

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 5 riders, Pretty Pony to 2.

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

RIDING PROGRAMS

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

Children age 8-17—group, one-hour lessons, incl. horsemanship. \$250/6 weeks

Adult & Boomer Buddies group levels—one-hour lessons, incl. horsemanship. \$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

Kids Summer Day Camp—half days. Call for details

Adult Day Camp—Friday 7/22, 8/19, 9/16. Geared for adults who want to learn about horses. Equine studies, riding lessons, Getting Fit to Ride exercises, horsemanship. Lunch provided. \$175/\$95.

Intro to Dressage—Understanding levels and training scale, properly bend a horse, ride an Intro and Training test. All dressage levels taught

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—British Horse Society-certified instructor

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

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. A former elite athlete, Cathy teaches **Getting Fit to Ride** classes to build strength.

Karlen Brett—Instructor

- Balance seat riding, hunter/jumper, dressage, horsemanship
- Instructing for 6 years, riding for 15 years
- Evented up to training level, jumped to 4 ft.
- Experience buying, training, and selling thoroughbreds

Karlen's philosophy: "With learning the essentials, quiet hands, secure seat, and balance, comes the confidence in riding. Once we are confident, our horse can sense this. Then we can work together to better our skills, teach our horse new things, and have fun." CPR/First Aid certified.



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)

7/6/2011

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. You may fall off. 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. **Sneakers & sandals are not allowed. Period.**



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. Half-chaps offer even more protection to your legs.

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 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

5. Horses in grooming areas must be held with both cross ties. **Sweep up after you groom your horse!** Brush out saddle marks, sponge/bathe/dry 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. If you notice any broken bridle or saddle parts, report them to your instructor. Put away saddle and girth, put pad in green bin
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. Also, leave hanging earrings at home
10. Other rules will be posted as needed

VICTORY EQUINE CENTRE AT CEDAR RIDGE FARM

Owned & operated by Ed & Merrie Aiken
4501 Cap Stine Road
Frederick, MD 21703

Barn Office: (301) 631-2722

Fax: (301) 620-7903 Cell: (702) 845-6752

E-mail: VictoryEquine@aol.com

www.crfegypt.com/Victory_Equine_Centre.com