

SUNRISE COMMUNITY FARM CENTER, LLC

Horse Immersion Schedule Outline

Welcome to Horse Immersion Summer Camp! We are excited to get out on the farm with your camper. Below is an example schedule of our week of summer camp activities, but know that every week is different, and focuses specifically on the fun, memories, and topics your campers encounter.

General Horse Immersion Schedule:

8:00-8:30 am: **Drop Off in the Wood Barn**

8:30-9:00 am: Morning Meeting

9:00-11:00 am Horse Immersion Lesson Time

Monday: Grooming, Tacking, Training, Parelli's 7 Games, Flatwork

Tuesday: Horse Pacing (Walk, Trot, Canter)

Wednesday: Balance & Position

Thursday: Jumping & Technical Skills

Friday: Overall Practice, Breakdowns & Breakthroughs of Skills

11:00-12:30 pm Lunch and Pond time for all campers (including a natural water slide, beach, and swimming). Horse Immersion campers

Horse Immersion campers have the opportunity to take the swim test, which includes 2 minutes of treading water followed immediately by a swim across the pond. Campers are monitored from the shore and pondside during the swim test.

12:30-2:30 pm Elective Class / Activities

Monday: Groundwork Horse/Pony Training, Partner with Barn Staff on chores to learn horse care.

Tuesday: Communication Games

Wednesday: Craft Day & Goal-Setting, or Creek Stomp

Thursday: Responsible Horse Care & Individual Expression

Friday: Overall Practice, Breakdown & Breakthroughs of Skills, or Break throughs to other farm areas.

2:30-3:00 pm Acknowledgements

3:00-3:30 pm **Pick up in the Yard**

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3:30-6:00 pm After Care (all campers who stay for after care will be charged after care fees) and Enrichment Classes.

Thanks for taking an interest in our camp schedule! If you still have questions, reach out to us at (919) 968-8581 or send an email to me at admin@sunrisefc.com. See you this summer!

Kind Regards,

Hope

To teach is to create a space in which the community of truth is practiced.

Parker Palmer, *The Courage to Teach*

Hope is a verb with its sleeves rolled up.

David Orr

Hope Blanchard

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