



### Aileen Craig Showjumping

#### **When / Where**

Dates every 3 weeks in winter and fortnightly in summer. Wednesday Evenings from 6pm  
Indoors/outdoors depending on season and the weather! Muirmill or Morris.

#### **What / Who**

1 hour lessons. Groups of 4. Height from 70cm upwards to 1m+ for the adventurous.

#### **Outline of Session**

Lesson start with group warm up on the flat, walk trot and canter. Then individual exercises over poles, typical exercises include ground poles at 4 canter strides, to be ridden evenly, then increase to 5 strides and reduce to 3 to practice shortening and lengthening strides under control. Circling round fences at beginning an end of pole exercise to balance horse and engage hind legs.

Progress to jumping small sections of the course, typically course include a double, uprights, parallels curves and dog legs with related distances (3/4/5 strides). Ride focus on number of strides including counting them out, use of the arena space, balance, lines and turns.

Finish with jumping whole course at increasing heights.

**Ayr Riding Club Says** – Suitable for riders of all levels who can confidently tackle a small course (up to 70cm) confidently, and want to increase skills or move up a height in jumping.

Feedback from a rider .....