

Alborak Summer Camp

"Beginner Bootcamp"

Alborak Stable is proud to offer a fun and educational experience, geared towards students who are looking for a more intensive riding camp. There will be a strong focus on both the horse and the rider as athletes, and their development in the sport.

Students will get a chance to peek into what it is like to be a professional horse back rider! This is a great opportunity for those thinking of getting more involved in the sport or those who want more horse education.

We will be emphasising the importance of both human and equine athletic development. Students will participate in unmounted lectures, two riding lessons a day, and to finish a hard week of training, equestrians will be joining our very own Crystal with a calming yoga session.

Date: **July 15-19, 2019**

Time: **9:00am to 4:00pm**

(drop off time between 8:30 and 9:00am; pickup time between 3:30 and 4:00pm)

July 15th rider fitness and exercises

July 17th Kimberly sport psychology session

July 19 Unwinding 60 mins yoga session with Crystal Tobber, RYT200 certified yoga instructor

What to bring; all campers will have a spot in the lounge to store their gear for the week.

Space in the fridge will be limited.

- Proper Footwear for riding (boots with a heel, smooth sole) AND for exercising
- Safety approved horseback riding helmet (SEI certified) ; you may borrow one of ours if you do not have one
- Riding Clothes AND change of clothing suitable for exercising
- Yoga mat
- Sunscreen/bug spray
- Water bottle, Lunch and snacks ***PLEASE DO NOT BRING ANY NUT PRODUCTS TO CAMP***
- Completed paperwork: 2019 release form; Rider Profile

The Fine Print (Withdrawals and Cancellations):

No refunds. Our expenses are fixed in advance based on a definite number of clients for a specified time, therefore there will be no rebates or deductions taken from any fees for entering late or leaving early or cancelling.

No refunds will be given due to weather unless cancelled by Alborak Stable Inc.

Other: Alborak Stable Inc. is not responsible for lost or damaged clothing or other articles. When clothing is left behind, if it is not called for within 30 days, any unclaimed items will be donated to charity.