

## Riding Program Basic Curriculum

Royal Ridges Retreat is a member of the Certified Horsemanship Association. All lesson plans for all levels are based from CHA riding curriculum. Below is a basic break down of the skills taught and the goal for each level.

### CHA Levels

CHA offers 4 riding levels. Within each riding level there are 4 more levels (1A, 1B, 1C, 1D). Students progress from level to level by demonstrating skill proficiency and understanding. Each level covers basic equitation, trail riding, general knowledge of horse behavior and handling and knowledge of theory. RRR Riding program is progressive, students build upon skills and progress at their own pace from one level to the next.

RRR instructors are CHA certified and teach from CHA curriculum and other resources

RRR riding programs want to help develop the whole rider. Lesson plans will help to meet the physical, mental, emotional and social needs of the rider while re-enforcing positive character development. Such as safe judgement, dependability and accountability, critical thinking, goal setting, self assurance, enjoyment, consideration and respect, relating and communicating and riding and handling skill achievement.

The following descriptions are meant to give you a basic idea of the skills taught and practiced. Each level will expand from these basic outlines.

### Level 1 includes: Beginner Riders

- q Safety Rules
- q Mounting and Dismounting
- q Basic Position
- q Control of the horse at the walk and trot
- q Sitting the trot or jog
- q Posting
- q Balance position
- q Basic Trail rules and trail rides
- q Approaching, haltering, leading
- q Basic Grooming
- q Saddling and Bridling
- q Parts of the Horse
- q Parts of the Saddle and Bridle
- q Basic Horse Care

Upon completion of Level 1, a student is confident riding a well schooled horse at the walk and trot with good position and control.

### Level 2 Works on: Beginner Intermediate Riders

- q Improving Balance of horse and rider
- q Beginning the canter or lope
- q Introductory Western patterns and obstacles
- q Introduction to Jumping (English) , pre-jumping exercises
- q Introduction to trail obstacles and conditions
- q More Horse Behavior
- q Colors and markings
- q Terminology
- q Horse Breeds

A confident level 2 rider will maintain good position and control at all 3 gaits on a well schooled horse.

### Level 3 Riders: Intermediate Riders

- q Encourages Thinking Riders. Riders will start to focus on refining the use of their aids and other technical aspects of good horsemanship. They will start to identify problems on their own and make corrections. They may step up in school horse levels.

Includes:

- q Leads at the canter or lope
- q More involved transitions
- q More complex rein, leg and seat aids
- q Backing
- q Improving the seat at the trot, and canter
- q Patterns
- q Western Riders- Start training movements such as turn backs on the rail
- q English Riders- Ride on contact, lines of fences, jumps and simple courses up to 2 feet.
- q Feeding and Feeds, Bits and Bitting, Artificial Aids, Care of equipment

### Level 4 Intermediate –Advance Riders

- q Riders will be challenged by actually schooling horses, Riding skills are becoming second nature and the rider is helping to better the horse
- q The rider should understand
  - q Horse balance and collection
  - q Extension and working gaits
  - q Evaluation of their own performance and that of the horse
  - q Leg yielding, turns on the forehand and haunches, lead changes
  - q Perfecting transitions, balanced stops from the lope
  - q Roll backs, head sets and collection
  - q Signs of soundness, hoof care, conformation , vaccinations, deworming

## Program Fees

Cow Poke	Ages 4-8 Parent Involvement	\$15.00 per week
Bible & Bridle	Ages 8-Adult	\$15.00 per week
Home School Program	Ages 8-18	\$20.00 per week
Therapeutic Riding	Ages 4-Adult	\$25.00 per week
Practice Rides	Enrolled Student only	\$12.00 per week
Jr Wranglers	Ages 9-12 Enrolled Students only	\$6.00 per week
Rider Play Days	Enrolled Students Only	\$30.00 for Day (Scheduled Saturdays)