

# Adult Horsemanship Academy

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## Description

This six-week course is designed to teach you the foundations 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. The goal of this series is to build a foundation that will give you confidence, clarity and control before the saddle.

Supplies Needed				
Long Pants	Riding Boots	Riding Helmet	Sunscreen/Bug Spray	Water

You can purchase your boots and helmet at **Oak Hollow Saddlery: 7752 66<sup>th</sup> Street N, Pinellas Park.**

## Course Schedule - Classes start at 6pm on Wednesdays

1. March 4, 2026 – Horse Sense & Safety
  - a. Orientation, barn rules, haltering, leading, horse psychology
  - b. Outcome: Students understand why horses react—and how to stay alive around them.
2. March 11, 2026 – Groundwork & Personal Space
  - a. Lunging basics, obstacles, body control, boundary awareness
  - b. Outcome: Students can move a horse's feet without force or chaos.
3. March 18, 2026 – Grooming, Tack & Horse Care
  - a. Grooming with intention, reading body language, feeding basics, body condition
  - b. Outcome: Students can assess comfort, tension, and basic care needs.
4. March 25, 2026 – Rider Balance & Mounting
  - a. Tacking up, mounting/dismounting, emergency dismount, walk/stop/turn, safety
  - b. Outcome: Students mount quietly and ride without disrupting the horse.
5. April 1, 2026 – Command the Walk
  - a. Steering, control, one-rein stop, walk transitions
  - b. Outcome: Students demonstrate intentional control at the walk.
6. April 8, 2026 – Trot Takeoff
  - a. Lunged trot work, posting, sitting
  - b. Outcome: Students experience the trot with balance and confidence starting on the lunge line.



# Procedures & Expectations

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

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

## Barn Rules

1. Everyone must have a release form for Side-Pass Stables on file.
2. Always close gates and doors behind you. The entrance gate opens toward the barn on the left side of the driveway. There is a pole with an upturned horseshoe. Secure the gate open by hooking the horseshoe on the gate to the one on the pole. (otherwise it may blow shut on your car) When you shut the gate behind your car, visualize leaving all your worries and to do lists outside the by the road. *This is your horse time, everything else can wait.*
3. Always wait for your instructor on the porch or in a prearranged designated area. Do not wander the barns unaccompanied.
4. Please do not touch any horses without permission. An instructor will show you the horses you are welcome to touch. The rest of the horses in the barn are privately owned and may not be friendly.
5. Please do not feed the lesson horses without instructor supervision. Accidental bites are a real thing.
6. If you use a tool, remember to put it back exactly where you found it.
7. If you make a mess, or more likely, your horse makes a mess, clean it up immediately.
8. Silence your phone and put it away. Reread the last sentence of rule #2.

## Important Safety Reminders

Horses have the right-of-way, in every way, at all times.

A happy horse will greet you at the stall door.

A sick or depressed horse will greet you with his/her tail.

When leading a horse, you are twice as wide and twice as tall.

Never wrap the lead-line (or reins) around your hand.

Never let the lead (or reins) touch the ground.

Horses don't always get along with other horses.

If you can't drive your car between two horses, they are too close.

Always use a halter when tying a horse.

Horses have blind spots.

Horses eat by feel.

Fingers feel like baby carrots.

Bruised, swollen, and broken toes are the most common injury.

Keep one hand on the horse when grooming.

Horses are scared of things that move, and things that don't move.

## More Advice from Those Who Know

Horseback riding is not a solo sport. This is not cycling, running or motocross. Your teammate is a horse. Your horse has dreams and wishes of his/her own. Those dreams rarely align with the rider's desires.

You have permission to fail at this from time to time. You will have rides where you question your very existence. You will have rides where the horse will make you earn his/her compliance with sweat and tears.

You do not have permission to quit.

Here is what we know for a fact.  
That horse is teaching you how to be a better rider and human.

We know that if you perceive, what might be hard today will be easy tomorrow.

You have permission to have fun!

Barn time is not competition time.

Sometimes, the lesson to learn is how to laugh at yourself and get a little silly.