

Your first lesson:

What to wear:

Appropriate riding attire is required around horses for the safety of our students. Attire consists of well fit blue jeans (not loose enough to fall off but loose enough to move around in), riding pants, or riding tights. Shorts are not acceptable. Boots with heels are preferred but closed toe/closed heel tennis shoes are permitted, sandals, crocs, flip-flops, etc are not allowed. Shirts should be tucked in. Dress for the weather, jackets and gloves during the winter, light weight shirts for the summer. Long hair should be pulled out of the face. Please invest in a good sports bra for the young ladies. Champion Athletic usually has some great quality ones at decent prices.

Helmets are required for all riders. Helmets can be purchased locally at TSC in Dallas on Hwy 278, Horsetown in Marietta on Shallowford Rd, or almost any tack shop. Helmets can also be purchased on line at Statelinetack.com, jeffersequine.com, horse.com, etc. I highly recommend Troxel brand – the Sport is about \$30 and the Sprit is around \$40 (better adjustability). I do not recommend used helmets. Helmets are designed to protect your/your child's head and can be damaged from a fall as low as 3ft. Please do not risk your child's safety.

What to bring:

On your first lesson bring the completed registration form and liability release. We have a water fountain but if it is warm you might want to bring a drink. (If you are taking lessons on your own horse please bring a copy of your negative coggins).

What to expect:

Arrive a bit early to give yourself time to relax and settle into the barn. Walk down the barn aisle and see the horses, but please do not feed anything to the horses or open their stall door.

Expect a lot of your first lesson to be on the ground. We will introduce you to your horse, show you how to brush, saddle, lead, and safely work about a horse. We will help you mount up and introduce steering and stopping. Don't worry if you don't understand everything at first. Ask questions and it will come with time.

As you learn to groom and saddle independently your riding time will increase.

If you rode previously or are learning on your horse the first lesson will be fairly easy. I want to get a feel for what you already know and what we need to work on.

Be prepared to have fun. Riding is fairly easy to get started but difficult to master!