

## **Horsemanship Riding Lessons Tentative Schedule 298-9808**

**SAFETY** is our #1 priority at TRAK. Due to the inherent risks involved with being around horses we are teaching riding lessons a little bit different than other programs. Lessons will start with ground work around horses before mounting them. We believe that in order to be safe around horses it is very important that you understand the nature of the horse. Please be aware that mounted lessons will not occur until students demonstrate solid knowledge of safety procedures. Listed below is an example of the lesson progression we plan to use. Some lessons will cover 2 – 3 of the topics at a time.

**\*\*All students must show proficiency in each lesson before moving on to the next\*\***

Students will:

- Learn the rules and the nature of the horse.
- Learn how to approach a horse and move around one safely. They will then learn how to halter and properly tie a horse.
- Learn about grooming tools, how to use them and why we use them.
- Learn parts of the saddle and bridle and how to saddle and bridle a horse.
- Learn how to start, steer and stop a horse while on the ground and how to perform an emergency stop from the ground.
- Learn how to mount and dismount a horse and how to align their bodies while in the saddle.
- Learn emergency stop and emergency dismount on the horse.
- First Mounted Lesson: Students will learn the first step to the Secure Seat. Students will stand in stirrups to correctly align their body. They will then practice start, steer and stop from horseback.
- Continue to learn Secure Seat. They will learn to sit and stand while the horse is walking, lower their center of gravity in the saddle and how to unlock their lower back.
- Learn to move their upper body around the horse while keeping their lower body in place.
- Review emergency dismount, emergency stop and start, steer and stop.

**\*\*Students must show complete control at walk before moving on to trot\*\***

Students will:

- Work at the trot and learn the posting trot.
- Learn to stand at the trot.
- Learn how to move with the horse at the trot.
- Learn how to sit the trot and how to stabilize their leg by performing the 7-7-7 exercise.
- Review exercises.

**Registration/Annual Family Membership Fee \$100**

**1 Hour Riding Lessons \$40 Each**