



INTRODUCTION TO CENTAUR

THE “HOW-TO’S” FOR BEGINNER & NEW CENTAUR RIDERS

HOW TO REGISTER FOR LESSONS (new students)

Centaur offers riding lessons in 12-week sessions. A half-hour private assessment lesson will be needed before assigning a newcomer with prior experience to an appropriate class. Lessons are booked with Shirley and must be accompanied by payment. Application forms and lesson price lists are available in the tack room or from the web site. Before the first lesson, an acceptance of risk form will need to be signed by the student (or the parent/guardian of children under 18).

HOW TO ENSURE A SPOT IN THE NEXT SESSION (current students)

By the 5th of the month preceding start of next session, current students are reminded – with a sign on the tack room schedule board – to let Shirley know their plans for the next session. A discount is offered to “on-time” sign-ups. To ensure a spot in the next session, a note indicating the preferred lesson day & time accompanied by payment (full, or booking fee plus post-dated cheques) - payable to Shirley Guertin – must be given by due date.

HOW TO CANCEL LESSONS

If a student needs to miss a lesson, please call or email Shirley or leave a note in her tack room mailbox at least 48 hours in advance. Lesson scheduling is done through Shirley only, not through your instructor.

HOW TO MAKE-UP LESSONS

You have up to one year to make-up properly cancelled lessons. As long as you are riding at Centaur this opportunity is open to you. It's the rider's responsibility to look on the Make-up Sheet on the Schedule Board for riding opportunities. Sign-up is on a first-come basis. Full instructions on how to do make-ups are posted on the Schedule Board and website.

WHEN TO ARRIVE FOR LESSONS

Grooming, saddling and bridling the horse are part of every ride. Students should arrive half an hour before their scheduled lesson to allow sufficient time to get the horse ready; for example, be in the tack room at 10:00am for a 10:30 riding lesson.

Beginners who are learning the grooming, tacking up skills will be told from week to week when to arrive for their lesson as they learn more tasks which they can do by themselves. When they have mastered all the preparation tasks they should also arrive at least half an hour prior to lesson time to prepare their horse.

IN-STABLE PROCEDURES

Students are responsible for caring for their horse and equipment. Horses need to be thoroughly groomed before and after each ride. All equipment must be put away clean. The students' work areas must also be left swept and tidy. Plan on a minimum of 1/2 hour before and after each lesson for accomplishing all tasks.

ROUTINE FOR PARENTS

Parents can drop off their children at the tack room and wait in the Lounge. For safety and stable management reasons, only riders and Centaur staff are permitted in the stable. Parents and friends may watch lessons from the stands in the arena or the warmth of the Lounge. Parents should read the posted information in the tackroom to keep informed of activities and registration dates.

FREE LESSONS

On Saturdays free grooming, horse-handling and tacking up lessons are given to beginner riders at set times. This will enable beginners to practise these skills with an instructor. This is a great opportunity for beginners to acquire more hands-on experience with

horses. Let the grooming instructor know why you are there upon your arrival.

OTHER RESOURCES

Equine-Canada is the governing body for equestrian pursuits in Canada. New riders will find EC Rider Manuals helpful in learning the fundamentals of horse care and riding. These manuals are available for sale at Centaur. Also recommended, is the book The Principles of Riding from the German Equestrian Federation.

THE TACK ROOM

All information is posted in the tackroom. (Shows, Theory & Rider Level Courses, Exams, Clinics). Please stay informed.

WHAT TO WEAR

Helmets- ASTM-certified riding helmet. There are helmets available for rent.

Boots - with a well-defined heel.

Breeches - Leggings or sweat pants may be worn instead of breeches.

Gloves are recommended year-long but are a must during the cold weather.

Tops – Form-fitting tops should be worn tucked in. Riders should dress for the weather in layers with sweaters that zip or front-button so they can be easily removed or put on while the student is helmeted and mounted. Jackets must be zipped up if they are worn while riding.

Hair must be kept out of the face by being tied back. No gum chewing while riding.

Riding apparel is available at tack shops: Apple Saddlery, ABC Rider Essentials, Greenhawk, Honey's Tack'N Feed, and Horse World.

FEEDING TREATS

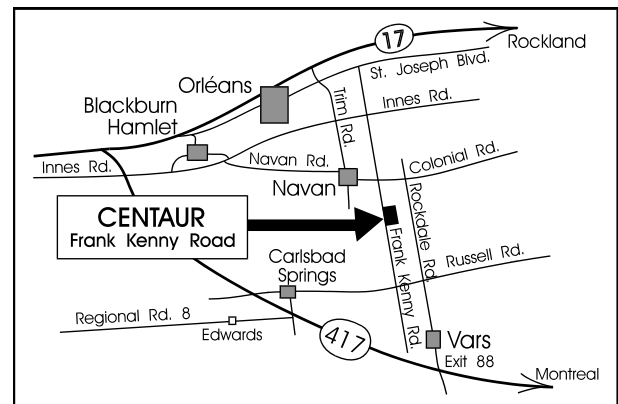
Horses love carrots and apples. Students may bring such treats and leave in the tackroom. The staff will add these treats to the horses' feed.

HORSE ASSIGNMENTS

Horse assignments are posted on the schedule board. The instructors consider many factors when assigning horses including the riders' size and skill, and the horses' temperaments, workloads, training. Each horse will teach you something. Asking is all right, but please don't demand that you ride (or not ride) certain horses.

Horse and Rider become one like the legendary Centaur.

Centaur Riding School



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