

## A Guide to Your First Lesson

Before coming to your first lesson, it's important to make sure you are wearing the right clothing. Just like you wear cleats to play soccer or a helmet to play hockey, horseback riders wear certain gear for both comfort and safety:

- ✓ Long pants (jeans or leggings are best)
- ✓ Boots that have a heel (e.g., hiking boots)
- ✓ Helmet (can be provided by Strideaway)
- ✓ We ride outside, so if it's cold, bring a jacket!

At Strideaway, we believe in providing the complete horse experience, which means that in addition to riding a horse, students also learn how to act around and care for a horse.

This includes:

- ✓ Learning about horse behavior
- ✓ Grooming
- ✓ Tack
- ✓ Feeding

Try to get to the barn 5–10 minutes early so we can start on time, and lessons typically run about 30–45 minutes.

See you at the barn!