

6-WEEK GROUP DOG TRAINING PROGRAM OVERVIEW

Better Dogs. Stronger Bonds.

PROGRAM INTRODUCTION

Bowman & Co. Canine Training, led by Sasha Bowman, provides practical, owner-focused dog training designed to improve communication and build skills that transfer into everyday life. Sasha has more than two years of professional dog-training experience working with dogs and their owners through private training, group classes, and board-and-train settings. She is also an AKC Approved Canine Good Citizen (CGC) Evaluator.

PROGRAM AT A GLANCE

Program	Basic Manners & Obedience
Length	6 weeks - one 60-minute class per week
Class Size	Up to 10 dog/handler teams
Setting	Primarily outdoors, with approved indoor space available when weather requires

Participant Support Weekly take-home homework to practice skills between classes

PROGRAM GOALS

- Teach owners how to communicate clearly and confidently with their dogs.
- Build useful everyday obedience and manners through positive reinforcement, clear expectations, and consistent practice.
- Give owners practical exercises they can continue at home through weekly homework.
- Help dogs learn to work around other dogs and distractions without turning class into a dog-to-dog play or socialization group.

CLASS STRUCTURE & SAFETY

Dogs will remain leashed unless otherwise directed by the instructor. Dog-to-dog greetings and play will not be part of the program. Teams will be given appropriate working space, and exercises may be adjusted to fit the needs and progress of the group.

Dogs displaying aggression toward people or other dogs are not appropriate for the group-class environment and will be directed to one-on-one private training with Bowman & Co. Canine Training.

WEEKLY HOMEWORK & GRADUATION

Participants will receive simple weekly homework so they can practice the skills introduced in class. Week 6 will include a review, final skills activities, and a graduation recognizing completion of the six-week program. Each participating team will receive a Bowman & Co. Canine Training completion certificate.

6-WEEK CURRICULUM

WEEK 1 - Communication & Engagement

Class orientation and safety expectations, marker words, reward timing, name response, handler engagement, focus, and foundational leash handling.

WEEK 2 - Sit, Down & Stand

Teaching and improving basic positions, clear cueing, reward placement, beginning duration, and gradually reducing dependence on food lures.

WEEK 3 - Loose-Leash Walking

Leash-handling skills, rewarding the desired walking position, changing direction, handler check-ins, and strategies for pulling.

WEEK 4 - Stay & Impulse Control

Building stay gradually through duration and distance, release cues, waiting appropriately, and practical impulse-control exercises.

WEEK 5 - Recall & Real-Life Manners

Building a stronger come-when-called response, controlled distractions, leave-it concepts, polite greetings, and applying obedience to everyday situations.

WEEK 6 - Putting It All Together & Graduation

Reviewing skills from the previous weeks, practicing around appropriate distractions, individual troubleshooting, a final skills challenge, and graduation.

CURRICULUM FLEXIBILITY

This curriculum is a roadmap rather than a rigid lesson plan. Instruction may be adjusted based on the experience level, progress, and needs of the participating dogs and handlers while maintaining the overall goals of the program.

FUTURE PROGRAM OPPORTUNITIES

Graduates who want to continue training may be offered additional opportunities through Bowman & Co. Canine Training. A future AKC Canine Good Citizen (CGC) preparation and evaluation program is one possible next step. Because Sasha Bowman is an AKC Approved CGC Evaluator, qualifying teams can work toward the nationally recognized CGC title through a separate program/evaluation.

Additional continuing group classes may also be offered for graduates who want ongoing practice around distractions and continued skill development.

INSTRUCTOR

Sasha Bowman

Bowman & Co. Canine Training
AKC Approved Canine Good Citizen (CGC) Evaluator
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