

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

Boomer Buddies—riding lessons for the Over-40 crowd. Mornings, Monday-Thursday. \$270/6 weeks

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

Advanced—Private \$65 each, or \$260/4 weeks

Advanced—Group \$55 each, or \$330/6 weeks

Adult Day Camp—Third Friday, June-September, geared for adults who want to learn about horses. Equine studies, riding lessons, Getting Fit to Ride exercises, horsemanship. Lunch provided. \$165

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

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

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

Cross Country—clinics to introduce this part of three-day eventing will be scheduled. Check our web site for schedule.

Getting Fit to Ride—exercises geared for riders who need to strengthen their limbs, core muscles, and backs to get the most out of riding horses.

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

Level 1+—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

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. She is a local dressage judge.

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.

James Blehr—Instructor

- Balanced seat riding, hunter/jumper, dressage, horsemanship
- Instructing for 7 years, riding for 16 years
- Worked with green & feral horses in US and Caribbean

James is known for his brilliant smile, quick wit, and excellent teaching style. He's great with children, and especially with riders who have experienced "fear of riding." James teaches the Boomer Buddies (Monday-Thursday morning classes) and 1Horsepower adult summer "day camp" as well as private and group lessons.



Victory Equine Centre

Victory Riding Club

Cedar Ridge Farm Egyptian Arabians, LLC
4581 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. Western-style helmets are available at some online tack stores.



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!** Sponge off your horse if he is sweaty.
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 & brush out saddle marks. If you notice any broken bridle or saddle parts, report them to your instructor. Put away saddle, girth, pad to dry
8. Children under age 18 must be supervised by an adult. Victory Equine Centre is not & does not provide a babysitting service
9. To avoid chance of choke, no gum chewing while riding
10. Other rules will be posted as needed

VICTORY EQUINE CENTRE AT CEDAR RIDGE FARM

Owned & operated by Ed & Merrie Aiken
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