



Kel-j-do Riding School Lesson Program

Coaches for 2017

Donna Austin	Senior Coach & Owner teaches Special classes, Call for appointment
Kim Van Papeveld	Enjoying Maternity for the 2017 season
Robin Matkea	Will be teaching on Wed, 6PM, Level 2 and 3, 7PM level 2 and 3, 8PM level 3, Western Trail including ground work.
Pam Konschuh	Jr. Coach will be teaching beginners , Level 1 on Tuesdays 6PM, 7PM and 8PM English
Sara Waymen	Jr. Coach will be teaching beginners to intermediate on Mondays: 6pm: beginners, level 1 , 7PM: beginners, level 1, 8PM: Level 2 and 3, English, Level 3, Jumping on Fridays...6pm and 7pm . Level 3 students only - Limited Space

Our goal is to understand our students, to keep them safe around horses, to become familiar with their abilities fairly quickly, therefore we encourage you to provide as much information as possible about yours or, your child's riding skills and past experiences.

We have categorized our students in to the following levels to help you decide where you might fit into our program.

Level One: Introduction – Class Size - Three Students

Learn how to catch and lead a horse. Basic ground work, including tie up. Students will learn horse and barn safety and will be able to state at least five safety rules. Discover grooming. Education about the horse including, feeding and general care of the horse. Will learn how to identify the parts of a horse. Learn how to halter, and bridle. Students learn the parts of a saddle and how to saddle a horse with supervision. Students learn to mount and dismount, ride at a walk, halt, steer around the riding arena. Introduction to the posting trot. Students will begin to demonstrate some confidence around and while riding the horse toward the end of this level and will be able to navigate the horse around the arena with minimal aid from coaches.

Level Two: Class Size- Four Students

Students Must first pass **Level One** or be tested in the following

Will complete the following, catch and lead a horse, basic ground work, including tie up, grooming. Students will learn horse and barn safety and will be able to state at least five safety rules and will learn how to put them into practice with supervision. Braid a mane and a tail. Learn how to do a basic bandage, and minor first aid. Feeding and general care of the horse, identify the parts of a horse and how to bridle. Students will learn how to saddle a horse with minor supervision and will continue learning to mount and dismount, ride at a walk, halt, and posting trot. Students will be able to steer around the riding arena, with confidence and minimal assistance from coaches. Will learn how to do figure of eight and other riding patterns at walk and trot. The canter will be introduced and the student will learn the canter aids. Learn Basic yoga on the ground to allow the riders to stretch before riding, completed yoga style exercises on the horse.

Level Three: Class Size - Four Students

Students Must first pass **Level Two** or be tested in the following.

Will be proficient in the following, catching and leading a horse, basic ground work, including tie up, grooming and braiding a mane and a tail and knows how to do a basic bandage. Students will learn horse and barn safety and will be able to state at least five safety rules and will learn how to put them into practice with minimal supervision. Knows minor first aid. Feeding and general care of the horse, is able to identify the parts of a horse how to bridle. Knows how to saddle a horse with very minor supervision and should know how to mount and dismount safely. Student can ride at a walk, posting trot,

Level Three Continued....

and canter and is confident riding in the riding arena. Student is proficient at walk, trot and canter patterns, including figure of eight and a 20 meter circle in all gaits. Rider is confident and the horse understands the rider is in command. Knows Basic yoga on the ground to allow the riders to stretch before riding and has completed simple yoga style exercises on the horse. Student has learned, halter showmanship, more advanced first aid, lunging a horse, and further instruction on (bridling and saddling) a horse. Introduction to jumping beginning with poles on the ground and cross poles up to 18 inches

Level Four Advanced: Class size - Four Students

Students Must first pass **Level Three** or be tested in the following.

Will be proficient in the following: Catching and leading a horse with advanced halter showmanship. Able to complete ground work which includes lunging. Able to tie up as well as load a horse on a trailer. Good working knowledge of braiding a main and tail, as well as grooming. More advanced first aid, as well as minimal vet care. Student is now able to state many safety rules and is able to spot and prevent any problems by verbalizing correctly to other students around the horse and barn and is putting many safety rules into practice. Knows and understands the feeding and general care of the horse. Is able to identify the parts of a horse. Is able to bridle and saddle a horse with no supervision. Can mount and dismount safely. Student can ride at a walk, posting trot, extended trot, and canter and is confident riding in the riding arena. Student is proficient at walk, trot and canter patterns, including figure of eight and a 20 meter circle in all gaits. Rider is now able to half halt, understands counter leads, shoulder in, shoulder out, as well as turn on the haunches, and forehand. The rider is confident with leg yields. The rider is confident and the horse understands the rider is in command. The rider can correct behavior to have a positive result. Knows Basic yoga on the ground to allow the rider to stretch before riding and has completed simple yoga style exercises on the horse. Shows confidence to jump a course, with correct lead changes, poles and cross poles up to 3 feet. Has the ability to share their knowledge with junior riders.

All Lessons are \$45.00 each plus GST – Minimum one month or, four lessons in advance \$180.00 plus GST

Riders are expected to come 15 minutes earlier than their posted lesson time to get their horse ready. They will be riding for approximately 1 hour based on the learning and on student's ability going forward, and what has been retained from previous sessions. We will have no more than 4 people in our lesson groups so each student will have individual teaching time. All Students must own and wear a safety approved helmet and for their safety very beginner students i.e. young children will also ride wearing a safety vest, provided by Kel-J-Do Stables.

All course fees are due on or before the commencement of the course. The first course is made up of one month's instruction. After that time you may purchase another month of lessons or, you may purchase lessons individually when required. If a lesson is missed you can call your coach, if you have missed a lesson and given proper notification you will not be charged.

Please feel free to call to ask any questions. Robin, Pam, Sarah and Donna are always available. Visit our website at www.keljdo.ca for more information.



www.Keljdo.ca Application for Riding Lessons:

Student information Sheet: Please fill this out and bring with you:

Full Name: _____ Age: if under 18 ()

Phone: _____ Do you own an approved Riding Helmet? yes no or, Safety vest yes no

Address: _____

Parent or Guardian: _____ Cell Phone: _____ Home Phone: _____

2017 Alberta Equestrian Federation Membership Number: _____ Visit: www.albertaequestrian.com to become a member:

Estimate yours or your child's Level of confidence around horses (1 being low) 1 2 3 4 5

Level of Riding: Tell us a little about yours or, your child's riding skills, about the experience and if it was in a lesson program:

Level One - Introduction:

Level Two:

Level Three:

Level Four Advanced

What are yours or, your child's riding goals?

You will also be asked to sign a waiver on behalf of you or your child when beginning riding lessons, this form will be available to you when you arrive at Keljdo Riding School.

Important Notice:

We teach beginners to intermediate which also includes basic horsemanship, Safety around horses, horse care and handling, grooming, English style riding, English pleasure, western pleasure, pre- hunter and basic to intermediate dressage. All Students **MUST** have a current 2017 Alberta Equestrian Federation AEF Membership Card for insurance purposes.

Proposed Riding Schedule for 2017

Weekday evenings (Monday thru Thursday) 6:00, 7:00 & 8:00 pm and Friday 6:00
7:00 From May 1st thru October 2017 (Approx)

All lessons are either on your our horse or your own horse.

Contact Info for Coaches:

Donna Austin (Owner)

780- 238-1955

Robin Matkea – 780- 906-4153

Sarah Waymen - 780-238-4002

Pam Konschuh - 780-265-6221