

Adult Horsemanship Academy

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Description

This twelve-week course is designed to teach you the basics of horsemanship including, safety, daily care, ground handling, horse psychology, grooming, tacking up, mounting, control at the walk and trot, dismounting and untacking. You will engage with a variety of horses and learn what it takes to care for and work with them. You will develop your ability to think like a horse and make a connection that may teach you something about yourself.

Not all lessons are "riding" lessons. The first three lessons are groundwork only. While the goal of this series is to be able to ride an Intro Dressage test, you will be able to take the skills you learn and apply them to any discipline.

Supplies Needed



Long Pants	Riding Boots	Riding Helmet	Sunscreen/Bug Spray	Water
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You can purchase your boots and helmet at **Oak Hollow Saddlery: 7752 66th Street N, Pinellas Park.**

Course Schedule



- 9/10/2025: Horse Sense & Safety
 - Orientation, safety protocols, haltering, leading, grooming, horse psychology
- 9/17/2025: Groundwork for Connection
 - Focus: Lunging, obstacles, mounting block, body control
- 9/24/2025: Body Mechanics & Rider Prep
 - Focus: Off-horse balance, breathwork, and dressage theory
- 10/1/2025: Mount & Move
 - Focus: Tacking up, mounting, basic walk/stop/turn
- 10/8/2025: Command the Walk
 - Focus: Basic control, one-rein stop, walk transitions
- 10/15/2025: Trot Takeoff
 - Focus: Lunged at the trot, posting & sitting
- 10/22/2025: Trot Control & Riding Patterns
 - Focus: Walk-trot transitions, independence in the saddle
- 10/29/2025: Dressage Defined
 - Focus: Arena letters, riding an intro test
- 11/5/2025: Ride with Intention
 - Focus: Independent dressage ride
- 11/12/2025: Know the Horse Inside & Out
 - Focus: Ride test + basic equine care
- 11/19/2025: Final Ride Prep
 - Focus: Test refinement, individual coaching
- 11/26/2025: Final Test & Graduation

Ride With Purpose: 12-Week Adult Horsemanship Academy

Wednesdays | 6 PM – 8 PM


The barn becomes your sanctuary. The saddle becomes your power.


Weeks 1–3: The Grounded Foundation (No Riding)

Week 1: “Horse Sense & Safety”

Focus: Orientation, safety protocols, haltering, leading demo, grooming, horse sense

- Intro to horse body language & conformation
- Learn haltering & leading techniques
- Grooming tools and their purpose
- Tack overview: English vs Western, bit vs bitless
- Horse conformation, riding disciplines (quiz-style or photo flashcards)


 Workbook Page: Horse ID, grooming checklist, tack matching game


 Social Time Theme: Icebreaker & Tack Bingo

Week 2: “Groundwork for Connection”

Focus: Lunging, obstacles, mounting block, body control

- Leading through cones, poles, and tarps
- Lunging basics (visual cues, whip use, safety)
- Pressure & release explained
- Disengaging hips/shoulders

 Workbook Page: Obstacle map, groundwork cheat sheet

 Mini Challenge: Get your horse to pick you up at the mounting block

Week 3: “Body Mechanics & Rider Prep”

- Focus: Off-horse balance, breathwork, and dressage theory
- Exercises with a barrel, yoga mat, or balance board
- Core stability & neutral pelvis
- Rider posture 101: head-hip-heel line
- Dressage intro: what it is, how it shapes training

 Workbook Page: Dressage glossary, rider posture tracker

 Practice Drill: “Breath to the Saddle” meditation

“ Every day is a new adventure. Be curious, be brave, and never stop learning! ”

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Weeks 4–5: *Mount Up & Master Control*

Week 4: “Mount & Move”

Focus: Tacking up, mounting, basic walk/stop/turn

- Saddle/bridle practice
- Mounting block pickup with groundwork applied
- Walking off softly, stopping with seat and rein
- Emergency dismount drill

 Workbook Page: Tacking diagram, emergency checklist

 Badge Earned: “Mounted & Mindful”

Week 5: “Command the Walk”

Focus: Basic control, one-rein stop, walk transitions

- Walk/halt patterns, steering with intention
- Large circles and serpentine
- Strengthening: halt-trot-halt (with ground pole optional)

 Workbook Page: Steering exercises, practice pattern

 Goal: Ride a pattern without verbal cues from the instructor

“ The horse doesn’t dwell on the past or the future. He cares about the now. ”

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Week 6: “Trot Takeoff”

Focus: Lunged trot, posting & sitting

- Riders lunged to isolate upper/lower body
- Learn rhythm: sit-sit-post, trot diagonals
- Balance drills: airplane arms, toe taps, neck strap

 Workbook Page: Trot rhythm chart


 Game: “Ride Like Royalty” (post with poise challenge)

Week 7: “Trot Control & Patterns”

Focus: Walk-trot transitions, independence in the saddle

- Off-lunge trot work
- School figures: 20m circle, figure eight
- Intro to memorizing riding patterns

 Workbook Page: Your first test pattern (custom drawn)

 Challenge: Memorize a 3-move pattern and ride it solo

Week 8: “Dressage Defined”

Focus: Arena letters, riding an intro test

- Learn Intro A or B dressage test (adjust for your group)
- Practice geometry and use of arena letters
- Ground Lesson: Feeding and forage facts & body score

 Workbook Page: Arena diagram, feeding chart, body score chart

 Snack Break Theme: “What Horses Actually Eat”

Week 9: “Ride with Intention”

Focus: Independent dressage ride

- Full warm-up and test ride
- Real-time corrections and support
- Ground lesson: Stall cleaning—hands-on or demo

 Workbook Page: Daily chore checklist

 Focus Drill: Ride test, reflect, revise

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Week 10: “Know the Horse Inside & Out”

Focus: Ride test + basic equine care

- Full test ride with instructor scoring
- Ground lesson: Lameness, soreness, when to call the vet
- 📖 Workbook Page: Equine vitals & lameness indicators
- 🩹 Demo: Build a basic equine first aid kit

Week 11: “Final Ride Prep”

Focus: Test refinement, individual coaching

- Refresher on accuracy, transitions, and contact
- Ground lesson: TBD—(ideas: trailer loading, tack care, horse psychology)
- 📖 Workbook Page: Rider’s reflection journal
- 🎧 Social Time Theme: Barn playlist creation party

Week 12: “Final Test & Graduation”

Focus: Show what you’ve learned

- Final dressage test judged with score sheet
- Groundwork demo for fun
- Graduation certificates, group photos, and a toast

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Procedures & Expectations

Entering Class	Class Materials
<ul style="list-style-type: none"> • Left side of gate opens (close it behind you) • Additional Parking is nose in by the arena • Meet on the porch in front of the main barn (A-barn) • Wait for your instructor. Please do not enter the barns yet. 	<ul style="list-style-type: none"> • Bring your folder as we will have hand out related to the day's lesson. • Wear your riding boots. • Bring your helmet. (we have ones you can borrow) • Water, Water, Water. Bottled or refillable
Cell Phone	Barn Rules
<ul style="list-style-type: none"> • Silent your cell phone. • Take photos • Step away to take phone calls. • Try not to answer while mounted. 	<ul style="list-style-type: none"> • Always adhere to the barn rules. • No touching horses that are not used in class. • Horses always have the right of way. • No feeding, unless it is part of the class.
Food / Drink / Gum	Leaving Class/Other
<ul style="list-style-type: none"> • You are allowed to have water in class. • Food is allowed, just don't share with the horses. • We allow 30 mins after class for socializing. • No gum. 	<ul style="list-style-type: none"> • Please drive slowly. • Close the gate behind you.

**Every procedure
has a purpose: to
help us learn better!**