



**No Barriers Festival 2009
at Shake-A-Leg Miami
Schedule of Events**

**No Barriers Festival 2009 at Shake-A-Leg Miami
Interactive Clinic Sessions**

Session A	Friday, June 5, 12:30 pm – 3:00 pm
Session B	Friday, June 5, 3:30 pm – 6:00 pm
Session C	Saturday, June 6, 12:30 pm – 3:00 pm
Session D	Saturday, June 6, 3:30 pm – 6:00 pm
Session E	Sunday, June 7, 9:00 am – 2:00 pm
Session F	Friday, June 5, 8:45 pm – 10:00 pm
Session G	Saturday, June 6, 8:45 pm – 10:00 pm

Thursday, June 4, 2009

3:00 pm – 9:00 pm	Festival Registration & Interactive Clinic Sign-Up
6:00 pm – 7:00 pm	Opening Ceremonies & Keynote Address
7:00 pm – 9:00 pm	Reception

Friday, June 5, 2009

7:30 am – 7:00 pm	Festival Registration & Interactive Clinic Sign-Up			
8:30 am – 12:00 pm	Symposium			
8:30 am – 12:00 pm	Youth Interactive Clinics – Innovation Village			
11:30 am – 1:00 pm	Lunch on your own at Shake-A-Leg			
12:00 pm – 6:00 pm	Innovation Village – Exhibits and Experience Activities			
12:30 pm – 5:30 pm	Experience Activities at Innovation Village (Climbing Wall, Segway Mobility Demonstrations, Autographs and Pictures with Molly the Pony, Art in the Outdoors, Accessible Golf Instruction and Demonstration, Introduction to Scuba Diving)			
12:30 pm – 5:30 pm	Experience Activities at Shake-A-Leg Docks (Sailing Cruises, Kayaking Cruises)			
12:30 pm – 5:30 pm	Experience Activities at Shake-A-Leg Eco-Island (Swimming and Snorkeling, Outrigger Canoeing, Stand-Up Paddling)			
12:30 pm – 3:00 pm	Introduction to Sailing (Shake-A-Leg Docks)	Kayaking Excursion (Shake-A-Leg Docks)	Introduction to Windsurfing (Shake-A-Leg Eco-Islands)	Introduction to Competitive Sailing (Shake-A-Leg Docks)
12:30 pm – 3:00 pm	Introduction to Outrigger Canoeing (Shake-A-Leg Docks)	Introduction to Stand-Up Paddling (Shuttle to Coco Plum Lake)	Open-Water Swimming with Carlos Moleda (Shake-A-Leg Eco-Islands)	Adaptive Fishing (Shake-A-Leg Docks)
12:30 pm – 3:00 pm	Dolphin Odyssey (Shake-A-Leg Docks Shuttle to Miami Seaquarium)	Full Body Movement for All (Innovation Village)	Nordic Walking (Innovation Village)	Adaptive Yoga (Kennedy Park – Two Blocks from Innovation Village)
12:30 pm – 3:00 pm	Introduction to Handcycling (Kennedy Park – Two Blocks from Innovation Village)		Introduction to One-Off Cycling (Kennedy Park – Two Blocks from Innovation Village)	

3:30 pm – 6:00 pm	Introduction to Sailing (Shake-A-Leg Docks)	Kayaking Excursion (Shake-A-Leg Docks)	Introduction to Windsurfing (Shake-A-Leg Eco-Islands)	Introduction to Competitive Sailing (Shake-A-Leg Docks)
3:30 pm – 6:00 pm	Introduction to Stand-Up Paddling (Shuttle to Coco Plum Lake)	Open-Water Swimming with Carlos Moleda (Shake-A-Leg Eco-Islands)	Adaptive Fishing (Shake-A-Leg Docks)	Dolphin Encounter (Shake-A-Leg Docks Shuttle to Miami Seaquarium)
3:30 pm – 6:00 pm	Trekking in Coco Walk (Innovation Village)	Discover Coconut Grove for Visually Impaired (Innovation Village)	Adaptive Yoga (Kennedy Park – Two Blocks from Innovation Village)	
3:30 pm – 6:00 pm	Introduction to Handcycling (Kennedy Park – Two Blocks from Innovation Village)		Introduction to One-Off Cycling (Kennedy Park – Two Blocks from Innovation Village)	
5:30 pm – 7:00 pm	Dinner Catered at Shake-A-Leg			
7:00 pm – 8:30 pm	Evening Program			
8:45 pm – 10:00 pm	Moonlight Sail (Shake-A-Leg Docks)			

Saturday, June 6, 2009

7:30 am – 5:00 pm	Festival Registration & Interactive Clinic Sign-Up			
8:30 am – 12:00 pm	Symposium			
8:30 am – 12:00 pm	Youth Interactive Clinics – Innovation Village			
11:30 am – 1:00 pm	Lunch on your own at Shake-A-Leg			
12:00 pm – 6:00 pm	Innovation Village – Exhibits and Experience Activities			
12:30 pm – 5:30 pm	Experience Activities at Innovation Village (Climbing Wall, Segway Mobility Demonstrations, Autographs and Pictures with Molly the Pony, Art in the Outdoors, Introduction to Scuba Diving)			
12:30 pm – 5:30 pm	Experience Activities at Shake-A-Leg Docks (Sailing Cruises, Kayaking Cruises)			
12:30 pm – 5:30 pm	Experience Activities at Shake-A-Leg Eco-Island (Swimming and Snorkeling, Outrigger Canoeing, Stand-Up Paddling)			
12:30 pm – 3:00 pm	Introduction to Sailing (Shake-A-Leg Docks)	Kayaking Excursion (Shake-A-Leg Docks)	Introduction to Windsurfing (Shake-A-Leg Eco-Islands)	Introduction to Competitive Sailing (Shake-A-Leg Docks)
12:30 pm – 3:00 pm	Introduction to Outrigger Canoeing (Shake-A-Leg Docks)	Introduction to Stand-Up Paddling (Shuttle to Coco Plum Lake)	Open-Water Swimming with Ronnie Dickson (Shake-A-Leg Eco-Islands)	Adaptive Fishing (Shake-A-Leg Docks)
12:30 pm – 3:00 pm	Dolphin Odyssey (Shake-A-Leg Docks Shuttle to Miami Seaquarium)	Full Body Movement for All (Innovative Village)	Nordic Walking (Innovation Village)	Adaptive Yoga (Kennedy Park – Two Blocks from Innovation Village)
12:30 pm – 3:00 pm	Introduction to Handcycling (Kennedy Park – Two Blocks from Innovation Village)	Introduction to One-Off Cycling (Kennedy Park – Two Blocks from Innovation Village)	Introduction to Wheelchair Fencing (Innovation Village)	

3:30 pm – 6:00 pm	Introduction to Sailing (Shake-A-Leg Docks)	Kayaking Excursion (Shake-A-Leg Docks)	Introduction to Windsurfing (Shake-A-Leg Eco-Islands)	Introduction to Competitive Sailing (Shake-A-Leg Docks)
3:30 pm – 6:00 pm	Introduction to Stand-Up Paddling (Shuttle to Coco Plum Lake)	Open-Water Swimming with Ronnie Dickson (Shake-A-Leg Eco-Islands)	Adaptive Fishing (Shake-A-Leg Docks)	Dolphin Encounter (Shake-A-Leg Docks Shuttle to Miami Seaquarium)
3:30 pm – 6:00 pm	Trekking in Coco Walk (Innovation Village)	Discover Coconut Grove for Visually Impaired (Innovation Village)	Adaptive Yoga (Kennedy Park – Two Blocks from Innovation Village)	
3:30 pm – 6:00 pm	Introduction to Handcycling (Kennedy Park – Two Blocks from Innovation Village)	Introduction to One-Off Cycling (Kennedy Park – Two Blocks from Innovation Village)	Introduction to Wheelchair Fencing (Innovation Village)	
5:30 pm – 7:00 pm	Dinner Catered at Shake-A-Leg			
7:00 pm – 8:30 pm	Evening Program			
8:45 pm – 10:00 pm	Moonlight Sail			

Sunday, June 7, 2009

8:00 am – 12:00 pm	Festival Registration & Interactive Clinics Sign-Up			
8:00 am – 9:30 am	Pancake Breakfast			
8:30 am – 3:00 pm	Innovation Village – Exhibits and Several Experience Activities			
9:00 am – 2:00 pm	Interactive Clinics, Half-Day Excursions			
9:00 am – 2:00 pm	Sailing Excursion (Shake-A-Leg Docks)	One-Off Excursion (Shuttle to Oleta State Park)	Deep Water Fishing (Shake-A-Leg Docks)	Trekking and Nature Excursion (Shuttle to the Everglades – Shark Valley National Park)
	Therapeutic Horseback Riding (Shuttle to Good Hope Equestrian Training Center)	A Day at Miami Seaquarium, Dolphin Odyssey & Encounter Options (Shake-A-Leg Docks Shuttle to Miami Seaquarium)	A Morning at the Beach and Lighthouse (Shake-A-Leg Docks Shuttle to Bill Baggs Cape Florida State Park)	
9:30 am – 11:30 am	Round Table Discussions			
12:00 pm – 1:00 pm	Lunch on your own at Shake-A-Leg			
1:30 pm – 4:00 pm	Regatta Event			