

Weekindeling (Voorbeeld) - Engels + Paardrijden

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
07:30 - 09:00	Arrival	Wake up/ Breakfast							
09:00 - 09:15		Morning meeting							
09:15 - 10:15		Placement testing	Functional language				Theme park		
10:30 - 11:30		Skills Development							
11:45 - 12:45		Projects 21st Century Skills				Progress test			
13:00 - 14:00		Lunch							
14:15 - 17:45		Health & safety brief Assessment of all riders Warm-up Riding assessment of all riders Handy Pony exercises Cool-down	Practical stable management and grooming Warm-up exercises Training posture Depending on levels: Walking, trotting, cantering and jumping (cross poles, 2'6 and 3'3 courses) Cool - down	Theoretical stable management Warm-up Countryside hack	Care of equipment workshop Warm-up Jumping exercises Handy Pony exercises	Stable management Quiz Warm-up Show-jumping competition Gymkhana competition Cool-down, Awards			
18:00 - 19:30		Dinner							
19:30 - 21:30		Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge		Celebration	Relaxation

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
07:30 - 09:00	Wake up/ Breakfast							
09:00 - 09:15	Morning meeting							
09:15 - 10:15	City visit	Placement testing	Functional language				Departure	
10:30 - 11:30		Skills Development						
11:45 - 12:45		Projects 21st Century Skills				Progress test		
13:00 - 14:00		Lunch						
14:15 - 17:45		Health & safety brief Assessment of all riders Warm-up Riding assessment of all riders Handy Pony exercises Cool-down	Practical stable management and grooming Warm-up exercises Training posture Depending on levels: Walking, trotting, cantering and jumping (cross poles, 2'6 and 3'3 courses) Cool - down	Theoretical stable management Warm-up Countryside hack	Care of equipment workshop Warm-up Jumping exercises Handy Pony exercises	Stable management Quiz Warm-up Show-jumping competition Gymkhana competition Cool-down, Awards		
18:00 - 19:30		Dinner						
19:30 - 21:30	Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration		