



Vale of Arrow Riding Club

Adult Horse Camp Programme

4/5th August 2017

Lucton School

FRIDAY 4th AUGUST	
ARRIVE 9.30am	
Welcome 10AM	Settle in and basic information session
SESSION 1	
10.30 – 11.30	Flat work in hand Trec Athletic pole work
Session 2	Dressage test riding and feedback Mini Grid work
12 – 1pm	
1.30 pm	Sandwich Lunch at the stables
SESSION 3	Horse Pilates.
2 pm - 3.30pm	<p style="text-align: center;">Strides Emily Culpeck PgD Vet Phys Glebe Farm, The Fish, Hopesay, Craven Arms, Shropshire, SY7 8HG 01588 660829 / 07943 637641 www.stridesvp.co.uk / emily@stridesvp.co.uk NAVPA and RAMP Registered</p>
4 – 5pm	Swimming
5pm	Evening hack
6pm	close

Stabling can be provided for £15 for the night.

Please let me know if you want to stable your horse overnight.

	SATURDAY 5TH AUGUST	
SESSION 1 9.30 to 10.30	Fun flatwork	Jumping exercises
Session 2 11.00 – 12.00	<p>HORSE FUN FORFEITS</p> <p>Random challenges from a list examples at following link</p> <p>http://chesnaklimek.com/horse-inspiration/214-things-you-can-do-with-your-horse</p> <p><i>You will only be asked to do things you are happy to do.</i></p>	Riding a course of jumps and fun jumping exercises
Lunch 1 - 2		
SESSION 3 2– 5pm	<p><u>Mini Badminton VOARC STYLE</u></p> <p><u>Beth Barnett, Sue Adams, Jo Potts plus helpers</u></p> <ol style="list-style-type: none"> 1. Mini Dressage Grand Prix test (VOARC version) 2. Speed trial - cantering round a large field if ground suitable. 3. Mini jump or Trec for non-jumpers 4. 3 Gymkhana games 	
5pm	HORSES DEPART	
Formal Dinner 7.30pm for 8pm	<p>Photos at 7.30pm</p> <p>8pm Formal Dinner in the Queen Anne Dining Room</p> <p>Quiz</p>	

BOOKING FORM -Vale of arrow - horse camp (Lucton School)

Send to S. Goode - voarc@btinternet.com

Name:

Name of Horse:

Please tick which day you would like to attend, you can do both or just one.

Day 1 **PROVISIONAL £85**

Day 2 **PROVISIONAL £85**

Payment 50% Deposit by June please

Balance payable end of July.

Please let us know of any medical or veterinary issues you or your horse may have plus emergency contacts. Once confirmed you will be sent a form to fill these in.

Please select which sessions you wish to attend (numbers are limited so book early)

Tick or circle the appropriate session

Everyone on Saturday will join in the fun competition but you can do as much or little as you like...