

## VICTORY EQUINE CENTRE RIDING PROGRAMS

At Victory Equine Centre, you can meet and learn about Arabian horses, take a free introductory riding lesson on our well-trained horses of many breeds, join the Victory Riding Club, and sign up for affordable 4- to 6-week lesson sessions. Group lessons are limited to 4 riders.

Benefits of horseback riding include increased self-confidence, stress relief, exercise, social interaction with other riders, connecting with horses, & FUN!

### RIDING PROGRAMS

**Pretty Pony**—leadline for children age 5-7, 45-minute lessons, incl. horsemanship. \$210/6 weeks

**Adult & children age 8-17 group levels**—one-hour lessons, incl. horsemanship. \$270/6 weeks

**Private**—\$55 each or \$220/4 weeks, 45 minutes

### RIDING SKILL EVALUATION

Before you start riding and after each session, your instructor will evaluate your skills to place you safely in a class with your peers.

**Level I**—Intro to safety, learning to control direction, 2-point and posting at the walk, intro to trot

**Level I+**—Learn to post at the trot, 2-point at the trot, recognize posting diagonals

**Level 2**—Trotting without irons, riding simple figures at the trot

**Level 2+**—Intro to canter in 2 point

**Level 3**—Recognition of canter leads, riding simple figures at the canter, intro to sitting canter

**Level 3+**—Riding with proper contact to the mouth, developing the seat, refining the aids. Canter without irons, begin work with trot poles

**Intro to Dressage**—Understanding levels and training scale, properly bend a horse, ride an Intro and Training test for fun

**Trail Class 1**—Learn to hack out safely with other riders.

Learn how to ride on rough terrain, and on hills

**Sport Horse in Hand**—Learn to show your horse on the triangle at breed and open shows

**Longeing 101**—Classically work your horse on the line

**Western Pleasure/Equitation**—grounded in basic balance-seat instruction

### OUR RIDING INSTRUCTORS

**Robin Henry**—ARIA Certified Instructor

- Balance seat & centered riding
- Hunter/jumper, stadium jumping, dressage, equitation
- Western Pleasure/Equitation

Robin instructs safe, professional, and educational horsemanship skills in a pleasant atmosphere conducive to quality equestrian learning.

She enjoys working with a variety of equestrian levels, rider ages, and disciplines.

Robin is certified by the American Riding Instructors Association (ARIA) in

- Level II Hunt Seat, Jumping, Dressage
- Level III Stable Management

She is also a Thoroughbred Racing licensed trainer, local horse show judge, and shows competitively.

**Cathy Solan**—BHSI certified instructor

- Beginner through advanced lessons on the flat and over fences, cross country, Western
- Intermediate through advanced dressage, jumping, eventing

Cathy has developed a successful dressage program & coached many Junior/Young Rider championships and show team.

Cathy's teaching philosophy emphasizes fun and safety in a non-stressful environment, while offering a high-quality equestrian education.

Cathy is an FEI dressage rider and former Junior Jumper rider. She is a British Horse Society-certified instructor.



Victory Equine Centre

Victory Riding Club

Cedar Ridge Farm Egyptian Arabians, LLC  
4501 Cap Stone Road, Frederick, MD 21703  
www.crfegypt.com  
(301) 631-2722



In memory of CDRS Farah Moniet (1990-2009)

RIDING SAFETY,  
BARN RULES,  
& RIDING PROGRAM

# BEING SAFE, HAVING FUN WITH HORSES

What does "safety" mean around horses?

Being safe while enjoying equine activities means being aware that horses are big animals with four feet and sometimes unpredictable behavior. Don't be scared; be aware.

## RIDING HELMETS

Being safe means wearing a helmet constructed to safety standards set by the American Society for Testing and Materials (ASTM) and approved by the Safety Equipment Institute (SEI). The helmet must be properly fitted and worn with the harness strap. Bike helmets are not suitable for horseback riding. Victory Equine Centre provides helmets for use during the free-trial lesson, but students must purchase their own helmets to participate in lessons.



## STURDY SHOES

Being safe means protecting your feet from the weight of a 1,000-pound horse. Wear sensible, sturdy, closed-toe shoes, or boots, with a 1-inch heel while handling horses, grooming, and taking lessons.



## COMFORTABLE CLOTHES

Jeans with some stretch are fine for lessons. Be aware that the leg seams may cause discomfort. Riding breeches are very comfortable and available locally.

## BARN RULES

**Rules are meant to be followed. Failure to follow the rules designed for everyone's safety will mean expulsion from Victory Equine Centre.**

1. No smoking in or near the barns
2. Horses deserve respect and kindness. No abuse will be tolerated
3. Running and sudden movement may frighten horses. No running in the barn aisles or anywhere near horses
4. Horses must be led using halter and lead rope, or bridle and bit



Victory Equine Centre at Cedar Ridge Farm, Frederick, MD, has indoor and outdoor arenas.; weather is no problem

5. Horses in grooming areas must be held with both cross ties. Sweep up after you groom your horse!
6. If you go through a gate or door, shut it behind you, in case you don't return through the same opening
7. After your lesson, rinse and wipe the bit on the bridle you used. If you notice any broken bridle or saddle parts, report them to your instructor
8. Children under age 18 must be supervised by an adult. Victory Equine Centre is not & does not provide a babysitting service
9. Other rules will be posted as needed

### VICTORY EQUINE CENTRE AT CEDAR RIDGE FARM

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