



THREE GAITS SUMMER DAY CAMP INFORMATION 2011



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CAMP HISTORY

Three Gaits, Inc began offering therapeutic horseback riding lessons to individuals with disabilities and special needs in 1983. The Three Gaits Day Camp Program started in 2005. Over the years, we have grown from 25 participants the first summer to almost 100 participants per summer! We've also grown in the variety of programming offered. Different camps are now offered for different age and experience levels. We strive to challenge every rider to advance his/her skills while maintaining our high level of quality and safety.

CAMP CANDIDATES

Camps will be open to participants with and without special needs. However, appropriate day camp candidates exhibit self-monitoring behaviors. While safety is always of utmost concern for Three Gaits, participants will be asked to work independently at times. If your child has special needs, please carefully consider your goals in enrolling them at Three Gaits. We strongly encourage riders who require more direct monitoring/ supervision to participate in our regular therapeutic riding lessons.

Candidates appropriate for day camp:

- Maintain attention through longer periods of time (the day is just over 6 hours)
- Adapt to changes in routine, sometimes at the last minute (i.e. rainy days!)
- Do not require constant supervision (one on one ratio)

Candidates more appropriate for therapeutic riding thrive with:

- Grouping with appropriate peers (based on common age, goals, experience)
- Consistent, steady routine
- Activities in shorter time periods (lessons meet once per week for the session)
- Individual attention
- More volunteer support/supervision

If your child normally requires an aid at school, please contact us so we can help you choose the program that will best fit his/her needs. Please contact Dena or Angela at (608) 877-9086 or 3gaits@3gaits.org if you have further questions.

CAMP GOALS

The overall goal for day camps is to progress the horsemanship skills of participants in a safe, fun environment. Individual goals will be determined based on participant's previous knowledge and skill levels. All participants are challenged to improve "skills for life" throughout the camp. Some examples of these skills include social skills (communication, working in groups, decision-making, etc) and problem-solving skills. Participants and staff work together to build community in the group, valuing respect at all times. Part of the unique experience of this camp is the phenomenon that participants learn from and help each other. This cooperative, team atmosphere keeps many campers returning year after year!

CAMP DESCRIPTIONS

YOUTH VOLUNTEER (Length of each session: 1 week)

2011 DATES: Session "F" **August 1 - 5**

AGES: 9-13

CAMP ACTIVITIES/GOALS: This camp is designed to promote youth volunteerism as well as equip youth with the horsemanship skills they will need to volunteer in the regular therapeutic riding program when they have reached the age of 14. There is NO RIDING during this camp. Youth will be given options as to individual or group projects around the facility to work on during the morning. Projects in the past have included: painting jumps, cleaning water tanks and buckets, trimming fence lines, de-cobwebbing the barn (not for those afraid of spiders!), watering the arena, cleaning saddles, and creating thank you cards. The afternoon will be spent doing unmounted activities such as learning basic horsemanship skills of leading, grooming, and tacking.

YOUNGINS (Length of each session: 1 week)

2011 DATES: Session "C" **July 25 - 29**

Session "D" **August 8 - 12**

AGES: 6-9

RIDING PREREQUISITES: None

CAMP ACTIVITIES/GOALS: This camp allows younger riders to participate in day camp. Riding lessons will focus on the basic skills that allow riders to become more independent. Riders will play lots of games on and off the horses! Unmounted activities will include daily horse feeding chores, horse baths, and arts & crafts.

BEGINNER (Length of each session: 1 week)

2011 DATES: Session "A" **June 20 - 24**

AGES: 10-13

RIDING PREREQUISITES: None

CAMP ACTIVITIES/GOALS: This camp will be an introductory course to riding and horsemanship skills. Riders will learn proper equitation; walk and steer the horse independently, practice two-point position and posting trot, and play lots of games! Unmounted activities will include daily horse feeding chores, horse baths, horse leading exercises, and activities introducing horse breeds, colors, markings, and riding disciplines.

INTERMEDIATE (Length of each session: 1 week)

2011 DATES: Session "B" July 11 - 15

AGES: 10-13

RIDING PREREQUISITES: Riders must have taken formal riding lessons at Three Gaits or another riding establishment. Former day camp participants are encouraged to join. Specific skills that riders should already have mastered include: maintaining proper equitation, grooming a horse, leading a horse, walking and steering independently and posting the trot. Skills that riders should already have from previous instruction: tacking a horse, riding in two-point position, and maintaining control while trotting independently.

CAMP ACTIVITIES/GOALS: This camp is designed to be an extension and enrichment of the beginner's course. Riders will work towards refining their independent riding skills. During riding lessons, different riding disciplines will be introduced including dressage, drill team, and jumping (although none of our horses jump, we will go over ground poles set up similar to a jumping course.) Unmounted activities will focus more on horse ownership and advanced horse care. The camp will still include daily horse feeding chores, horse baths, and horse leading exercises. The end of the 1 week session will be marked by a Riding Demonstration for parents/family members. (Note: Advanced level participants are welcome to enroll in the Intermediate level camps; appropriate challenge will be tailored to each student)

CAMP SCHEDULE

Riding camp will begin at 8:30 am and Volunteer Camp will begin at 9:00 am. Both camps will end at 3:00 pm. We ask that riding camp participants please arrive as close to 8:30 as possible, and not before 8:15. In the afternoon, 3:00 is the pickup time. We will have a closing session right up until 3:00. Participants can only be supervised until 3:20 if needed. Advanced notice is required if participants can not be picked up at 3:00.

One snack will be provided by Three Gaits each day. Participants can choose to bring an alternate snack. In the past, some parents have also volunteered to supply a snack for one day. If you would be interested, please let Angela or Dena know (Thanks!!).

RIDING DAY CAMP DAILY SCHEDULE

8:30 Morning Meeting
Announcements
Opening questions,
games/icebreakers, etc

9:00 Groom/Tack Horses (Note: Youngins
camp participants will use more time for
morning meeting)

9:30 Group A Ride
Group B Unmounted Activities **

10:30 Group B Ride
Group A Unmounted Activities **

11:30 Groom/Untack Horses

12:00 Lunch, games

12:45 Chores

1:15 Unmounted Activities

2:30 Afternoon Meeting
Snack
Closing questions

**Riders can choose to bring an extra
snack to have during this time

YOUTH VOLUNTEER DAY CAMP DAILY SCHEDULE

9:00 Morning Meeting
Announcements
Opening questions,
games/icebreakers, etc.

9:30 Individual or Group Projects

10:15 Break**

10:30 Individual or Group Projects

12:00 Lunch, games

1:00 Chores, Horse Baths

1:45 Unmounted Activities

2:30 Afternoon Meeting
Snack
Closing questions

**Riders can choose to bring an extra
snack to have during this time

MATERIALS NEEDED FOR CAMP

1. Participants must bring a labeled sack lunch and beverages each day. PLEASE PROVIDE YOUR CAMPER WITH ENOUGH WATER TO LAST THE DAY. (Three Gaits' tap water is not great for drinking.)
2. During all activities with horses participants must wear helmets. Helmets are available at Three Gaits. Participants may provide their own ATSM-SEI approved helmets.
3. All participants MUST wear closed-toe shoes all day during camp. This means no sandals, clogs, or Crocs at ANY TIME. Boots are optional, tennis shoes work well.
4. Participants should use their best judgment in choosing clothing for the camp. Shorts are often uncomfortable to ride in. Participants may choose to bring a change of clothes. All clothing should be "barn-proof," meaning clothing that can be dirty and smelly at the end of the day!
5. Participants are out in the sun A LOT during camp. Hats, sunglasses, and sunscreen are all great ideas.

FEES

BEGINNER CAMP	\$275*
YOUNGINS CAMP	\$275*
INTERMEDIATE CAMP	\$275*
YOUTH VOLUNTEER CAMP	\$50

Payment policies:

1. A \$100 deposit is needed to secure a spot in any RIDING day camp session. (*Take \$25 off Riding Camps if paid in full prior to April 15th, 2011.)
2. Full payment is required prior to the FIRST DAY of camp.
3. Campers who are not able to reserve a spot in camp will have the full amount refunded.
4. Campers who withdraw more than two weeks before camp will have the full amount refunded.
5. Campers who withdraw during or less than two weeks before camp will be refunded less the \$100 deposit.
6. Partial scholarships may be available to those who apply. Scholarship applications must be received at least two weeks prior to camp.
7. Checks should be made payable to "Three Gaits, Inc."

CAMP SUPERVISION

Each day, campers will be supervised by Dena Duncan, our Program Director and a NARHA Advanced Instructor and Angela Frank, a NARHA Advanced Instructor. During Riding Day Camps, there will also be 1-2 senior counselors and 2-4 junior counselors helping each day. Youth Volunteer Day Camp activities will be lead by 3-5 counselors.

FORMS

RIDING DAY CAMP

Three forms are needed for riders to participate. These forms **MUST BE RECEIVED AT THE TIME OF REGISTRATION**. Riders will not be added to the list until all 3 forms are received. A physician's signature must be obtained on the Medical History form for children with or without special needs.

Form 1: 2011 Riding Day Camp Application

Found at: <http://www.3gaits.org/forms/daycamp-rider-registration.pdf>

Form 2: Three Gaits Client's Registration and Release

Found at: <http://www.3gaits.org/forms/rider-release.pdf>

Form 3: Three Gaits Physician's Release and Rider Medical History Form

Found at: <http://www.3gaits.org/forms/rider-medical-history.pdf>

YOUTH VOLUNTEER DAY CAMP

Two forms are needed for volunteers to participate. These forms **MUST BE RECEIVED AT THE TIME OF REGISTRATION**. Volunteers will not be added to the list until both forms and payment are received.

Form 1: Youth Volunteer Day Camp Application

Found at: <http://www.3gaits.org/forms/youth-volunteer-application.pdf>

Form 2: Three Gaits YOUTH Volunteer Information Form

Found at: <http://www.3gaits.org/forms/youth-volunteer-information.pdf>

***This year scholarship opportunities from Three Gaits are limited. Please contact Dena Duncan or Melissa Lawrence, Office Administrator at (608) 877-9086 or 3gaits@3gaits.org if you are interested in more information.

REGISTRATION PROCESS

1. Read Day Camp Information carefully.
 2. Select the camp(s) your child wishes to join.
 3. Fill out the required forms (A PHYSICIAN'S SIGNATURE is required for the medical history form - for children with or without special needs).
 4. Mail ALL of the required forms, plus full payment (or \$100 deposit if registering for a Riding Day Camp) to Three Gaits.
 5. Three Gaits will mail you a confirmation packet - confirming registration in specific session(s) and a statement of account.
 6. Applicants who register after a session is full will be contacted and added to a waiting list for other sessions.
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ADDITIONAL CONTACT INFORMATION

For general questions or for further information - please contact Angela Frank or Dena Duncan at (608) 877-9086 or 3gaits@3gaits.org.