

Anticipation Guide 2012



Summer Riding Day Camp
Three Gaits, Inc.



Welcome campers! We're so happy that you are joining us for Summer Riding Day Camp! Three Gaits is a very fun place to learn about horses. The horse in this picture is Nora. She's one of our school horses waiting to meet you. Here's what you can expect at camp...



BEFORE YOU COME TO THREE GAITS

Before you arrive at Three Gaits each day for the week of day camp, it's important to remember a couple of things.

Make sure you wear good clothes and shoes. Tennis shoes and boots are fine, but it's not safe to wear sandals or clogs around the horses. You may find that it's uncomfortable to wear shorts while riding. I suggest you wear pants and then bring a pair of shorts to change into later in the day.

You will also need to pack a lunch each day. Put your name on the bag so we can keep them straight. It's a good idea to bring LOTS of water, especially on hot, summer days! You should also pack sunscreen and bug spray as needed.



WHEN YOU ARRIVE

The first thing you'll do when you arrive at Three Gaits is put your lunch and extra supplies in the office (a lot of kids choose to bring everything in a backpack – this works out great!). We'll have a table set up just for day camp stuff – this is where you can leave your things. If you need to put your lunch in the refrigerator, find an empty spot.

Next, you'll want to find your helmet. On the first day of camp, we'll help you find one that fits well. Remember the number on the back of the helmet so you can wear the same one all week.

Once you have your helmet, you can come join the group under the pavilion. The pavilion is the picnic shelter.



WHO WILL YOU MEET?

Everyday of camp, you'll be joined by the instructor, the counselors, and other campers. The instructors are Angela & Betsy – they work at Three Gaits teaching riding lessons. The counselors help Angela & Betsy supervise the group. Anytime you have a question or problem, ask Angela or Betsy, or one of the counselors. Depending on what week you join us, you may also meet Dena (the Three Gaits Program Director). She can also help you.

The other campers will be about the same age as you. Some kids will have ridden horses before, while others have never ridden a horse! We will all work as a team to help each other learn about horses.



MORNING MEETING

When all of the campers arrive under the pavilion, we'll start our "Morning Meeting". This meeting allows us to discuss projects/activities for the day, as well as get to know each other a little better! Find a chair somewhere in the circle and read the questions that you'll see on the dry erase board.

Usually there are 2 or 3 questions on the board. We will go around the circle and take turns answering the questions. In the past, there have been questions like "What's your favorite movie?", "If you could live anywhere in the world, where would you live?", or "What is one new thing you've learned about horses?"

After questions, we might have time to play a quick game. We play lots of games during camp! Games range from Tag to Horse Pictionary!



WORKING IN THE BARN

When we are done with Morning Meeting, we usually head to the barn. The counselors will have your horse in his/her stall. Follow directions carefully while in the barn. You will probably be working with a partner to groom and tack your horse. On the first day, we'll show you how to do this. You will have to brush your horse, as well as help put on the saddle. The counselors will put on the bridles. Use good teamwork so that you can get your horses ready on-time and safely!

At this time, we will split into two groups – Group A and Group B. Group A will ride first, Group B will do horse activities. Both groups will have a chance to ride – but we have to take turns. Some days you will be in Group A, other days you will be in Group B.



MORNING ACTIVITIES

While riding, we will do a wide variety of activities. You will learn lots about riding including how to; have a balanced seat, stop/start your horse, steer through obstacles, trot, and most importantly, how to be safe while riding!

While you are not riding, you'll learn about horses. In the past, we've done fun activities to learn about horse breeds, horse colors, and different riding disciplines.

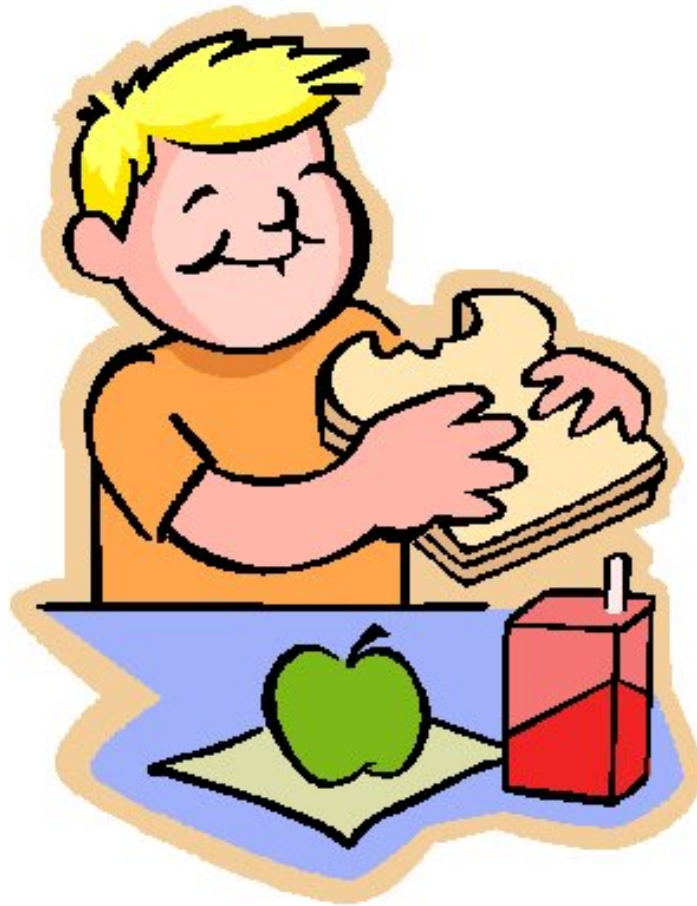
No matter what group you are placed in for the day, it's important to remember to always follow directions. If you make unsafe decisions, you will not be able to participate in all activities. You are always welcome to ask questions!



GETTING READY FOR LUNCH

Before we have lunch, we have to make sure to take care of our horses. They work hard during our morning lessons! We always put their tack away in the tackroom. We also use a wet sponge to cool down the sweaty horses. You will need to remember to find your horse's flymask. These will go on as the horse is heading out into the paddock. Campers are not allowed in the paddock. Counselors will take your horse out into the paddock.

Once your tack is put away and your horse has been turned out, you can get ready for lunch. The first thing you must do is wash your hands. This is also a good time to change into your shorts if that makes you more comfortable. Then, grab your lunch and head out to the pavilion.



LUNCH TIME!

Most days, we will eat lunch under the pavilion. The only days that we eat inside are the days that it is raining or very hot. You can choose where to eat as long as it is with the group.

When you finish lunch, you need to clean your area. Throw your trash in the garbage can – remember we have a separate can for the recyclable items. If you bring a lunchbox, you can put it back in the office when you are finished with lunch. Be sure to guard your food... we have very sneaky barn cats who will not hesitate to eat your sandwich!

When everyone is finished with lunch (including counselors,) we will play a group game. If you finish lunch early, ask Angela or Betsy for some ideas on what to do while you're waiting. Usually, you can play with the basketball hoop or other toys while everyone is finishing.



CHORES

After our game, we will head to the barn to do chores. You are only allowed to help with chores if you do a good job of listening and following directions. We always have to be safe while working on chores.

When we go to the barn, you will get a card with a horse's name on it. That card will tell you what food that horse will eat for the night. First, you will find the horse's stall. Then, you will find hay, grain, and supplements for that horse. We will show you how to read the cards on the first day. If you need help, you can ask a counselor or Angela or Betsy.

We will stay in the barn until all of the horses are fed. We leave the food in their stalls so when the horses come inside for the night, they will find their food. Kids who are done early can help rake the aisles, check all the stalls, or restock the grain cart.



AFTERNOON ACTIVITIES

After we finish chores, we usually have time to do one more horse activity for the day. The activity will really depend on your group, the weather, and the horses. At least one day, we will practice leading the horses through some obstacles. We may also have a grooming contest to see who can make their horse really shine! If the weather is warm, we may also give a horse a bath.

Sometimes it is really hot in summer afternoons. On those days, we will do an activity in the office. Again, this will be determined by your group and other factors.



CLOSING CIRCLE

At the end of each day, we meet as a group for a snack and “closing circle.” This gives us a chance to chat and see how the day went. It’s a lot like morning meeting, but held at the end of the day.

Before closing circle, you should put your helmet away in the indoor arena. Then, wash your hands, gather all your belongings from the office, and head to the pavilion. Just like morning meeting, find a seat somewhere in the circle.

Three Gaits will provide the snack for closing circle. If you want to bring a snack for the group one day – talk to Angela or Betsy. If you choose not to have the snack, you can eat any leftovers from your lunch. Most days, we will not have an alternate snack.

During closing circle, we will again have questions listed on the dry erase board. We will take turns answering the questions. When we are all finished, it will be time to go home! Remember to take home your lunchbox, backpack, or any other items you bring with you!

THINGS TO REMEMBER

We are ALWAYS safe around the horses. This means that we must listen carefully and follow directions. When we are around the horses, we always remember to use quiet voices, move slowly, and touch the horses gently. If you are not making safe decisions, you will not be allowed around the horses.

Always make sure you shut the office doors behind you. We don't want bugs or cats sneaking in!

The only time you are allowed to run at Three Gaits is while you're playing games. We don't run around the horses – it could scare them!

Anytime you are on or around the horses, you will have to wear a helmet. Never take your helmet off while you are around horses. If you have a problem with your helmet, talk to Angela or Betsy.

We never know what the weather will be like in summer. If we have day camp on a very hot day – be sure to let Angela or Betsy know if you are not feeling well. Sometimes kids get really warm while riding. If we need to cut your riding time short, we can. The important thing is that you stay healthy!

Day camp is a great place to meet new friends! You might be nervous the first day – chances are the other campers are nervous as well. We will all work together as a team to learn lots about the horses. By the end of the week, you won't want to leave Three Gaits! 😊