



## WRA Introduction to Riding Ages 7 to Adult

**Two x 1-hour Riding Lesson Package**  
\$130 (includes Helmet Rental & HST)

### Introduction to Riding - Lesson One

On-ground Instruction - 30 minutes  
Safety fundamentals, bridle & saddle, and preparing horse  
Riding Instruction - 30 minutes  
Mounting, basic position, navigating horse through serpentine course

### Introduction to Riding - Lesson Two

Riding Instruction - 30 minutes  
Posting trot and diagonals (based on progress of rider)  
On-ground Instruction - 30 minutes  
Untacking, grooming, and stable fundamentals

### A Solid Primer

Designed for those who are new, or returning to the sport of horseback riding. Whether it's to satisfy a lifelong passion, pursue the sport, or prepare for a vacation that includes trail riding, all the basics for safety, confidence, and comfort are covered.

After establishing the fundamentals, a lesson program can be designed to meet your personal goals. For anyone interested in pursuing riding for recreation, fitness, competition, stress-relief, or the simple love of horses.

**Be sure your Riding Academy is accredited.**  
***There is a difference!***

## Visit Whitchurch Riding Academy!

**Open House Dates 2020 -- 1:00 to 3:00 pm**

Saturday, March 28     ♦     Saturday, April 18  
Saturday, May 9         ♦     Saturday, June 13

Or contact us for a free tour! Located east of Newmarket.  
Eligible for Canadian Children's Fitness Tax Credit

### Horseback Riding

Riding can be enjoyed by everyone! With proper instruction, being able to ride a horse in a safe and controlled fashion is the start to a lifetime passion! And it's never too late to learn! Riding provides excellent health & fitness benefits. Plus, it's fun too!

To start you will need:

ASTM Approved Helmet (*provided with Introductory Lessons*)  
Boots with a heel (*hiking or rubber rain boots will do*)  
Comfortable sweatpants or leggings with stretch (*avoid jeans*)

### WRA Equestrian Facilities

Established over 40 years ♦ OE & OCA Accredited  
Beginner ♦ Intermediate ♦ Advanced  
Lessons all year long ♦ Ages 7 to Adult  
Qualified Instructors ♦ Experienced School Horses  
Dressage ♦ Jumping ♦ Eventing  
Indoor Riding Arena ♦ Outdoor Sand Rings (Fenced)  
Heated Viewing Lounge

**Gift Certificates Available! Beginner Specials!**  
**Birthday Parties & Group Event Packages!**

**Secure Online Registration!**

**E-Mail:** [wra@whitchurchriding.com](mailto:wra@whitchurchriding.com)

**Website:** [www.WhitchurchRiding.com](http://www.WhitchurchRiding.com)

**Telephone:** (905) 473-5260

**Address:** 19480 McCowan Rd. Mount Albert, Ont L0G 1M0  
(Located East of Newmarket)