



Introductory Course

Special Short Course for Adults

4 weeks in May

4 Lessons (2-hours long)

\$400

Mondays 1:00-3:00, May 3-24

Tuesdays 10:30-1:30, May 4-25,

Wednesdays 1:00-3:00, May 5-26

Thursdays 10:30-1:30, May 6-27

Fridays 1:00-3:00, May 7-28

Rusty Riders: This is a special price and a special class perfect for Rusty Riders who used to ride and want a brush up-refresher course.

New Riders: This special short course is ideal for for the curious who would like to give riding a try without making a long term commitment.

Special Price \$400. Short Intro Course in May: 4 two-hour classes.

Mix and Match: If you miss a class, do your make-up in any of the Monday through Friday May Intro Classes - just tell us ahead!
(No make-ups beyond the Month of May).

Spaces limited - call to reserve your course: 415-389-9414
or email: liveryoffice@MiwokStables.com

Happy Trails!



Short Introductory To Horseback Riding and Horsemanship

May 2010

Course Curriculum



WEEK 1:

The first lesson begins with a discussion of appropriate riding apparel. We will lend you an SEI approved riding helmet. (Don't even think about using a bicycle helmet). Wear a boot with a heel - we prefer "paddock boots", but we will see what you have and advise you from there. No tall rubber boots - they prevent good leg position. We have a few boots in a few sizes on hand to lend. You should wear pants with a smooth or no in-seam which can chafe. Dress warmly, we are near the coast, fog and wind can come in quickly.

1. We start with an orientation of the barn so you'll know where things are.
2. We will talk about safety around the barn and horses.
3. We teach you how to approach, halter, lead, tie a *quick release knot*, brush, clean hooves, saddle, and lead your horse to the arena.
4. In the arena, you'll learn to do a safety check of your tack, mount, dismount properly, how to hold the reins, and how to sit well in the saddle.
5. You will proceed at a walk and learn to halt correctly.

WEEK 2

We will review all you learned on Day 1- You will, with our help, find, halter, lead, tie, groom and tack up your horse, and begin to

1. ride with the motion of the horse at the walk
2. practice your halt with the right degree of communication with your mount
3. learn to turn and reverse

WEEK 3

All of the above, review and refresh, practice, and start learning

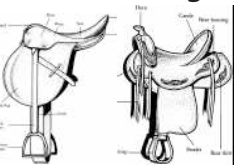
1. a 2-point position. This is important even for riders in Western saddles, because a 2-point helps you and your horse going up steep hills or over obstacles such as fallen logs and branches.
2. You will learn balancing exercises
3. You will begin to work at a sitting trot, learning balance and flexibility with the motion of the horse.

WEEK 4

All of the above, review and refresh, practice, and start learning to

Post to a rising trot - a good skill even for Western riders for comfort on the long haul.

Western or English?



We usually teach all our classes with English saddles, believing that the close contact gives the student a feel for the horse, and for balance. For this course, you have the option of choosing either an English saddle, or Western saddle. You might choose Western, for example, if you are preparing for a Dude Ranch vacation. We will ask your preference on your first day of class.

Not So Rusty? If you used to ride and it becomes apparent to us after a couple of these Intro lessons that you are qualified for a higher class, we will happily move you to a more appropriate level.

Plenty of One-on-One: our instructors welcome beginners and rusty riders. Feel free to ask them questions, and to let them know how they can help you. We all love to see people fall in love with the sport and the horses, and hope you will enjoy riding and horsemanship as much as we do!

What's Next: After you have completed this course you can continue to advance - your instructor will help you choose your next class.

Welcome to the Livery!