

OVERNIGHT SCHEDULE | Horse Riding

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WAKE-UP AND BREAKFAST 7:00 - 8:30		A rich and balanced breakfast to start the day with a boost of energy.				
MORNING 9:00 - 12:30 with snack break		HORSE CARE Care, grooming, and preparation of horses for the day's equestrian activities.	HORSE CARE Care, grooming, and preparation of horses for the day's equestrian activities.	HORSE CARE Care, grooming, and preparation of horses for the day's equestrian activities.	HORSE CARE Care, grooming, and preparation of horses for the day's equestrian activities.	HORSE CARE Care, grooming, and preparation of horses for the day's equestrian activities.
LUNCH 12:30 - 13:30		MOUNT Lesson on basic actions for handling the horse and mounting.	DRESSAGE - 1 Theoretical lesson on the discipline of dressage.	VAULTING - 1 Theoretical lesson on the discipline of vaulting.	OBSTACLES - 4 Lesson on jumping over poles and obstacles with new techniques.	TREKKING - 1 Riding along trails immersed in the countryside to improve the connection with the horse.
AFTERNOON 13:30 - 16:30	CHECK IN 16:00	Free outdoor play/ board games				
SNACK & ACTIVITIES 16:30 - 18:30	Participants arrival on the H-FARM Campus	OBSTACLES - 1 Execution of low-difficulty jumps over ground poles.	DRESSAGE - 2 Practical lesson on the discipline of dressage.	VAULTING - 2 Practical lesson on the discipline of vaulting.	REVIEW Review of all the techniques learned during the week.	TREKKING - 2 Riding along trails immersed in the countryside to improve the connection with the horse.
FREE TIME 18:30 - 19:30	Presentation of the Summer Academy experience to participants and their families at the Big Hall.	OBSTACLES - 2 Execution of jumps over low-difficulty obstacles.	DRESSAGE - 3 Lesson on walk, trot, canter, and rein-back.	OBSTACLES - 3 Execution of jumps over ground poles and low-difficulty obstacles.	COMPETITION Competition over poles and obstacles.	FINAL DEMONSTRATION A short demonstration of the techniques learned.
DINNER 19:30 - 20:30	Accommodation of the participants in the assigned rooms.	SPORT Sports sessions to promote teamwork and interpersonal relationships.	RELAX Relaxing and recreational activities to recover after the daily excursion.	PRE TALENT SHOW Preparation and rehearsal for the Summer Academy Talent Show exhibitions.	SPORT Sports sessions to promote teamwork and interpersonal relationships.	CHECK OUT 18:30
EVENING ACTIVITIES 20:30 - 22:00		Free time to relax, take a shower and get ready for the evening activities				
LIGHTS OUT 22:00		Diversified menu offering international and Italian food options				
	ICE-BREAKER Ice breaking activities to socialize and share the Campus rules to enjoy an unforgettable week!	ACROBATICS & JUGGLING Magic, art and colors: enjoy a unique and enchanting show on Campus.	IN-CAMPUS ACTIVITIES Themed night dedicated to either sport, cultural or artistic activities to have fun together with your friends.	TALENT SHOW Discover the talents and artistic skills of the participants with a unique talent show!	SUMMER RANDOM PARTY A final party like no other. Random outfits and wild dancing.	
	The H-FARM Summer Academy team will be present on each floor of the boarding house with continuous surveillance and support					