



## SAMPLE WEEKLY TIMETABLE

### Horse Riding Academy – all levels (please advise us of your level at the time of booking)

The Horse Riding Academy takes place at Telford Equestrian Centre, situated east of Shrewsbury. Facilities include outdoor arenas, a large indoor school, lecture rooms and cross-country courses. All instructors are trained to the highest level and many are competitive riders themselves. Students are taught individually or in small groups, split by level, so that they get the very most out of their experience. All aspects are covered – hacking, jumping, dressage, cross-country and stable management. Transportation included.

### Typical Week

### Equestrian Centre Profile



**Mike Khan**  
Director and Proprietor since 1994  
MSc Equestrian/Equine Studies  
Aberystwyth University  
Certified by the British Horse Society (BHS)  
Approved by the Association of  
British Riding Schools

	09.00	10.00	10.45-12.00
Thursday	Health and safety introduction. Approach pony, put on head collar and tie up. Lead pony.	Assess riders in arena. Mounting, dismount, basic position, aids, walk and trot	Fun activity! Return to stables
Friday	Signs of behaviour. Colours and markings. Points of the horse.	<u>Arena</u> Develop position, aids and steering	Fun activity! Return to stables
Saturday	Hold pony for inspection. Pick out foot. Signs of hood health.	<u>Arena</u> Develop skills using obstacle course	Hack around woods Return to stables
Monday	Turn our and catch in from grass. Basic grass care.	<u>Arena</u> Steering and control skills	Practice competition activity Return to stables
Tuesday	Competition - according to rider ability Presentation of certificates and rosettes.		

*This programme also includes 15 hours' English tuition on five afternoons each week.*