

# Harmony Stables Riding Lesson Program

with Cherie Sanstead, Owner/Instructor

## Questions & Answers

**Q: How old do you have to be to start lessons?**

A: Lessons begin for those 7 years and older.

**Q: What can I expect to learn or my child to learn at the lessons?**

A: We focus first and foremost on safety, both on the ground and in the saddle. Students are taught horsemanship basics; parts of the horse and saddle (tack), grooming the horse, tacking up the horse and basic equine first aid. Students will spend lesson time both on and off the lunge line. Students are expected to help prepare the tack, the horse, and cleanup when the lesson is finished.

**Q: How long do the lessons typically last?**

A: Generally 45min-1 hour. Occasionally lessons are scheduled for 30min, which will be riding only, no tacking/untacking of the horse.

**Q: How much do lessons cost?**

A: Lesson are \$35 each, whether 30min or 1 hour.

**Q: What should I or my child wear to the lesson?**

A: Long pants (knit, jeans, breeches), shoes with a heel (boots are preferred), and loose layers on top. The temperature can fluctuate between the barn and the arena. Also, the stirrup leathers on the saddle tend to pinch sensitive skin on the calf area, so half chaps are recommended but not required. These chaps are not available locally but can be purchased online. Please inquire for recommendations.

**Q: Will lessons be taught English or Western?**

A: Students always begin in an English saddle before transitioning to the Western saddle. This method gives students the best techniques for learning balance and feeling the movement of the horse.

**Q: Where should parents go during the lessons?**

A: All visitors of Harmony Stables are required to sign a Liability Release after which parents and guests are welcome to lounge in the Retreat Center during the lesson. Bathrooms and a viewing window are located there, as well as a comfy couch for a quick cat nap! Parents are welcome to sit in the arena during the lesson, unless it becomes a distraction for the student. Please turn off all cell phones while in the arena.

**Q: How do I know how much I owe?**

A: An invoice will be emailed to you at the beginning of each session. Each session typically consists of 5 to 6 lessons. All payments for the session are due at the first session.

**Q: Where can I leave my payment?**

A: You can leave your check under the magnetic "Harmony Stables" clip on the wall by the arena door, or you can put cash in a sealed marked envelope under the clip, or pay online by using the link on the emailed invoice.

**Q: What do I do if my child seems to be losing interest?**

A: Lessons usually occur after long days for students, and "off" days do occur. If this seems to persist, please contact me and we can discuss further options.

**Q: How do I know if my child is progressing?**

A: Progress can be difficult to measure. Your child may be developing strength, balance, coordination of both sides of their body, confidence, rhythm, gaining trust of the animal and themselves, etc. Technical riding skills may diminish while these other areas are developed. All riders learn at different rates, so try not to compare to other students.

**Q: What about the schooling shows? Is my child required to participate?**

A: All students, regardless of age or riding skill, have the ability to participate in the on-site schooling shows. Classes are available for all levels of riders. I do expect all students to participate. If riding is not an option, there are plenty of volunteer opportunities

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