



Community Association for Riding for the Disabled
presents:

March Break Adult Camp

All proceeds support CARD's therapy program for Children and Adults with disabilities.

Five day intensive program, weekdays 9:00am-4:00pm March 22-26,2010
Heated Indoor Arena!! **Convenient Dufferin & Finch Location!!**

Program Details:

Participants will learn under an **experienced rider/coach** with upper level dressage and eventing experience

Taught **progressively** from the level at which students begin the course

Advance over the five days **at your own pace**, with **safety** always being our primary concern

Students must meet group lesson requirements safely, and be 18 yrs of age +

Riding lessons are **FLAT ONLY** (no Jumping) and will have a dressage focus

Participants will be working on **solid foundation skills** for horse and rider, in line with principles of the Dressage Training Pyramid.

Optional video tape of final ride available.

Cost: \$ 450.00, inclusive

****Participants must abide by 160Lb weight limit**

Practicums will include:

bandaging, show prep, tack fitting, basic
first aid care, conformation,
lunging, and long reining.

Theory will include:

building a training/conditioning program

principles of nutrition

the relationship between conformation and athletic performance.

Name: _____

Experience: (circle) W/T W/T/C

Address: _____

Tel: _____

Email: _____

Method of Payment:

Cheque Visa MasterCard American Express Expiry date _____

Name on Card _____

Credit card # _____

Completed forms can be returned with payment to: The Community Association for Riding for the Disabled

Kate Richardson 4777 Dufferin St. North York, On. M3H 5T3 Tel: 416.667.8600 x82 Fax: 416.739.7520 www.card.ca

CARD's mission is to improve the lives of children & adults with disabilities through quality, therapeutic riding programs.