

COWBOY CITY TEXAS

RIDING WITH SHELLEY

Date: _____

Riding lessons will require the following:

- Parental involvement with saddling and safety instructions.
- Dress code: ASTM helmet, jeans, slick-bottom boots, and fitted clothing
- Proper attitude to learn and be a safe rider

Rider's NAME: _____ Age: _____
Address: _____ City: _____ Zip: _____
E-mail: _____ Phone: (hm) _____
Mom: _____ Phone: (cell) _____
Dad: _____ Phone: (cell) _____

Physical conditions: _____ Mental Illness: _____
Allergies: _____ Emergency #: _____
Doctor/Insurance info.: _____
Horse Riding Experience: _____

SCHEDULE* (A MONTH Equals 4 lessons)

Beginner lessons: Horse Safety, walk, turning, grooming, saddling	\$240/month
Intermediate Lessons: Trot, post, turns, side-pass and speed	\$230/month
Advanced Lessons: Barrels, poles, jumping, herding and more!	\$220/month

*Private lessons are scheduled with Shelley throughout the week for adults or special riding needs including Therapeutic Riding Lessons.

INSTRUCTOR INFO: Shelley Wall, PT/THR is a Licensed and Accredited Master Level Instructor in styles English, Western, and Hunt Seat. She has also earned her Therapeutic Riding Instructor License and can host those riders as well. Shelley will require each rider to have premier safety skills and encourage good self-esteem while growing in their horsemanship knowledge.

Ranch Rules: NO alcohol, drugs, smoking or profanity! NO pets!

A parent or legal guardian must accompany ALL children.

No horses permitted on property for lessons without a neg. Coggins.

Please try to stay in designated areas of ranch for the activities provided.

Parental Release / Ranch Acknowledgements

Under Texas Law (**Chapter 87, Civil Practice & Remedies Code**) **An equine Professional is not liable for injury to or the death of a participant in equine activities resulting from inherent risk of equine activities.**

Under the Negligence Law, **you must wear a helmet if you are under the age of 18.**

Parents, who do not wish to protect their child, may sign a notarized helmet waiver.

No one under the age of 2 will be permitted to ride a horse.

RELEASE AND HOLD HARMLESS AGREEMENT

This health history is correct and the person listed has permission to attend Cowboy City Texas, and can engage in all equine activities with Shelley. I hereby authorize the executive staff or designated medical professionals to administer emergency medical assistance if I cannot be reached. I accept responsibility for the payment of expenses incurred as a result of medical treatment. I also release Cowboy City Texas,

Shelley Wall and any staff from any liability to person or property while my son/daughter is at Cowboy City Texas. I have read the Texas Equine Laws, Ranch Rules and will abide by them.

Mom signature: _____ **Dad signature:** _____

Notary Public Seal:

Date:

Signature: _____

Order of Lessons:

- 1. Nature of the horse**
Safety
Haltering
- 2. Western Seat / English Seat**
Grooming before the ride
Saddling
Mount / Dismount
- 3. Start, Stop, Stir**
Driving on the ground first
Stretch and Relax
Grooming after the ride

‘Secure Seat’

BEGINNER LESSONS INCLUDE:

- A. Alignment
 - B. Lower the center of gravity
 - C. Unlock your lower back
 - D. Move upper body over the correct leg
- NOW YOU CAN TROT!!!!!!!!!!!!!!**

INTERMEDIATE CLASSES INCLUDE:

- E. Move with the horse at a trot
- F. 777 exercise – gain balance over stabilized leg
- G. Emergency dismount!

4. Start school figures

- 5. Horse ownership**
 - a. Barn sanitations
 - b. Types of feed / hay
 - c. Horse confirmation
 - d. Round pen training

ADVANCED LESSONS INCLUDE:

- 1. Barrels, polls, straits, mystery events, western speed events, jumping and trails!
- 2. Clinics to help further learn curve of individual riders.

Thanks, Shelley