

# Horse Riding



Pro Horse Riding, delivered at UK accredited stables by qualified instructors, includes 6 hours per week of professional tuition that enables students to improve many aspects of their stable management and technical training.

## COURSE DETAILS 2024

**Centre:** Brambletye,  
Worth, Moulton

**Ages:** 6-19yrs

**Dates:**

Brambletye: 7 July – 10 August

Worth: 30 June – 10 August

Moulton: 30 June – 10 August

**Days:** Mon/Tues/Thurs/Fri

**Levels:**

Beginner

Elementary

Intermediate

**Coaching Ratio:**

Coaching ratios depend on  
age, experience and level.

**Coaching Time:**

6 hours p/w

**Price:** £325 p/w

Instruction focuses on developing a range of skills and knowledge to enable the student to gain a better understanding of horse riding and stable management.

### OBJECTIVES

- Focus on building riding confidence and horse handling skills
- Understanding the importance of horse care and management
- Develop technical abilities such as walking, trotting, cantering and riding on uneven terrain
- Establish individual performance goals

### OTHER BENEFITS

- Expand horse riding-related vocabulary
- Physical benefits such as: stimulating the heart, posture, getting fresh air and improving overall physical fitness
- The special bond between horse and rider, connecting with the horse on a physical and emotional level helps to reduce stress and anxiety
- Develop 21C skills: creativity, communication, collaboration and critical thinking
- Improve self-confidence



### STABLE MANAGEMENT:

Good stable management is essential for the well-being and health of horses. Students work on stable management (handling, grooming, mucking out, horse care and preparation, tacking up and daily routines). Students also learn about accident prevention, the points of the horse, and the personal protective equipment and clothing.



### TECHNICAL TRAINING:

Technical training forms the core part of the riding sessions and helps riders' confidence and horse handling, including leading, walking, trotting, cantering, and riding on uneven terrain.



### WHAT TO BRING

- Strong shoes (with heel/riding boots)
- Riding trousers
- Riding hat (can be provided)



There is limited availability for this Pro Option; book early to avoid disappointment.

A minimum number of students is required for the Pro Option to run. If a Pro Option is cancelled a refund will be given.