-of the line Earthlite tables and related accessories. Each classroom is equipped with TV/VCR/DVD, anatomical models, life size skeletons and posters to aid in learning. We also offer extensive video and library selections for student use on campus. Adjacent intern clinics offer relaxing music and soft lighting to enhance the massage experience for client and student. Each campus offers well-equipped wet rooms with shower facilities, as well as private treatment rooms. For the students' convenience, we offer a full size kitchen/lounge with refrigerator, microwave and vending.

HANDS-ON APPROACH OFFICE HOURS

MON -THURS..... 9AM-9PM
FRIDAY.....9AM-6PM
SAT 9AM-6PM

THE OWNER

Russell Rust, Founder, MTI, LMT, and AMTA Member-Russell has served as Treasurer and President for the Texas Chapter of the AMTA. Russell is fully trained in 14 modalities of massage therapy and has been personally trained by several of the top professionals in the massage field. His background includes being named the top therapist for several of the finest hotels in Texas. Russell has established a celebrity clientele with some of the most respected people of Dallas and throughout the US. He also devotes many hours to several charities, churches and schools throughout the Dallas/Fort Worth area. At Hands-On Approach, Russell has designed a program from his own massage school experience to provide each student with the education that will allow him or her to be one of the best massage therapists in the profession. He has personally hired each and every member of his staff to provide each student with a professional, friendly and fun experience. Russell also provides support for his students after graduation, making each student a part of the Hands-On Approach family.

CELL PHONE/ELECTRONIC DEVICES

Use of Cell phones and electronic devices are prohibited in the building at any time.

PROBATION

Students shall be placed on probation for any of the following reasons:

- * Failure to keep satisfactory progress as outlined in grading policy.
- * Breach of student conduct policy.
- * Failure to make payments according to enrollment contract.
- * Being late for an appointment in the intern clinic.

PROBATION ABATEMENT

- * Satisfactory progress is restored as outlined in grading policy.
- * No further breaches of conduct policy.
- * Tuition payments are caught up.
- * Being on time for 10 consecutive intern appointments.

TERMINATION POLICY

Termination will result due to the following reasons:

- * Absent more than 10 days or 15% of clock hours (75 hours)
- * Failure to achieve progress at the end of second probation period.
- * Tuition account is delinquent 15 calendar days.
- * Admittance forms have false or misleading information.
- * Abusive or destructive behavior.
- * Abuse of or under the influence of drugs or alcohol.
- * Removal of school or other person's property.
- * Solicitation or acceptance of gratuities in internship clinic.
- * Second missed appointment in intern clinic.

Re-enrollment- will be considered after review by staff and faculty.

GRIEVANCE POLICY

All student grievances shall be taken seriously and every effort shall be made to resolve the grievance. All grievances must be filed in a written statement to the director. All discussions shall be held in private. If a grievance or complaint is not resolved to the satisfaction of the student, the director's decision shall be final. If a grievance is still not resolved, the student may contact the Texas Department of State Health Services at:

Texas Department of State Health Services

Massage Therapy Licensing Program

Mail Code 1982

PO Box 149347

Austin, TX 78714-9347

(512) 834-6616

ATTENDANCE POLICY

Attendance- A master record of attendance indicating the number of scheduled hours for each session and the hours absent is maintained by the faculty in a roll-book for each student. Each student is required to attend all classes as scheduled. The state requires completion of all 500 hours of the curriculum to be eligible for the state licensure. An absence shall be charged for a full day when the student does not attend scheduled classes for any period during the day. A student will be terminated from the program if the student has an accumulated absence of more than 10 consecutive school days, or more than 15% of the total clock hours in a program or 15% of a portion of the program if a student enrolls in less than the total minimum 500 hours. The refund policy shall apply to a student who is terminated. The drop date shall be the last day of absence as stated above. A student whose enrollment is terminated for violation of the attendance policy may not re-enter before the start of the next grading period. A student may not start a program after 10% of the program has been taught except in this case where appropriate credit for previous education has been given

Make up work- Make-up work shall not be authorized for the purpose of removing an absence. All absences must be made up. Scheduling such make-up work is the responsibility of the student. Course work should be made up in a timely manner by scheduling study time/make-up sessions during business hours and when an instructor is available.

Credit Evaluation Policy- If a student wishes to receive credit for previous training they have completed, they must submit an official transcript to the Texas Department of State Health Services for evaluation. The course work must have been completed within the last five years to be considered for credit. Confirmation it will be placed in the student's file. If the course work is approved, this may result in the program length being shortened and the cost of tuition being reduced. All course-work to be used for credit must be submitted to the school at least two weeks in advance of the proposed starting date of the program.

STUDENT CONDUCT

Hands-On Approach is a school for adult education. To that end, mature behavior is expected.

Attire- Attire for the classroom and internship is scrubs and tennis or comfort shoes.

Food- We appreciate the fact that some students may come directly from work to attend class so feel free to bring food and water only into class.

Housekeeping- Please do your part to make sure the classroom is presentable for the next class.

Illegal Drugs & Alcohol- No student shall use, possess or distribute any narcotic or illegal drug on school premises. Such behavior is cause for immediate and automatic dismissal.

Smoking- Smoking is prohibited within the school facility. The designated

FACULTY AND STAFF

Founder/CEO:	Russell Rust, LMT, LMTI
Administrative Director:	Kim Rust, RNC, LMT, LMTI
Director of Education:	Dinah Hicks, RN, LMT, LMTI, NCTMB

INSTRUCTORS:

Kim Rust, RNC, LMT, LMTI-Kim has been a nurse since 1985 and an LMT since 1998. She is also a Certified Gerontological Nurse. She has over 200 hours of advanced massage training. She supervises students during the intern clinic and teaches the basic massage courses.

Dinah Hicks, RN, LMT, LMTI, NCTMB-Dinah has been a nurse for over 35 years and an LMT since 1998. She has successfully completed the NCBTMB exam She worked for several clinics and managed her own clinic before joining Hands On Approach in 2000. She teaches the basic massage courses as well as Continuing Education and Advanced Classes.

Benjamin Parker LMT, LMTI-Areas of instruction-Swedish Massage, Health & Hygiene, Business, Hydrotherapy, Anatomy & Physiology and Internship.

Yasmin Marquez, LMT, LMTI-Areas of instruction-Swedish Massage, Health & Hygiene, Business, Hydrotherapy, Anatomy & Physiology and Internship.

Krishna Cavazos, LMT, LMTI-Areas of instruction-Swedish Massage, Health & Hygiene, Business, Hydrotherapy, Anatomy & Physiology and Internship.

**CPR will be taught by an American Red Cross or American Heart Association certified instructor.*

TUITION, FEES, EXPENSES AND DISCOUNTS-500 Hours

Tuition	\$4125.00
Supply Bag	\$85.00
Beck's Theory & Practice of Therapeutic Massage	\$65.00
Beck's Workbook	\$50.00
Massage Therapist Guide to Pathology	\$57.00
Trail Guide to the Body	\$58.00
Trail Guide to the Body Workbook	\$22.00
Hydrotherapy / Facial Supplies	<u>\$50.00</u>
Total Program Cost	\$4512.00

Additional Costs

To become licensed by the State of Texas.....estimated cost	\$350.00
Table packages start at.....	\$299.00
Chair packages start at.....	\$489.00
Students must furnish their own sheets for Internship.....estimated cost	\$50.00
Individual Classroom Hours based on	\$8.25
Make-up hours will be charged at a rate of.....	\$20.00
Scrubs for class.....	\$40.00

PAYMENT OPTIONS

Interest-free, In house financing:

- Deposit \$500- May be made in 2 payments of \$250 total due by first class day.
- Books \$137 due when books are needed for class.
- 8 Payments of \$484.38 (1st payment is due on the 1st day of class)
- 9 Payments of \$430.57
- 10 Payments of \$387.50
- *Transcripts will be held until account is paid in full

PAYMENT POLICY

Payment Due Date: The first tuition payment is due on the first day of class. Thereafter payments are due on the 1st of subsequent months.

Late Charges: A \$25.00 late fee will be assessed each month for any tuition payments received more than 5 days after due date. If an account is delinquent for 10 calendar days, student will be placed on probation. An account delinquent 15 days will result in enrollment termination. Any account delinquent for over 1 month will be sent to collections and a 20% collection charge will be assessed.

Returned Checks: Checks returned for non-sufficient funds will be charged an additional \$20.00 plus the amount of the check. Payments may be made by cash, money order, cashier's check or by credit card.

Grading- A student is graded on homework ,written and practical examinations. To successfully complete each course, a student must achieve a satisfactory grade of 80% or better.

Exemplary A: 90-100

Satisfactory B: 80-89

Unsatisfactory: 79 or below

*incomplete work must be made up before starting internship

Progress Reports- A student will be evaluated every quarter on both lecture and practical lessons. (For students enrolled in the 570 program 1 additional progress report at the completion of the 70 hours clinic.)

Probation- A student who is making unsatisfactory progress at the end of a grading period will be put on probation. If the student on probation receives satisfactory progress for the subsequent grading period, but has not achieved the required grades for overall satisfactory progress for the first probationary grading period, the student's enrollment may be terminated. When a student is placed on probation, that student will be counseled prior to returning to class; the date when the action was taken, and terms of the probation, shall be clearly indicated to the appropriate permanent records.

Termination- The enrollment of a student who fails to achieve overall satisfactory progress for the program at the end of two successive probationary grading periods shall be terminated. A student whose enrollment was terminated for unsatisfactory progress may re-enter after one grading period. The cancellation and refund policy shall apply to a student terminated under this paragraph. The effective date of the termination for purposes of refunds shall be the last day of the last probationary grading period. A student who returns after the enrollment was terminated for unsatisfactory progress shall be placed on probation for the next grading period. The student shall be advised of this action and the student's file documented accordingly. If the student does not maintain satisfactory progress during or at the end of this probationary period, that student will be terminated.

Additional Information

1. To be eligible for licensure as a Licensed Massage Therapist in the state of Texas a student must complete a program with a minimum of 500 hours of instruction.

2. A prospective student may obtain a copy of the Massage Therapy Act. Texas Occupations Code Chapter 455

* Online at www.dshs.state.tx.us/massage

* By Phone-512-834-6616

3. TAC 140.341 (a) (16) (B) sets out that a person is ineligible for licensure:

- A) if the person has been convicted of, entered a plea of nolo contendere or guilty to, or received deferred adjudication to crimes or offenses involving prostitution or another sexual offense:
- B) until the fifth anniversary of the date of a conviction for a misdemeanor involving moral turpitude or a felony: or
- C) until the fifth anniversary of the date of a conviction of a violation of the Act

TUITION, FEES, EXPENSES AND DISCOUNTS-570 Hours

Tuition	\$4702.50
Supply Bag	\$85.00
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Beck's Workbook	\$50.00
Massage Therapist Guide to Pathology	\$57.00
Trail Guide to the Body	\$58.00
Trail Guide to the Body Workbook	\$22.00
Hydrotherapy / Facial Supplies	\$50.00
Total Program Cost	\$5089.50

Additional Costs

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Chair packages start at.....	\$489.00
Students must furnish their own sheets for Internship.....estimated cost	\$50.00
Individual Classroom Hours based on	\$8.25
Make-up hours will be charged at a rate of.....	\$20.00
Scrubs for class.....	\$40.00

PAYMENT OPTIONS

Interest-free, In house financing:

- Deposit \$500- May be made in 2 payments of \$250 total due by first class day.
- Payments as low as \$125.00 (1st payment is due on the 1st day of class)
- *Transcripts will be released upon completion of all program hours and 9 consecutive on time payments.

PAYMENT POLICY

Payment Due Date: The first tuition payment is due on the first day of class. Thereafter payments are due on the 1st of subsequent months.

Late Charges: A \$25.00 late fee will be assessed each month for any tuition payments received more than 5 days after due date. If an account is delinquent for 10 calendar days, student will be placed on probation. An account delinquent 15 days will result in enrollment termination. Any account delinquent for over 1 month will be sent to collections and a 20% collection charge will be assessed.

Returned Checks: Checks returned for non-sufficient funds will be charged an additional \$25.00 plus the amount of the check. Payments may be made by cash, money order, cashier's check or by credit card.

Hands On Approach Enrollment Dates Dallas and Corpus Christi Campus

Class Outline & Course Descriptions

Massage Therapy-200 hours to include 125 hours of Swedish Massage Therapy-The manipulation of soft tissue by hand or mechanical or electrical apparatus for the purpose of body massage Swedish Massage includes effleurage (stroking), petrissage (kneading), tapotement (percussion), compression, vibration, friction, nerve stroke and Swedish Gymnastics.

Anatomy & Physiology- 50 hours will be spent on the study of Anatomy, the study of the structure of the human body with 25 hours spent on Physiology, the study of the normal vital processes of the human body.

Health & Hygiene- 20 hours will be spent on the study of recognized methods of sanitation and cleanliness including prophylaxis or disease prevention as applied to massage therapy services and current knowledge of elements of healthy life styles. Studies will include universal precautions, first aid and CPR.

Hydrotherapy-20 hours will be spent on the study of the use of generally accepted methods of external application of water for its mechanical, thermal, or chemical effect.

Business Practices and Professional Ethics-45 hours will be spent on the study of standard bookkeeping and accounting practices, office practices, and advertising, and ethical guidelines for massage therapists established by law or the department

Pathology-40 hours will be spent on the study of the nature of disease and its causes, processes, development, and consequences.

Kinesiology-50 hours will be spent on the study of the anatomy, physiology, and mechanics of movement of the human body

Internship-50-120 hours will be spent providing massage therapy services to the public in the clinic.

*Students are eligible to begin internship upon successful completion of 250 classrooms hours with 100 of those hours being in massage theory and technique.

Day Classes – Fast Track

Monday & Wednesday, 9am–6pm
08/18/10-04/04/11
04/06/11-11/09/11

Tuesday & Thursday, 9am–6pm
10/21/10-06/02/11
06/07/11-01/31/12

Evening Classes – Fast Track

Monday-Thursday, 6pm–10:30pm
01/13/11-08/17/11
08/22/11-04/05/12

Evening Classes – Slow Track

Mon & Wed or Tue & Thur 6pm–10:30pm
01/13/11-04/05/12
08/22/11-TBA

**Completion dates vary due to internship.
Approximate internship completion time 4-8 weeks**

Holidays

Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day, New Years Day.

There will be a two week break in observance of Christmas and New Years.

Class Schedules

9am-10am-Lecture
10am-10:10am break
10:10-12:30pm Lecture/Technique
12:30pm-1:30pm-Lunch
1:30pm-3:00pm-Lecture
3:00-3:15pm-Break
3:15pm-6:00pm-Lecture/Technique

6pm-7:30pm-Lecture
7:30pm-7:45pm-Break
7:45pm-10:30pm-Lecture/Technique