

Dog Works! Information Sheet:

Thank you so much for your interest in Dog Works! Creative K9 Fitness, LLC.!

Mission Statement:

To improve and enhance owner/dog relationships through awesome K9 fun and fitness classes.

Only positive training methods will be used here, with great respect for our intelligent K9 partners! We will work on developing a strong foundation for your relationship with your dog. Dogs always fall back on their foundation learning/experiences when stressed, so a strong foundation of confidence is so important!

Class types and availability will be evolving to meet the needs of clients. Please do let me know what you would like!

Classes will have 5-7 participants to make sure everyone gets the instruction and help needed.

Individual consulting and lessons available by arrangement.

Specifics:

*All dogs must be on leash!

*Please enter and exit one at a time so no dog feels uncomfortable. Please remember that just because your dog loves to run into another dog's face happily upon meeting, the other dog might have different ways of interacting. **Please respect all dogs' space!**

*If your dog really is reactive to other dogs when improperly met, please tie a small yellow ribbon to his collar so he gets the respect he deserves. Meeting slowly and properly is the only way to socialize dogs.

*Current shots required! Including Bordatella for everyone's safety. Please worm your dog too! **Please email proof of vaccinations to machmaui@gmail.com prior to first day of class.**

***Please keep dog's nails trimmed!** This will help the gym floor, and will give your dog confidence on the equipment. Long nails do not allow dogs to use their feet as they are meant to and they can become scared by trying to grab things and slipping. Thank you!

*Soft shoes upstairs please! A bench with cubbies is at the bottom of the stairs for your convenience.

Please bring:

6' leash flat webbing leash with collar.



Dogworksk9fitness.com

Harness if you prefer and your dog is comfortable wearing it. Do remember that harnesses actually encourage dogs to pull (except the specially designed ones) so a collar with leash might be a better ticket.

Treats. Good ones. Small, easy to eat. Nothing that breaks apart and sticks to things such as cooked chicken please!

Your dog's favorite toy.

A sense of **humor** and **desire** to just have some fun.

Soft soled shoes for humans!

I teach how to develop a good relationship with your dog through mental and physical exercise, which will include sports and obedience. My methods might be new and strange to you, but through a mutual respect and understanding, we will have a great time and the dogs will too!

Agility should begin in June. This will be so much fun. Times will also be scheduled for approved teams to practice on your own.

Fun run times will be scheduled according to demand for approved dogs who have taken class. There will be a limit of 5 dogs per scheduled hour in the yard at a time. Any dog who does not get along will be asked to leave. Participants must have a punch card.

Fee schedule:

Fitness Fun 1 and Obedience----\$75/six weeks of class.

Puppy class--\$50. Ongoing with punch card.

Senior Class--\$50

All classes will meet once a week unless otherwise arranged and run for 6 weeks. Limit of 5-7 per class. All participants will receive plenty of individual attention! **Please leave dogs in vehicles for the beginning of the first class or private session.**

\$20/four sessions for fun run time. Approved dogs only, owner supervised. Please clean up all poop. Bags are provided, but if you can bring your own, that would be wonderful!

*A punch card will be given out for those who sign up.

*No dogs allowed on outside equipment during fun runs.

*Try to keep noise to a minimum.

*Upstairs gym time will be arranged as teams learn the ropes.

Private Consultations/lessons:

*\$35/1 hour in Fairplay area or at the Dog Works! shop. Follow-ups \$20.

*Outside of Fairplay area will be \$50 for initial consultation.

Aggressive dogs will not be allowed in classes. Please contact me to schedule a consultation or private class.

Limited Classes beginning in March:

Signup sheet attached.

Basic Obedience-Traditional obedience exercises will be worked on according to needs of participants.

Fitness Fun 1-This will include plenty of obedience learned in a fun environment as it applies to fitness training. Specific cues with good form need to be learned before we can move up to more advanced fitness levels.

Puppy class-0-6months-Fun learning and playtime. Socialization is critical during this time of your puppy's life. We will alternate fun play learning with social time. Fitness equipment introduction and obedience. 6 weeks (punch card).

Senior Class- *Special fun and exercises for senior dogs to meet their special needs.*

Tips for Success:

*Always exercise dog before class. Please arrive 5-10 minutes early to warm you dog up by walking around the block.

*Please pick up all poop!!! It is very appreciated if you bring your own bags, but bags are available.

*Give your dog time to "acclimate" to his/her surroundings.

*Practice every day-short practices are best-no more than 10 minutes with lots of play rewarding. Beginning of day and end of day establishes a routine that will excite and calm your dog at the same time. Integrating learning into your home routine is optimal.

Classes starting in June-times on dogworksk9fitness.com-

Please see dogworksk9fitness.com for current information and to sign up!

Senior dogs-Discounted class for seniors and their dogs designed according to interest.

Kids and dogs-kids 8-18-Obedience and fitness training fun for kids and their dogs.

Fitness 2-Next level up from Fitness 1-

Fitness 3-Next level up from Fitness 2.

Agility (May) Beginning agility-Introduction to agility equipment.

Fitness Field Trips (summer)-Short hikes near Fairplay with fitness areas incorporated.

Open Gym (Instructor approval)-Specific times each week when those currently enrolled in class can practice independently on equipment with supervision.

Open Agility (Instructor approval)-Specific times when approved teams may practice independently on agility equipment.

Fun Run-Outside fun run hours for approved dogs with their handlers' supervision. Must have punch card.

About K9 Fitness:

K9 Fitness is a relatively new field which is designed to strengthen dogs for specific activities, to help dogs after rehab, etc. Fitness routines have proven to keep dogs much healthier, happier, and reduce vet visits when done appropriately. Fitness also helps you and your dog develop a strong bond through mutual focus and better training. For those with competitive sports needs, we can develop exercise routines for strengthening specific muscle groups. For dogs coming out of rehab, we can develop fitness plans to help dog recover fully with approval from your veterinarian. For puppies, fitness training is an amazing way to develop their coordination and confidence. And for older dogs-we can keep their muscles from atrophying and help them have some fun. Give it a try!

Please let me know what your interests are!

Again, thank you!!! And thank you for your patience with my developing curriculum! Happy to add any classes by request. Group classes also available.

Marcia McMahon

Bio: *35 years training working dogs; 19 years training Search Dogs in all types of search; 13 years racing sleddogs; 23 years teaching kids and dogs obedience, rally, and agility; water rescue training. Certified K9 Fitness Trainer and Master Trainer-U of Tennessee and Fitpaws.*