



2010 Beginner Summer Day Camp Program Information

Websites: Rocky Mountain Equi-Rhythm: www.equirhythm.org Joder Arabian Ranch: www.joderranch.org

Email: equi.rhythm@comcast.net

Rocky Mountain Equi-Rhythm Background: Rocky Mountain Equi-Rhythm: Horses Balancing Hearts is sponsoring a Summer Day Camp for children in Boulder County and the surrounding communities. The Summer Day Camp's main goal is to begin to build a solid foundation with your child so they begin to become a good equestrian which includes helping your child build a safe and positive relationship with their horse and have fun at the same time. Because your child's safety comes first, and horses can be intimidating, we will work with your child at the level they are at and advance to each activity at a level where they are comfortable.

Rocky Mountain Equi-Rhythm: Horses Balancing Hearts (RMER) is a not for profit [501(c)3] equine assisted psychotherapy program that was established in December 2000. Rocky Mountain Equi-Rhythm uses the healing power of the horse-human relationship as the foundation for a program that assists at-risk and vulnerable populations in imaging, creating and living lives of purpose, meaning and achievement. RMER combines horsemanship, life-skills building, partnering with other community members/programs, the natural resources of the Boulder County foothills and a therapeutic process that creates learning and growth for youth/adults, with horses as a focal point.

RMER's programs are located at Joder Arabian Ranch, nestled in the foothills north of Boulder, thanks to the generosity of the Joder family and the boarders at the ranch. The collaboration with this 300+ acre equestrian ranch provides a safe learning environment, well trained horses, and volunteers to the programs. This allows participants to spend time out of doors in a beautiful setting, to interact with volunteers of all ages, and to learn about the horses' natural environment.

The Horses: All of our horses are part of our regular therapy team and are experienced children's horses. Our horse members include Charlie, Yahtzee, Beau, Tucker, Buzzy, Smudge, Jasara, Eeyore, Lily, Dream, Whinny,

The Staff: Rocky Equi-Rhythm Summer Day Camp staff includes a staff ratio of one instructor to two children. Staff includes:

Caroline Roy, LCSW, Director of Rocky Mountain Equi-Rhythm, Manager at Joder Arabian Ranch. My relationship with horses began as a child growing up in central Minnesota. Being a certified horse crazy youth, I cleaned houses and dog kennels in exchange for a horse (Leroy Brown), tack, riding lessons and board at Reata Ranch near my hometown. I worked several summers at a horse youth ranch and, after finishing my degree in Farrier Science, became farrier to the ranch's 50 horses and subsequently worked at breeding and horse training facilities in Wisconsin and California. While working on my undergraduate degree I was very involved in the University of Minnesota (Morris) Saddle Club and spent summers training young horses for local farmers. I have been a member of the Joder Arabian Ranch community for 20 years. During my time at the ranch I have served as a leader of the Blazing Saddles 4-H group, managed the boarding operation and established Rocky Mountain Equi-Rhythm: Horses Balancing Hearts. My academic background includes degrees in Psychology, Human Services, Social Work and Farrier Science. I've worked as a Probation Officer, Social Worker, Therapist, Business Analyst supporting development of software applications for human service organizations, trainer and consultant for juvenile and adult justice system programs and am an Associate Professor at Naropa University in the areas of Family Systems Therapy and Equine Therapy.

Nina Lewis: Riding Instructor and 4-H Leader: I have been riding for 20 years, most of those years at Joder Arabian Ranch. I currently am a beginner riding instructor in Arizona and enjoy teaching children and adults how to ride. I was a member of 4-H for 11 years and have trained with many elite trainers both here and abroad. I have a degree in biology and biomedical sciences and graduated from medical school in Arizona in January. Horses are my true passion in life and I look forward to every opportunity to share this passion with others. Nina will oversee several weeks of summer camp.

Interns: Our 2010 camp is pleased have two interns: one master level and one undergraduate level (Brenda Cole) helping facilitate summer camp.

Senior and Junior Camp Counselors: These youth are young equestrians, many who belong to the Blazing Saddles 4-H Club at Joder Ranch.

What to expect at Beginner Summer Camp: Children participating in the camp will receive instruction in Handling and Leading their horse, Grooming, Relationship and Communication with Horses, Saddling and Bridling, Western and English Riding Lessons, Horse Conformation and Types of Horse Breeds, Games on Horseback, and finish the week with a Trail Ride around Joder Mountain and participate in an Achievement Ceremony.

Where to meet at the Ranch: Each camp day: Please meet in front of the red barn/stable area by the picnic benches. *Children can not be unsupervised while at the ranch.* Children will be met by an Equi-Rhythm staff member and the adult bringing them to the session must make contact with Equi-Rhythm staff before leaving. Children will be picked at the same location except for Friday. On Friday, please join us for the Awards Ceremony. Please park in the upper parking lot . We will meet by the picnic tables under the tree next to the lounge.

Beginner Summer Camp Dates and Time:

DATES:

- June 7-11 (Beginner Morning session) Ages: 5 - 9
- June 14-18 (Beginner Morning Session) Ages: 10 – 13
- June 21-25 (Beginner Morning session.) Ages: 5 - 9
- June 28–July 2 (Beginner Morning Session) Ages: 6 - 9
- July 12-16, (Beginner Morning Session) Ages: 10 - 13
- July 19–23 (Beginner Morning session.) Ages: 5 - 9
- August 2–6 (Beginner Morning Session) Ages: 5 - 9

TIMES: 8:30-12:30 Monday- Thursday; Friday 8:00 – 12:00

AGES: 6-9 year olds and 10-13 year olds (mature 5 year olds are welcome and we may offer a 5 -6 year old camp depending on number of 5 years who want to attend camp)

COST: \$350 per week (\$100 deposit due when you reserve your child's space for camp).

Reduced Fee and Caitlin Epple Young Equestrian Scholarships available based on family income.

Summer Camp Schedule

Monday – Thursday (A Typical Day)

Updated 2010

8:30	Arrive at the Ranch
8:30 - 9:00	Introductions and Safety Talk
9:00 - 9:30	Meet the Horses and Groom
9:30 - 9:45	Break/Snacks
10:00 -10:15	Saddling
10:15 - 11:45	Ride
11:45-12:30	Untack and Groom Your Horse
12:30	Parents arrive

Friday Schedule (Trail Ride)

8:00 - 8:30	Arrive and get horses ready
8:30-11:30	Trail Ride around Joder Mountain *staff will walk by riders
11:30 – 12:00	Parents arrive and End of Week Awards

Summer Horse Camp Forms: Rocky Mountain Equi-Rhythm forms must be turned in prior to the first session along with a \$100 deposit to reserve your child's space for the camp. Please mail the deposit and forms to: RMER 7156 Johnson Circle Niwot, Colorado 80503

- 1) Camp Registration Form completed by Child
- 2) Camp Registration completed by Parent/Guardian
- 3) Equine Liability Release and Riding Agreement with copy of Medical Insurance Card

What to Wear:

Long pants

Boots with heels when participating in a riding exercise.

A hat to protect your child's face for summer sessions.

Sunscreen

We provide water and snacks.

Directions to Joder Arabian Ranch:

Joder Arabian Ranch is located on the west side of the Foothills Highway between Boulder and Lyons, Colorado. From Boulder: Take Hwy 36/Foothills Highway north towards Lyons, Colorado. JAR is located one mile north of the former Beech Aircraft facility on the left (west) side of the highway. The JAR ranch road is directly across from dirt fork of Neva Road. You can not see the ranch buildings from the road. On the right is a horse crossing sign and on the left you will also see a RTD bus stop sign. A large white outcrop of rocks is also on the left (mountain side) directly before the turn (left) into the ranch. On the right of the driveway you will see a row of black mailboxes with the Joder Arabian Ranch name and logo.. Turn left into the Joder Road.

If you have reached the Greenbriar Restaurant/Left hand Canyon Road, you have gone too far. Address: 7497 N. Foothills Hwy Boulder, Colorado Caroline's Cell Phone: (303) 919-3946 Barn Phone: (303) 449-6040