



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# UNBRIDLED ADVENTURE

Equestrian and Horsemanship  
at YMCA Camp Cristina



# WELCOME TO CAMP CRISTINA

YMCA Camp Cristina is located in Riverview, Florida just 25 minutes from downtown Tampa. Nestled on 65 acres of woods and wetlands, Camp Cristina is the ultimate location to learn to ride, improve your horsemanship or spend a unique day out with friends and family.



**WARNING: UNDER FLORIDA LAW, AN EQUINE ACTIVITY SPONSOR OR EQUINE PROFESSIONAL IS NOT LIABLE FOR INJURY TO OR THE DEATH OF, A PARTICIPANT IN EQUINE ACTIVITIES RESULTING FROM THE INHERENT RISKS OF EQUINE ACTIVITIES.**

# Welcome to our Horse Riding Program

Experience the thrill and joy of Western style horse riding with our comprehensive program—designed for beginners and intermediate riders of all ages and abilities. Whether you're looking to learn solo, with friends and family, or as part of a group, we have the perfect lesson for you.

Our horse riding program is crafted to teach you all aspects of Western riding while also providing a deep understanding and appreciation of horses. With a variety of lesson options, you can choose the format that best suits your needs.

## Benefits of Horse Riding:

- **Physical Fitness:** Riding improves balance, coordination and core strength. It's a full-body workout that engages various muscle groups.
- **Mental Well-being:** Interacting with horses can reduce stress and anxiety, promoting a sense of calm and relaxation.
- **Confidence and Self-Esteem:** Mastering riding skills boosts self-confidence and a sense of accomplishment.
- **Responsibility and Discipline:** Caring for horses teaches responsibility, patience and empathy.
- **Social Connections:** Riding lessons foster camaraderie and can build lasting friendships.

## Experienced Instructors

Our instructors are seasoned riders with years of experience in teaching beginner programs. They are dedicated to providing a safe, supportive and fun learning environment for all participants.

## YMCA Values and Financial Assistance

As a YMCA program, we are committed to promoting our core values of respect, responsibility, honesty and caring. We believe that everyone should have the opportunity to experience the joy of horse riding, which is why we offer financial assistance to ensure our program is accessible to all.

**Join us for an enriching and transformative experience that will not only teach you how to ride, but also foster a deeper connection with these magnificent animals and enhance your overall well-being.**

# Explore Our Exciting Horse Riding Programs!

Welcome to a world of adventure, learning and fun with our diverse horse riding programs at the YMCA! Whether you're a beginner or an intermediate rider, our experienced instructors are here to guide you every step of the way. Dive into the details of our unique offerings and find the perfect fit for you and your loved ones.

## Private Lessons

Experience the full attention of our skilled instructors with personalized one-on-one sessions. These lessons are tailored to your individual learning pace and goals, ensuring you get the most out of your riding experience.

## Semi-Private Lessons

Share the joy of riding with a friend, family member or even as an unusual date! Our semi-private lessons are perfect for pairs looking to learn together and create lasting memories.

## Group Lessons

Join the fun in our group lessons, designed for 3-5 riders. Whether you sign up with a group of friends or join a public lesson, you'll enjoy a supportive and social environment. These lessons are organized by ability and age, making them perfect for everyone.

## After School and Home School Lessons

Enhance your educational experience with our after school and home school lessons. These sessions cover both riding and horse care skills, providing a well-rounded learning opportunity for young riders.

## Summer Camp Lessons

Our summer camp program is perfect for kids who love adventure! Mornings are spent riding, while afternoons are filled with fun activities at our main summer camp—the best of both worlds!

## Date Nights

Make your evenings unforgettable with our special date night lessons. Choose between private sessions or join our couples' evenings for a unique and romantic experience on horseback.

## Birthday Parties

Celebrate your special day with a horse riding birthday party! Suitable for kids and adults, these weekend events include riding sessions and access to our party room for continued festivities.

## Special Events

Incorporate the excitement of horse riding into your school or corporate retreats. Our special events are designed to offer a unique and engaging experience for all participants.

**Join us at the YMCA for an enriching and transformative horse riding journey that will create lasting memories and develop new skills. We can't wait to see you in the saddle!**

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# PRIVATE LESSONS

## Youth Private Lessons

Unlock the potential of one-on-one instruction with our Youth Private Lessons at YMCA Camp Cristina. Tailored specifically to meet the needs and goals of young riders, these lessons provide personalized attention from our experienced instructors. Whether your child is a beginner taking their first steps into the world of Western riding or an intermediate rider looking to refine their skills, our private lessons offer a customized learning experience.

Each session focuses on both riding and horsemanship, fostering a deep understanding and love for horses. With dedicated guidance, your child will build confidence, improve their skills and create lasting memories in a supportive and encouraging environment.



## Adult Private Lessons

Experience the personalized attention and tailored instruction of our Adult Private Lessons at YMCA Camp Cristina. Perfect for beginners or those looking to enhance their skills, our one-on-one sessions are guided by experienced instructors who specialize in teaching adults. Each lesson is customized to your pace and goals, ensuring a comfortable and enriching learning experience.

None of us are as young as we used to be and we understand that mobility can be a concern, and our facility is equipped with easy mount platforms to assist riders in getting on and off the horses with ease and confidence. Our supportive environment ensures that age is just a number and anyone can learn to ride.



### PRIVATE LESSON PRICING (60 MIN)

Member \$48

Non-Member \$60

# SEMI-PRIVATE LESSONS

Discover the joy of riding together with our Semi-Private Lessons at YMCA Camp Cristina. Designed for pairs who want a more personalized and intimate learning experience. Whether you're a parent and child, siblings or friends or a couple looking for a unique date night, our semi-private lessons offer the perfect opportunity to bond and learn together in a fun and supportive environment.

- **Parent and Child Lessons:** Share the excitement of riding as you learn together, creating cherished memories and a shared passion for horses.
- **Sibling/Friends Lessons:** Enjoy quality time and strengthen your bond while improving your riding skills side by side.
- **Adult Lessons:** Embark on a new adventure with a friend, building confidence and skills together with the guidance of our experience instructors.

- **Date Night Lessons:** Spend an enchanting evening riding together, making it a perfect and unique way to connect and enjoy each other's company.

All our semi-private lessons are limited to two people who book together, ensuring you receive individualized attention tailored to your needs and goals. Join us for an adaptive and supportive experience that will deepen your connection and enhance your riding journey.

## SEMI-PRIVATE LESSON PRICING

Member	\$80
Non-Member	\$100



# GROUP LESSONS

## Youth Group Lessons

Dive into the exciting world of Western riding with our Youth Group Lessons! Perfect for beginners and those looking to reinforce their intermediate skills, our program offers a safe and supportive environment for young riders to thrive.

Each lesson combines riding and groundwork, fostering both a deep understanding of horses and a genuine love for the sport. Join us and watch your child's confidence soar as they learn the fundamentals of Western style riding with their peers.



## Adult Group Lessons

Did you dream of riding horses when you were young? It's never too late to turn that dream into reality. Our Adult Horse Riding Lessons are the perfect starting line for novices ready to take the reins for the first time, as well as those looking to build on their intermediate skills.

Learn alongside friends or make new ones in a small, friendly group setting. Each one-hour lesson dedicates at least 50 minutes to riding, ensuring plenty of hands-on experience.

Our expert instructors, experienced in teaching adults of all levels, create a fun and supportive environment where you can confidently develop your riding skills.

Whether you book as a group or join other adults eager to learn, you'll find a welcoming community and an exciting opportunity to embrace the joy of horse riding.



### GROUP LESSON PRICING PER MONTH

1 Lesson/wk	Member \$100 Non-Member \$140
2 Lessons/wk	Member \$200 Non-Member \$280

### PRIVATE GROUP LESSON PRICING (4 SESSIONS)

Member	\$48 per person
Non-Member	\$60 per person

# AFTER SCHOOL LESSONS



Extend the excitement of the school day with our After School Riding Lessons, a unique add-on to our YMCA After School Enrichment program. Designed for children in first grade and above, these lessons provide a perfect blend of fun, learning and physical activity in a safe and supportive environment.

Participants in our after school program will be seamlessly transitioned to their riding lessons, where they will enjoy hands-on riding experience and horse care activities. After their lesson, they will return to the main after school program, enriched and energized.

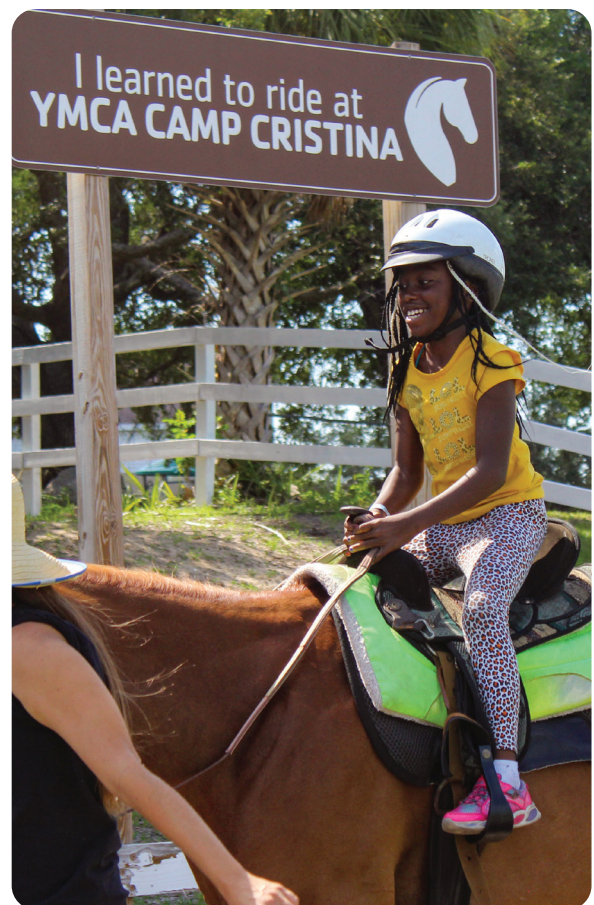
## GROUP LESSON PRICING PER MONTH

1 Lesson/wk

Member \$80

2 Lessons/wk

Member \$100





# HOMESCHOOL RIDING LESSONS

Introduce your homeschooler to the world of Western riding with our new Morning Homeschool Riding Program. This month-long program is designed to fit seamlessly into your homeschooling schedule, offering enriching and educational experiences once a week.

## Program Highlights:

- **Weekly Sessions:** Students attend once per week, providing a consistent and engaging learning experience over the course of a month.
- **Comprehensive Learning:** Each session combines hands-on riding instruction with essential horsemanship skills, fostering a well-rounded understanding of horse care and riding techniques.
- **Skill Development:** Tailored to beginners and intermediate riders, our program focuses on developing balance, coordination and confidence in a supportive environment.

- **Experienced Instructors:** Our knowledgeable instructors are experienced in teaching children and committed to creating a fun and safe learning atmosphere.
- **Social Interaction:** Students will have the opportunity to connect with their peers, making new friends and building social skills in a collaborative setting.

Join us for a unique homeschool adventure where your child will develop a love for horses, enhance their physical fitness and gain valuable life skills, all within the nurturing environment of the YMCA.

## GROUP LESSON PRICING PER MONTH (4 SESSIONS)

Member      \$\$

Non-Member      \$\$



# SUMMER CAMP

Experience the perfect blend of traditional YMCA day camp and an unforgettable horse riding adventure with our Summer Camp Horse Riding Program! Designed for campers ages 8–13 who have a passion for horses, this program offers a unique opportunity to combine the joys of camp with the thrill of riding.

## Program Highlights:

- **Morning Ride Sessions:** Campers will start their day in small groups, learning grooming basics and enjoying trail and arena rides. Our amazing, friendly and patient horses will ensure a fun and educational experience.
- **Afternoon Camp Activities:** After a refreshing swim, campers will join in on afternoon camp activities, making new friends, trying new things and having loads of fun.
- **Comprehensive Learning:** Each day, campers will develop a deeper understanding of horse care and riding

techniques, fostering both confidence and skill.

- **Health and Social Benefits:** Alongside the physical and emotional benefits of horse riding, campers will benefit from the social interaction and camaraderie that are hallmarks of the YMCA summer camp experience.

Join us for a summer filled with adventure, learning and joy. Our Summer Camp Horse Riding Program is the perfect way to create lasting memories and develop a lifelong love of horses, all within the trusted and nurturing environment of the YMCA. Sign up today and let the summer fun begin!

## SUMMER CAMP PRICING

Member

\$235/wk

Non-Member

\$295/wk



# KIDS DAY OUT WITH HORSE EXPERIENCE

When schools are out, the YMCA's Kids Day Out (KDO) program offers the perfect solution for parents and an exciting adventure for children. Our day camps provide a fun and engaging environment where kids can enjoy a variety of activities, make new friends and have a blast at the Y.

Our horse experience add-ons provide a unique opportunity for children, ages 8 and up, to connect with our patient and friendly horses, develop new skills and create lasting memories, all within the trusted environment of the YMCA.

## Morning Add-On

Start the day with an hour-long horse experience where children will participate in lead roping and riding around the arena. This session provides a great introduction to horse riding and horsemanship.

## KDO Riding Camp

For a more immersive experience, choose our full morning riding experience. Children will spend the entire morning riding, learning grooming basics and engaging in various horse-related activities before joining the main camp for afternoon fun.



## KDO ADD-ON PRICING

### Morning Add-On

Member \$20  
Non-Member \$30

### KDO Riding Camp

Member \$78  
Non-Member \$94

# PARENTS NIGHT OUT WITH HORSE EXPERIENCE

Who doesn't need a night off? Our Parents Night Out (PNO) program (included in a Tampa Y membership) is designed to give parents a well-deserved break while their children, ages 5-12, have an awesome time at the Y.

Enhance your child's PNO with an unforgettable horse experience! Available for children aged 8 years and up, this exciting add-on includes lead roping and riding around the arena.

Participants will enjoy 45 minutes of hands-on fun with our friendly horses, creating lasting memories and building new skills.

**AGES:**  
8 years and up

**WHEN:**  
5:45-6:30pm

**ACTIVITIES:**  
Lead roping and riding around the arena

**SUPERVISION:**  
Our staff will seamlessly transition participants to and from the horse experience.

## PNO HORSE ADD-ON PRICING

Cost Per Participant

\$15



# BIRTHDAY PARTIES



Saddle up for an unforgettable birthday adventure at Camp Cristina! With room for up to 12 guests, enjoy one hour of lead rope-guided horse rides in our spacious arena. Perfect for first-timers and young enthusiasts alike. Exclusive access to our party room for an hour allows for birthday decorations, and an additional 30 minutes post-ride for winding down. Don't miss out on this unique and exciting birthday bonanza!

### **Add-Ons:**

#### **Horse Grooming & Painting**

45-minutes painting horses with vibrant, horse and child-safe colors.

Cost: \$100

#### **Ride Longer, Smile Wider**

Extend horseback adventure. Maximum one hour of additional riding.

Cost: \$100 per half-hour

#### **More Friends, More Fun!**

Add extra buddies for \$25/person.

Maximum of 18 participants.

### **BIRTHDAY PARTY PRICING**

<b>Member</b>	<b>\$360</b>
<b>Non-Member</b>	<b>\$450</b>

# TEAM BUILDING AND DEVELOPMENT

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Building a strong and effective team is essential for achieving success in any organization. Teams that work cohesively and collaboratively are known to be more productive and effective than those that work independently. With our Team Building and Development program, we aim to help your team grow and develop the necessary skills to work together, communicate effectively and achieve your shared goals. Led by experienced facilitators, your team will go through various engaging activities and workshops that will enhance collaboration, creativity and problem-solving skills while also building trust and fostering stronger relationships among team members.

## **Horse Programs at Our Equestrian Center**

Enhance your retreat experience with our unique and engaging horse programs at the Equestrian Center. Perfect for school group and corporate teams, these sessions offer a blend of learning, fun and team-building activities that create lasting memories and valuable skills.

### **Fun with Horses**

Horses are social creatures, just like us, so make the horses at our Equestrian Center a part of your visit and have some fun! Participants will learn about basic behavior and anatomy; basic leading, tack and its uses and how to safely mount and dismount a horse. Participants will ride on a lead rope around our facility.

**Cost:** \$300/session

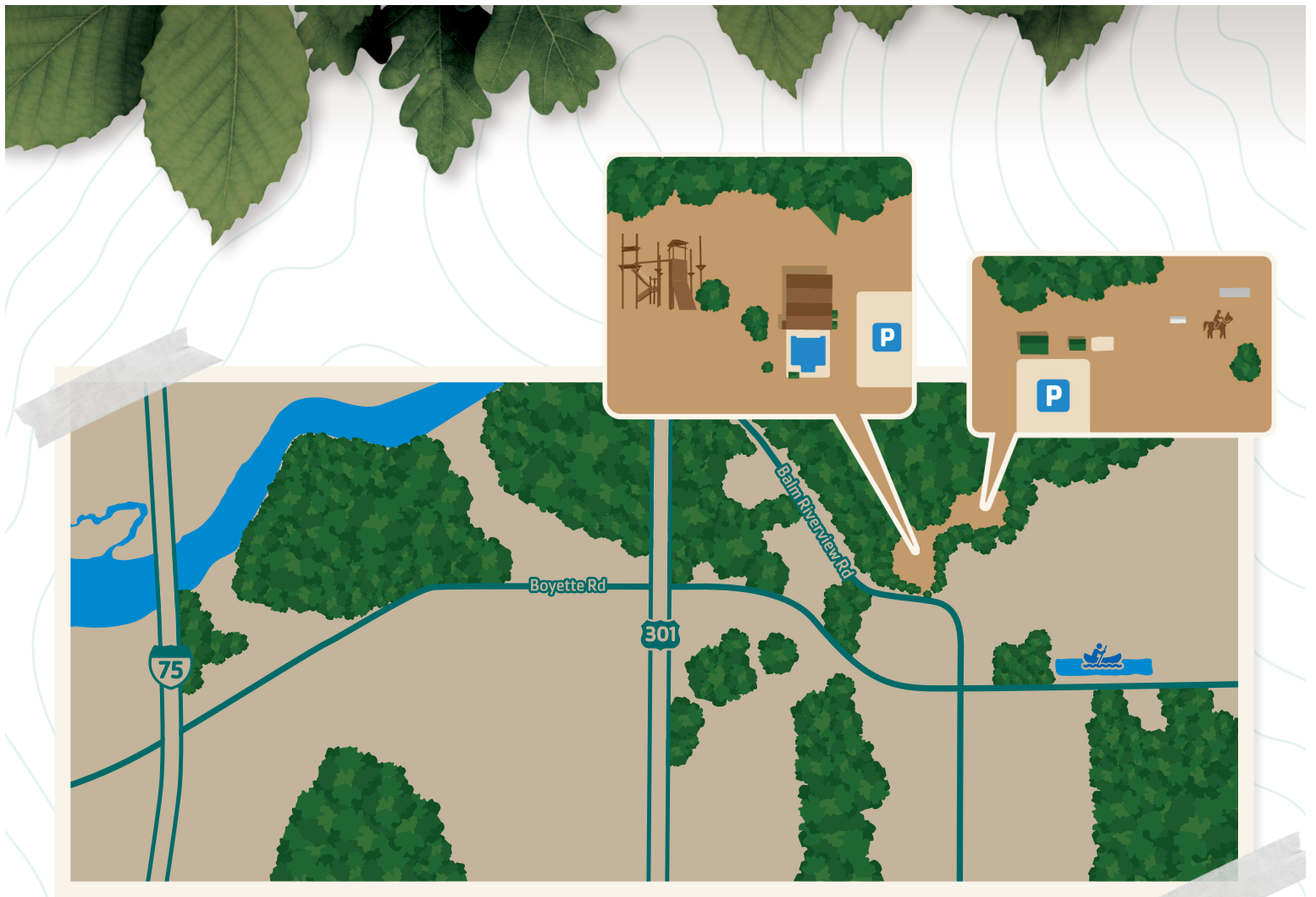
**Age & Group Size:** 3rd grade and up; maximum of 10 people per session.

### **Equine Encounter**

Working with horses is fun, but must be introduced safely to ensure connection, understanding and a positive experience. In this encounter, participants will learn about horse behavior and anatomy, horse tack and how to safely mount and dismount a horse. Each participant will be able to mount and sit on a horse, plus have the opportunity to have their picture taken.

**Cost:** \$250 for a 90-minute session

**Ages & Group Size:** 2nd grade and up; minimum of 4 per session with a maximum of 6 per session.



# LET'S GET STARTED!

Call 813.677.8400 or email  
[camp.cristina@tampaymca.org](mailto:camp.cristina@tampaymca.org)