

# COWBOY CITY TEXAS

## 2010 Riding Lessons

281-541-3222 Fax 281-852-4616

Date: \_\_\_\_\_

### Riding lessons will require the following:

- Parental involvement with saddling and safety instructions.
- Dress code: ASTM helmet, jeans, slick-bottom boots, and fitted clothing.
- Proper attitude to learn and be a safe rider.

Rider's NAME: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone (hm): \_\_\_\_\_

Mom: \_\_\_\_\_ Phone (mb): \_\_\_\_\_

Dad: \_\_\_\_\_ Phone (mb): \_\_\_\_\_

Physical conditions: \_\_\_\_\_ Mental illnesses: \_\_\_\_\_

Allergies: \_\_\_\_\_ Emergency #: \_\_\_\_\_

Doctor / Insurance info.: \_\_\_\_\_

Horse Riding Experience: \_\_\_\_\_

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### \*SATURDAY SCHEDULE\* (A MONTH Equals 4 lessons)

Beginner lessons: 11:00 ( Horse safety, walk, turning, grooming, saddling) \$200/month

Intermediate lessons: 10:00 (Trot, post, turns, side-pass and speed) \$210/month

Advanced lessons: 9:00 (Barrels, poles, jumping, herding and more!) \$220/month

\*Private lessons are also available. Please call for more information.

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**INSTRUCTOR INFO:** Shelley Wall THR, PT. is a Licensed and Accredited Master Level Instructor in styles English, Western and Hunt Seat. She has also earned her Therapeutic Riding Instructor License and can host those riders as well. Shelley will require each rider to have premier safety skills and encourage good self-esteem while growing in their horsemanship knowledge.

**Ranch Rules:** NO alcohol, drugs, smoking or profanity! NO pets!

A parent or legal guardian must accompany ALL children.

No horses permitted on property for lessons without a neg. coggins.

Please try to stay in designated areas of ranch for the activities provided.

### Parental Release / Ranch Acknowledgments

Under Texas Law (Chapter 87, Civil Practice & Remedies Code) An equine Professional is not liable for an injury to or the death of a participant in equine activities resulting from inherent risk of equine activities.

Under the Negligence Law, you must wear a Helmet if you are under the age of 18.

Parents who do not wish to protect their child, may sign a notarized helmet waiver.

No one under the age of 2 will be permitted to ride a horse.

## RELEASE AND HOLD HARMLESS AGREEMENT

This health history is correct and the person listed has permission to attend Cowboy City Texas. I hereby authorize the executive staff or designated medical professionals to administer emergency medical assistance if I cannot be reached. I accept responsibility for the payment of expenses incurred as a result of medical treatment. I also release Cowboy City Texas and any staff from any liability person or property while my son/daughter is at Cowboy City Texas . I have read the Texas Equine Laws, Ranch Rules and will abide by them.

Date: \_\_\_\_\_

**Mom signature:** \_\_\_\_\_

**Dad signature:** \_\_\_\_\_

### Order of Lessons:

**1. Nature of the horse**

Safety  
Haltering

**2. Western Seat / English Seat**

Grooming before the ride  
Saddling  
Mount / Dismount

**3. Start, Stop, Steer**

Driving on the ground first  
Stretch and Relax  
Grooming after the ride

**'Secure Seat'**

**BEGINNER LESSONS INCLUDE:**

- A. Alignment
- B. Lower the center of gravity
- C. Unlock your lower back
- D. Move upper body over the correct leg

**NOW YOU CAN TROT!!!!!!!!!!!!!!**

**INTERMEDIATE CLASSES INCLUDE:**

- E. Move with the horse at a trot
  - F. 777 exercise- gain balance over stabilized leg
  - G. Emergency dismount!
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**4. Start school figures**

- 5. Horse ownership
  - a. Barn sanitation
  - b. Types of feed / hay
  - c. Horse confirmation
  - d. Round pen training

**ADVANCED LESSONS INCLUDE:**

- 1. Barrels, poles, straits, mystery events, western speed events, jumping and trails!
- 2. Clinic's to help further learn curve of individual riders.

