



ROCKY RIVER
 ★ ★ RANCH ★ ★

Inspiring independent girls since 1953
 ROCKYRIVERRANCH.COM

Ride 'em, Rocky River Girl!

HORSEBACK OVERVIEW BARN GIRLS (ALL SESSIONS)

Our main focus is on Western riding and Horsemanship skills. Our riding lessons are built around teaching the Secure SeatSM skill-driven system* from the American Association for Horsemanship Safety. Through these lessons, we hope to teach and improve each rider's balance and basic skill set, so that they can be successful in any equestrian discipline they choose to pursue.

Because our program caters to a wide variety of riders, most of whom are beginners, our priority is always

safety. Unlike traditional lesson barns, many of our campers' only opportunity to ride is during their week at Rocky River Ranch. Due to this, we try to conduct our lessons at a pace where every camper can excel.

Our Barn Girls class gives both equine enthusiasts, as well as those new to horses, various ground and riding activities through which to learn. Riding activities will include lessons on Secure-Seat riding skills, a trail ride through the pasture,

and a chance to ride multiple horses.

Our ground lessons will cover tack and equine knowledge while participating in activities and games with our incredibly patient and calm horses.

All levels of riders are welcome!

ADVANCED HORSEBACK RIDING (SESSIONS 2, 3, 5)

Our main focus is on Western riding and Horsemanship skills. Our riding lessons are built around teaching the Secure SeatSM skill-driven system from the American Association for Horsemanship Safety. Through these lessons, we hope to teach and improve each rider's balance and basic skill set, so that they can be successful

in any equestrian discipline they choose to pursue.

Unlike traditional lesson barns, many of our campers' only opportunity to ride is during their week at Rocky River Ranch. Due to this, we try to conduct our lessons at a pace where every camper can excel. Our priority is always the safety of the rider.

*The Secure Seat Method was developed by equine professionals as a step-by-step lesson program that teaches balance and control through the rider's seat. Some of these steps include teaching proper alignment, a steady lower leg, posting, standing and sitting trot, and canter/lope.

BARN APPAREL

THE BASICS

At the barn, campers are required to wear appropriate pants, boots and helmets. They are welcome to bring their own boots and helmets, but if they do not already have them, *we have plenty for campers to borrow!*

REMEMBER TO PACK...

2 pairs of long pants, e.g. denim jeans, or genuine breeches/riding pants. Shorts, capris (denim or other fabrics), yoga pants and athletic leggings **are not** suitable; bare skin blisters against tack and leggings are too slippery on saddles.

A correctly-fitted ASTM/SEI-Certified riding helmet.

Bicycle and other sports helmets are not suitable for horseback riding. NOTE: If you do not already have an ASTM/SEI-Certified riding helmet for your camper, we have plenty for girls to borrow!

plenty for girls to borrow!

A tote bag for your camper, in case she needs to change clothes between classes.

A pair of Western “cowboy” boots or English riding boots (1-inch heel, little/no tread).

Boots with tread and/or no heel can lead to a rider’s foot getting caught in a stirrup. Boots with high-stacked heels make it hard for a rider to find the correct heels-down position. NOTE: If you do not already have boots for your camper, we have

FAQs ANSWERED

What is the Secure SeatSM Method?

The Secure Seat Method was developed by equine professionals as a step-by-step lesson program that teaches balance and control through the rider’s seat. Some of these steps include teaching proper alignment, a steady lower leg, posting, standing and sitting trot, and canter/lope.

What is the 7-7-7 test?

Many riders struggle with the ability to properly post and/or sit the trot. Stride and rhythm differ horse to horse, sometimes making it difficult for riders to adjust.

In order for any rider to canter/lope in our program she must be able to safely and competently trot 7 strides posting, 7 strides standing (with the saddle horn),

and 7 strides of sitting. This is our 7-7-7 test. If the rider can proficiently perform these skills, she can safely transition in and out of higher gaits on any horse.

QUESTIONS? We’re eager to answer! Please email info@rockyriverranch.com.

