



Fit Dog

Is your dog ready to be FIT? Are you?

FIT DOG Level 1

The AKC FIT DOG program encourages dog owners and their dogs to participate in structured fitness activities to improve health and well-being, offering titles (Bronze, Silver, and Gold) for achieving specific fitness goals. Level one Fit Dog Class teaches a variety of skills that promote your dog's strength, cardiovascular health, flexibility, balance and coordination. In addition to skill development, teams will limber up with safe "doggy stretches", activities and walks as part of the class. Bring plenty of treats, an appropriate collar (NO prong, e-collars or muzzles), 4' – 6' leash, poop-bags, water, towel and a happy positive attitude. Dogs must be at least 6 months old, and bitches in season are not allowed in the group activities. Participants are encouraged to move up to Fit Dog Level two. **Instructor Kim Reardon**

\$140 Members; \$150 Non-Members – Class limit 8 teams

June 22, 29 & July 6, 13, 20, 27 MONDAY 5pm to 6pm

FIT DOG Level 2

The Fit Dog Level 2 Course is designed to build fitness related activities between dogs and their owners. Level 2 builds on Level 1 through safe and fun activities that will increase your dogs' flexibility and strength. Positive reinforcement will help to engage your dog through the use of luring, capturing and shaping techniques.

Dogs will be required to successfully complete 8/11 skills presented: Target hind feet, Front foot target with duration, Pivot over object, Push up, Stand and give a paw, Leg weaves, Walk backwards to a target, Hind feet elevated with duration, Pop ups, Front limb elevated with position change, Rear limbs elevated with position change.

Instructors Candy Wright and Donna Anderson

\$140 Members; \$150 Non-Members – Class limit 8 teams

Sept 21, 28, & Oct 5, 12, 19, 26 MONDAY 2pm to 3pm