

HORSEBACK RIDING

AT

WILLOW PONDS FARM, LLC





## The Instructor



**Lessons at Willow Ponds Farm** are taught by **Kim Kriekhaus**, certified by the American Riding Instructors Association (1996 - 2001) at Level II (beginner to intermediate) dressage and combined training.

An active dressage competitor, Kim is currently introducing her horse to 3rd level. In 1996 and 1998, she represented the Eastern States Dressage and Combined Training Association at the Regional Team Competition at 1st and 2nd level, respectively. She choreographs and competes in musical rides as well, including freestyle, pas de deux, and quadrilles. She and her teammates have been awarded ESDCTA championships in novice and intermediate quadrille, and training and 2nd level pas de deux. The team has performed by invitation at various venues in New Jersey, Pennsylvania, and Maryland.

Kim began teaching dressage and jumping lessons part-time in 1988. In 1992 she moved from Alaska to New Jersey and began working full time in the horse industry. For a year she was employed as a groom and substitute instructor at a combined training barn. Then, in early 1994, she took responsibility for the beginner and intermediate lessons at a hunter/jumper barn. In 1996 Kim began teaching and training freelance. Her clients included individuals needing help with green or difficult horses, U.S Pony Club dressage and jumping instruction, handicap instruction, and substitute teaching. During the next five years Kim's program took root with a leased barn and grew to several dozen students and 16 horses. In December 2000 Kim and a few lesson horses relocated to Riggs, MO...

### **Kim's Instructional Philosophy:**

It is my goal to create fun and enjoyment for my students of all ages (7 to 107!). My technique has three aspects: First, my teaching is grounded in safe riding and handling practices to minimize horsemanship's inherent risks. Second, I use many forms of instruction, including ring-work, trail rides and games to keep lessons recreational. Third, to increase students' confidence and ability to influence the horse while mounted, all lessons include working with the horse from the ground.

The style of riding I teach is known as "balanced seat". The goal is to develop students' ability to ride in balance and harmony with the horse, while effectively directing its movements. In learning balanced seat riding the student gains a secure foundation that may be developed into any discipline of riding from dressage, to jumping, to western. While I expect each student to become familiar with all aspects of my teaching, I do tailor lessons to the goals and personality of the student (or group) and concentrate most of the lesson on his/her preferred discipline(s): trail riding, dressage or jumping.

Please note what my objective is *not*: I am not a “show coach”. Although students will develop the skills needed for showing, and may attend in-house fun shows, they are not obligated, nor pushed, to show.



## The Lessons



### **Evaluation Lesson:**

This is a student's first lesson and takes approximately 1 hour. It allows me to assess skills and aptitude in order to place the student into an appropriate level lesson. In case of a wait list, this lesson will also allow me to immediately place a student when space becomes available in a group, or time becomes available for a beginner private lesson.

### **Beginner Private Lesson:**

This lesson is one hour long. The first 20-30 minutes (depending on proficiency) is spent grooming and tacking up the horse. This is followed by riding instruction. The final 5-10 minutes is spent cooling and turning out the horse.

This lesson is recommended for anyone who is not experienced or is returning to riding after many years. Students may ride in a Beginner Private Lesson only until they are adequately skilled to join a group. Students wishing to continue in private lessons will be charged the Advanced Private Lesson fee, although format will remain unchanged until the student progresses to an advanced level.

### **Beginner Group Lesson:**

This lesson is 1½ hours long. Students with similar interests, abilities and ages, ride in groups of up to five. Students will prepare the horse during the first 20-30 minutes. The mounted instruction will run for 45 minutes to 1 hour, and students will use 5-15 minutes cooling and turning out their horses.

This Group Lesson is recommended for “seasoned beginner” riders. Students must be able to stop, steer, perform posting trot consistently, and have begun learning to canter in order to enter a group lesson. Grooming, tacking, and turnout will be supervised.

### **Intermediate Group Lesson:**

This lesson lasts about 2 hours. Students at an intermediate level groom and tack their horse without direct supervision. Most lessons will have a full hour of mounted time. The lesson’s more advanced techniques will require that students be prepared to spend additional time in cooling their mounts (up to ½ hour).

To be in an intermediate lesson, students must be able to walk, trot and canter consistently and be proficient in the basics of their chosen discipline(s). For students under 16, it is necessary for an adult to be

present in the barn during grooming and tacking, and s/he must accompany the students when they are turning out their mounts.

**Semi-Private Lesson:**

This lesson is available students at an intermediate level who want more intensive instruction. It is run on the same format as the intermediate group lesson, but is limited to two students.

As with the Intermediate Group Lesson, students under 16 must have an adult present in the barn during grooming and tacking, and be accompanied while turning out their mounts.

**Advanced Private Lesson:**

This lesson is for advanced students struck with “Horse-Crazy Perfectionist Syndrome”. This lesson is 45 minutes to 1 hour of intensive mounted instruction. In addition to grooming and tacking before the lesson, the student must warm up the horse for 10-15 minutes before instruction begins, and, of course, cool and turnout the horse after the lesson.

This lesson is recommended for students who have mastered the basics of their chosen discipline, and who wishes to refine his/her skills to an exacting standard. Students at this level may be eligible to part-lease a lesson horse for independent practice.

**It is each student's responsibility to be ready on time!** Students are welcome to arrive earlier if they need more time to prepare their mounts (or themselves☺), but lesson times will not be delayed for lagging students. Because groundwork is such an essential part of horsemanship, each student is responsible for the grooming and tacking of his/her own mount--although students in groups are encouraged to help one another be ready on time.

Horse assignments are made according to student's level and personality, as well as his/her individual strengths and weaknesses. Therefore, while students should feel free to request a particular horse, the final assignment is at the instructor's discretion.

When only one student is present for a group or semi-private lesson, the lesson will follow a Beginner Private format.

If a student's schedule requires that s/he leave early, that student must inform the instructor at the *beginning* of the mounted instruction so that the instructor can have the student dismount early in order to properly cool the horse before turning it out.



## Lesson Prices



Type of Lesson:	Per Lesson	Monthly	
Evaluation Lesson	\$35	4 lesson	5 lessons
Beginner Private Lesson	\$35	\$120	\$150
Group Lesson	\$35	\$120	\$150
Semi-Private Lesson	\$45	\$160	\$200
Advanced Private Lesson	\$50	\$180	\$225

**The monthly rate:** To be eligible for the monthly rate, students must ride weekly. The package must be paid on the first lesson of the month. New students may prorate the first month. If lessons must be canceled by Willow Ponds Farm, due to weather or other concerns, the fee for that lesson will be reimbursed, or applied to the following month (student's choice). Make-up lessons for student absences are **not guaranteed** but will be allowed if space is available.

The prices listed above are effective October 1, 2006 and are subject to change.



## Riding Attire



**Headgear:** ALL riders MUST wear an ASTM/SEI approved helmet with the harness fastened. I have some available to borrow, but I recommend to the dedicated student that you get your own—it is the most important piece of equipment you will buy.

**Footwear:** Students MUST wear a shoe or boot with a heel (or ride without stirrups!). It is best to have a hard sole with little to no tread, and a heel that is sharply defined. I recommend that your footwear provide at least some ankle support and protection. Rain boots are an economical option, although they do not afford much protection from a horse stepping on a foot. Hiking boots are discouraged because the deep gap between toe and heel treads can trap the stirrup in an unsafe position.

**Leggings:** Long pants are *strongly* recommended: the saddle and stirrup leathers can create serious rubs. I recommend 'stretch pants' or sweats as an economical alternative to riding tights or breeches. Jeans are fine as long as they allow unrestricted movement but are not so loose as to chafe. Students may wish to invest in chaps which can be worn with shorts during summer's heat and provide additional warmth during winter.

**Gloves:** Gloves are not required during warm weather, although some riders find it easier to ride with gloves throughout the year. Lightweight leather gloves or “string-backed” gloves are ideal for summer riding. In winter months, it is best to have lined,

well fitted, (but not tight) gloves. Thinsulate is a nice compromise between warmth and bulk.



## Riding and the Weather



**Please keep in mind that riding is an outdoor sport.**

Occasionally, the weather will force cancellation of lessons. Lessons will be canceled for heat indices above 100, or cold below 20 degrees. Thunderstorms will delay or cancel lessons, although simple rain will not; on rainy days bring a rain coat or poncho. Winter ice storms or heavy snow will cancel lessons. Notice of cancellations will be given one hour prior to a lesson's scheduled time. Students needing more advanced warning should call to determine the status of their lesson.

During summer classes, please bring liquids. Remember—a rider is sitting upon a 1,000 pound living heater and wearing a helmet. Summer at a barn also brings biting flies so insect repellent may be desired. (Note: I have not yet found a repellent that seems to be effective against all flies.)

During winter classes, fingers and toes are the main victims of cold. Again, Thinsulate is an excellent compromise between warmth and bulk. Mittens make it difficult to hold the reins, but are certainly better than nothing. Well-fitted (but loose) gloves are best. Knit gloves with no grip on the palm and fingers can make it difficult to keep the reins the proper length.

Rubber boots are especially chilling—wool socks seem to be the best insulator. Or, there are winter riding boots that follow the guidelines for proper footwear.

Layering is best so that student may peel as they warm up, and may replace during the cooling out period. It is important, however, not to allow the layers to become constrictive; compromised circulation is compromised warmth.

Ear coverings are also difficult when wearing a helmet; I recommend a Polarfleece headband with no wind-shell. (A shell makes it difficult to hear instruction.)



## Etiquette



### On the Farm, please:

- Do not exceed 10 MPH on the driveway.
- Do NOT drive on the grass to avoid potholes.
- Park on the east side of the concrete drive, in front of the detached garage. It is okay to block these garage doors, but please do not block the driveway or the main garage.
- Remember, this is a non-smoking establishment.
- Use the trashcans in the barn. Paper can be recycled into the empty feed bag, and there is a milk crate to recycle bottles and cans.

### In the Barn:

- No running.
- No bare feet.
- No shouting or screaming near the barn or during lessons.
- No chewing gum, or hard candy while mounted.
- Sweep the grooming area before you leave it.
- Please bring treats in paper bags; a swallowed plastic bag can kill a horse.
- Do not leave water on when not in use. (Turn off hydrant, not just the hose)
- Children not taking a lesson may not handle the horse, nor pet it, nor feed it treats without the direct supervision of the instructor.
- NO flash cameras! Some horses are very frightened by the flash—they may spook and harm your child or someone else's.



## Safety Tips



Listed below are some rules that will help prevent accidents. In addition, always bear in mind that horses are easily frightened and *unpredictable*. Even the kindest, gentlest horse has the *ability* to harm.

Never walk up behind the horse without calling out, and always walk past the side with more room.

Do not walk directly behind a horse; do not stand directly in front of a horse.

Always use a lead rope when leading a horse.

Long hair should be tied in a ponytail or braided.

Do not try to stop or control a runaway or panicked horse. Get away, and get the instructor. Always remember, human safety is paramount!



## Getting to Willow Ponds Farm



**Willow Ponds Farm** is located at 2202 W. Williams Road in Riggs, MO. Our phone number is **573-442-8493**. Mailing address: 2202 W. Williams Rd., Sturgeon, MO 65284

**From Columbia/Hallsville and points south:** Take **Route 63 north** for about 10 miles. Turn **left** onto **Old Route 63 North** at the small green sign for Riggs. (This turnoff is 2.3 miles *past* the Harrisburg turnoff at Route 124 W). . Go **1/2 mile**; when you see the blue tower on your right, turn **left** onto **Williams Road**. Continue onto the gravel, and through the wash. Willow Ponds Farm is on the left exactly **one mile after the blacktop ends**.

**From Harrisburg:** Take **Route 124 east**. At Oak **Grove School Rd.** turn **left** and continue to the end. When it splits **bear right** onto **W. Williams Rd** (Maiden Rd. is to left). Go **1 mile**, Willow Ponds Farm is on the right.

**From Sturgeon/Moberly and points north:** Take **Route 63 south**. Go 2.3 *past* Route NN and turn **right** on **Old Route 63 North** at the small green sign for Riggs (just past the radio tower on the left). Go **1/2 mile**; when you see the blue tower on your right, turn **left** onto **Williams Road**. Continue onto the gravel, and through the wash. Willow Ponds Farm is on the left exactly **one mile after the blacktop ends**.