

Equestrian Skills

Friday, 1:10-3:00

Do you love horses? Would you like to learn or improve your skills in riding? This unique class offers an incredible opportunity to learn about grooming, tacking, riding, ground management, and horse care, while learning about boundaries. Horses, like all living creatures, have boundaries. You will learn how to read your horse's signals and understand how those signals relate to the animal's boundaries. You will learn to set your own boundaries as well. Horsemanship tends to reduce stress, per a study done by *Washington State University*. **Instructor: Glory Reins – Dede Holms, with Laura Erlig** supervising (and participating).

Required/important details:

- Please pack water and sunscreen, and wear long durable pants or jeans, and closed-toe, covered shoes.
- Transportation arrangements for **students already on site** (Teen Center) will be made, leaving from the Teen Center at 12:50 directly to **Glory Reins**, after a 20- minute break for lunch (students on site must pack a lunch!).
- For students taking only this class, drop off at Glory Reins by 1:10 is required.
- Parents will need to pick up their child from Gory Reins promptly at 3:00 pm.

Weekly lessons involve cooperative learning, incorporating a buddy system, observing the interactions between horses and students. Students will work and learn to read signals and emotions of the horses to better understand how to behave around them. Lessons will also incorporate elements of horse anatomy, horse behaviors and emotional queues, and riding theory.

- The course starts off by teaching the students safety around horses and progressively transitions students to greater interaction with the animals as the student demonstrates understanding and assimilation of the safety guidelines. The intent is to foster the relationship between the students and the animals.
- Week 1: In the first week, each student's horsemanship level will be assessed to determine how to best initiate the engagement between student and horse.
- Weeks 2-7: The lesson progression has students walking horses with their buddies through obstacle courses, learning to tack the horse, and then riding. Once on the saddle, students will learn the fundamentals of control, having the horse responding to the student's commands, riding, and steering.
- The class goal is to build confidence in the student, provide an opportunity for emotional growth, and to provide an opportunity for engagement with these amazing animals. In doing so, students and horses will be setting boundaries and assessing each other.