

## **PONIES & TOTS**

### **REGISTRATION (CHECK OFF DATES)**

**SATURDAY, JANUARY 13<sup>TH</sup> 2018**

11:00am – 12:00pm \$20.00 + HST

**SATURDAY, JANUARY 27<sup>TH</sup> 2018**

11:00am – 12:00pm \$20.00 + HST

**SATURDAY FEBRUARY 10<sup>TH</sup> 2018**

11:00am – 12:00pm \$20.00 + HST

**SATURDAY, FEBRUARY 24<sup>TH</sup> 2018**

11:00am – 12:00pm \$20.00 + HST

**SATURDAY, MARCH 3<sup>RD</sup> 2018**

11:00am – 12:00pm \$20.00 + HST

**SATURDAY MARCH 31<sup>ST</sup> 2018**

11:00am – 12:00pm \$20.00 + HST

**SATURDAY, APRIL 14<sup>TH</sup> 2018**

11:00am – 12:00pm \$20.00 + HST

**SATURDAY, APRIL 28<sup>TH</sup> 2018**

11:00am – 12:00pm \$20.00 + HST

**Students can register per session.**

**Note:** Children must participate in a minimum of 4 sessions prior to the introduction to the mount/dismount session.



PONIES & TOTS

### **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, 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.

### **The Best Coaches**

All of our coaches at Pickering Horse Centre are trained and certified through the National Coaching Certification Program, Equestrian Canada and Ontario Equestrian



## Ponies & Tots

### **AN ACTIVE START EQUESTRIAN PROGRAM FOR CHILDREN AGES 3-6 YEARS**

**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.**

**3800 Paddock Road Claremont,  
Ontario Canada L1Y 1A2  
905-649-1342**

**[thepickeringhorsecentre@gmail.com](mailto:thepickeringhorsecentre@gmail.com)**

## Ponies & Tots - Active Start 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
- How to mount/dismount a horse/pony with assistance
- To build trust and confidence through pony rides
- Basic use of reins and stirrups
- Voice commands
- Basic parts of the horse

## What is Long Term Equestrian Development?

Long Term Equestrian Development (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. LTED is based on the riders stage of development rather than chronological age or how long they've been riding.

[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.

## REGISTRATION

Student Name:

Address:

Email:

Date of birth:

Does your child participate in other activities outside of riding?

By signing below, the student understands that there is an inherent risk in the sport of horseback riding and horse handling and assumes all liability and responsibility for the use of the horse, tack, facilities and equipment. The undersigned hereby agrees to hold Pickering Horse Centre Ltd. and affiliates free from any claim, whatsoever caused, for damages or injury to person or property.

Parent Signature: