



**AN ACTIVE START  
EQUESTRIAN PROGRAM FOR  
CHILDREN AGES 3-5 YEARS**



**A PROGRAM INTRODUCING  
YOUNG CHILDREN TO THEIR  
FIRST PONY ENCOUNTER**

- This program is designed for children to develop basic human movements and link them together in active play around horses.
- Children will have their first exposure to horses and the stable and will learn basic grooming, riding skills with the use of a vaulting barrel, theory, and safety practices.
- Ponies & Tots is a part of Pickering Horse Centre's Long Term Equestrian Development (LTED) program. It is structured to enhance a young child's physical, mental, and emotional development while enjoying a farm environment with safe horses and ponies.
- Our Ponies & Tots program introduces a healthy, positive equestrian experience at an early age, that promotes fun, physical literacy and a respect for animals to last a lifetime.

**Guidelines and Skill Development**

In this program children will learn:

- to safely pat a horse/pony under supervision
- to handle a brush and learn basic grooming
- to feed a treat by bucket
- what a horse eats and drinks
- basic barn safety and rules
- how to demonstrate respect for all animals
- balance exercises on a vaulting barrel
- how to mount/dismount a barrel with assistance
- games to develop coordination, balance, and agility
- to build trust and confidence
- basic use of reins and stirrups
- basic parts of the horse

**Fee: \$45.00 + HST per session**

**Session dates can be found on our website: [www.pickeringhorsecentre.ca](http://www.pickeringhorsecentre.ca)**

**What to wear and bring**

- Long pants – Yoga pants, jeans or sweatpants.
- Boots
- Outer wear in layers that can easily be removed between activities.
- We will provide certified riding helmet.
- Gloves

**What is Long Term Equestrian Development (LTED)?**

LTED is a guideline developed by Equestrian Canada to ensure the highest quality riding experience for every person who engages in equestrian sport. The LTED framework is adapted from the Canadian Sport for Life model (Long Term Athlete Development) and consists of 10 stages. Each stage covers the physical, mental and social development of athletes as they go through childhood, adolescence and as adults.

[www.sportforlife.ca](http://www.sportforlife.ca)

[www.equestrian.ca](http://www.equestrian.ca)

[www.ontarioequestrian.ca](http://www.ontarioequestrian.ca)

**OUR PONIES AND HORSES!**

Safety is our #1 priority at Pickering Horse Centre. We offer a wide selection of safe, well trained and reliable ponies and horses.