

# Sports Academy Horse Riding 2012

## Summary

Centres	Lancing, Dicker, Windlesham, Vinehall and Eastbourne
Hours	3 hours per week (3 x 1-hour sessions)
Days	On 3 days out of Monday, Tuesday, Thursday and Friday
Ages	7-18
Levels	Beginner, Low & Intermediate
Coach	Students receive instruction in small groups
Price	£220 per week

## Objectives

- To understand and achieve safe handling of a pony or horse.
- To demonstrate control and give effective signals to the pony or horse when mounted.

## Venue

Sports Academy Horse Riding instruction takes place at a riding stables near the Centre. There may also be the opportunity to join a small group on a hack (horseback walk) close to the riding stables.

## Typical Skills Developed

Ability	Week 1	Week 2	Week 3
<b>Beginner</b>	<ul style="list-style-type: none"> <li>• Handling, mounting and rein handling.</li> </ul>	<ul style="list-style-type: none"> <li>• Rising and sitting to the trot.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to mount, ride and walk in trot independently.</li> </ul>
<b>Low</b>	<ul style="list-style-type: none"> <li>• Basic position and safety handling.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding of balance in walk and trot.</li> </ul>	<ul style="list-style-type: none"> <li>• To experience the canter transition if possible.</li> </ul>
<b>Intermediate</b>	<ul style="list-style-type: none"> <li>• Achieving good posture in walk, trot and canter.</li> </ul>	<ul style="list-style-type: none"> <li>• Riding over poles and different terrain.</li> </ul>	<ul style="list-style-type: none"> <li>• Riding over fences.</li> </ul>

## Student Quotes

**“I love Sports Academy Horse Riding because I have never done it before.”**

Kyoko – 11, Beginner, Japan

**“I love horse riding because I enjoy cantering.”**

Clara – 14, Intermediate, Germany

**“The Sports Academy teachers are wonderful!”**

Ekaterina – 11, Beginner, Russia



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