

Thank you for joining the Pilates for Pooches class at Lucky Dog. I know you will enjoy it. **Please read this letter carefully** as there is important information for you before you come to class.

These are some of the things you will need to **bring with you to class**.

- ♦ **Small soft treats.** Bring **lots!** The size of the treats should depend on the size of the dog, but in general, each individual treat should be no larger than your fingernail. Some good things to use for training treats are string cheese, hot dogs, homemade liver treats, cooked chicken, liver, or roast beef, cut into very small pieces. You can also bring “pre-made” treats such as Zukes, Buddy Biscuits soft treats, Lean Treats, etc., but in a new, distracting environment, you want extra special, high value treats. You want small soft treats that are easily chewed and immediately swallowed. You can bring a variety.
- ♦ **Clicker, if you use one for training.** This is completely optional. I recommend one that has an opening to attach a wrist coil so it’s easy to hold and manipulate. We have clickers and wrist coils for sale if you need them.
- ♦ **Treat bag.** These are nylon bags which either clip onto your pants or come with a belt to hang around your waist. The treat pouches may also have a pocket to hold the clicker. The best ones are hinged and open and close quickly and securely so treats don’t drop out easily and distract your dog. You want to have quick, easy, one-handed access to your training treats. We offer good ones for sale.
- ♦ **Plain buckle collar or martingale, or harness** (absolutely **no choke chains or pinch collars**). You may have your dog on a Gentle Leader Head Halter in addition to a regular collar, or in an Easy Walk harness.
- ♦ **Soft, 6-foot lead** (cotton webbed or soft leather are nice). No retractable leashes please.
- ♦ **Mat-** For times that your dog needs to settle while you listen and watch demos, a mat is a nice home base for relaxation. You can use a bath, yoga, or crate mat, or a beach towel.
- ♦ **Stuffed Kong or favorite bone.** Again, this is to help your dog to relax during down time.
- ♦ You should wear a good pair of **sneakers or comfortable shoes.**

Pilates Equipment

There is strengthening and conditioning equipment in this class that we will teach you how to use, including inflatable peanuts, balls, and balance discs. To continue to get improvement at home and for a lifetime of better physical health and conditioning for your dog, we recommend that you consider purchasing one or more pieces of equipment. Please let me know what you would like me to order for you and I can usually get it within a week. (This is optional. You do not need to make this purchase to take the class.)

Our training techniques are completely positive; we use a lot of food incentives, combined with clicker training (if you choose to use this training tool) for some concepts. I typically recommend feeding much less dinner on class nights, and you may want to cut down on your dog’s food a little as he will be getting a lot of calories from his training treats.

If you have any questions or concerns at any time, please give me a call or e-mail me at woof@LuckyDogSportsClub.com. Your instructor, Stevi Quick, is a certified canine massage therapist. You can reach her at stevi@caninebodyworks.us. We are confident that you (and your dog) will enjoy the class. Please be prompt; come a little early to settle in and potty your dog out front.

Woofs and wags,
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