



SVG Day Camps: 4th & 11th July 2023

What to Expect

On arrival, park on the footpath at 16 Pitt Street Windsor and make your way through the gate to the rear of the stable complex where there will be a safety talk before starting activities. The camps run from 9am to 2.30pm. Parents are welcome to stay or leave as they please.

No previous riding or gymnastic experience is necessary. We cater for all levels in our school holiday day camps.

What to Bring

Please bring sun protection, as well as your lunch, plenty of water and snacks as needed. There are toilet, tea and coffee, microwave and fridge facilities available.

What to Wear

Please wear soft, comfortable pants such as leggings (pants that you can easily move and stretch in). Ensure tops cover your shoulders and torso, collar preferable eg. polo shirt.

Please wear soft soled shoes, eg. sneakers. We have a small range of sizes in vaulting shoes available to borrow for your session. Please ensure you also have completely enclosed shoes to wear around the horses, eg. sneakers or boots.

Please bring an approved AS3838 riding helmet. If you do not have one, we can provide one for you.

Please remove all loose/dangling jewellery before getting on our horses.

What you will be doing:

Our sessions are conducted with an accredited EA Coach, and experienced vaulters and lungers. You will learn all components on a stationary barrel first before moving on to the horses. This will include how to mount and dismount, how to safely approach and leave the horse and some gymnastic exercises to do whilst on the horse.

Please advise our coaches on arrival if you have any injuries that we may need to be aware of.

Sydney Vaulting Group operates on a working horse agistment property, Heritage Horse Park. We share these facilities with agisters. Please only go to an area in the company of an SVG team member. We utilise the stable block, indoor moving barrel room, outdoor arena and round yard. Please be aware of snakes that may be on the property, particularly in warmer months.

How to Book:

To reserve your place in a day camp please reply to SVG email: sydneyvaultinggroup@gmail.com with name, age & date you wish to attend and you will be sent a booking form, bank details and an electronic waiver that needs to be completed by a parent or guardian.

How much does it cost:

\$145 for the day: 9.00am to 2.30pm.

Need more info:

Contact our President Natalie on 0415256976 or Secretary Julia on 0402674468

We look forward to sharing our amazing sport with you.

Please follow us on facebook <https://www.facebook.com/SVGroupInc>



HOLIDAY FUN!

VAULTING



We are having 2 vaulting clinics these school holidays
Tuesday
4th July and 11th July spaces limited, book yours now!
sydneyvaultinggroup@gmail.com

Time: 9am- 2:30pm
ph:0415256976 for more information
Cost: \$145



AT HERITAGE HORSE PARK WINDSOR