

SUMMER CLINICS

Call 202.362.0117x0 to make a reservation. A credit card is required to hold the reservation; riders will not be charged until the day of the clinic and can pay by cash, credit card or check. Checks should be made payable to "Guest Services, Inc.," Please provide 24 hours cancellation notice to avoid being charged the full amount of the clinic.

Please be advised that certain clinics require a set number of students in order to run. Riders will be notified within 24 hours if we are unable to hold a class. Some classes will run shorter if we do not have a full attendance count. Arrival time is 20 minutes ahead of time to fill out a waiver, pay and meet with the instructor. Riders are required to wear long pants, a helmet and riding boots (or a hard-soled shoe with small heel, not to exceed 1.5 inches). The barn has helmets available to borrow.

Please take note of the required riding abilities for each clinic. If you are unsure of your level, please contact horsecenterprograms@guestservices.com to schedule a \$50 evaluation.

Theory Clinics

Interested in learning more about horse care? These clinics are a great opportunity to gain hands-on experience with various skills necessary to becoming a well-rounded equestrian.

Clinic: Body Clipping

Offered: Saturday, July 9th from 10am-1pm

Experience Needed: Comfortable around horses

Required Age: 12 and up

Description: There are many styles of body clips. Learn the differences and when they are used, as well as proper use and care of clippers. Then put your skills to use and clip a horse!

Price: \$20

Clinic: Braiding and Trimming

Offered: Saturday, July 23rd from 10am-1pm

Experience Needed: Comfortable around horses

Required Age: 12 and up

Description: Excellent for anyone wanting to learn how to turn a horse out for a show! This clinic will cover how to trim for a neat and tidy appearance, pulling a short mane to the proper length for braiding, and different styles of braids used for different shows and breeds. Students will have ample opportunity to practice mane and tail braids.

Price: \$20

Clinic: Horse Psychology

Offered: Saturday, August 13th from 9am-11am

Experience Needed: Minimal-None

Required Age: 12 and up

Description: Join us for a session focusing on the intricacies of horse psychology. Learn about behavioral signs, safety around horses and herd mentality. Live demonstrations and opportunities to work hands-on with the horses!

Price: \$20

Beginner Clinics

Clinic: English Equestrian Experience

Offered: Sundays from 2-4pm

Experience Needed: Minimal to None

Required Age: 12 and up

Description: For teens and adults interested in gaining a hands-on experience with grooming, tacking, and riding—this introductory course will incorporate instruction on ground care, horsemanship, a half-hour riding lesson and half-hour trail ride through Rock Creek Park.

Perfect for those interested in learning to ride and would like an across-the-board experience!

Price: \$120 per rider

Clinic: Pony Pals

Offered: Various Sundays from 12-2pm throughout the season

Experience Needed: Minimal-None

Required Age: 5-8 years old

Description: An ideal class for our young beginners. Pony Pals teaches children the basics of horse care and horsemanship. Students will learn how to groom and tack, along with the basics of riding. The class will incorporate fun games and barn activities to supplement the experience.

Price: \$65 per rider

Clinic: Introduction to Western Riding

Offered: Sunday, July 10th and Sunday, July 31st from 9-11am

Experience Needed: Minimal

Required Age: July 10th: Child/Teen | July 31st: Teen/Adult

Description: Learn the basics of western tack, vocabulary, riding and mentality.

Price: \$65 per rider

Intermediate Clinics

Experience Needed: Riders should be accomplished at the walk and trot and must be able to identify and execute posting diagonals. Riders should have prior experience cantering and be comfortable controlling their horse through the gait.

Clinic: Canter Clinics

Offered: Saturday, July 9th and Saturday, July 23rd from 2-4pm

Required Age: 13 and up

Description: Clinics will include lead identification, balance, equitation patterns, transitional and lateral work, with supplementary dressage instruction. This course is designed for riders already comfortable at the canter who are looking to refine their current strengths and abilities.

Price: \$65 per rider

Clinic: Yoga on Horseback

Offered: Wednesday, July 13th and Wednesday, August 3rd from 6-9pm

Required Age: 16 and up

Description: Bring the elements of balance and body awareness to horseback riding. Riders will focus on the importance of breathing and focus necessary to feel confident and poised in their practice. Clinics will include flexibility and trust exercises on and off the horse.

Price: \$90 per rider

Clinic: Centered Riding

Offered: Saturday, July 30th from 9am-12pm

Required Age: 16 and up

Description: Come embrace the components of centered riding, focusing on breathing, balance, “soft eyes,” and riding in the most effective position. Riders will incorporate relaxation and balance by using their natural aides during transitional, lateral and physiological exercises.

Price: \$90 per rider

Clinic: Introduction to Dressage

Offered: From 10am-1pm: Saturday, July 9th / Saturday, July 16th / Sunday, August 7th

Required Age: July 9th: Child/Teen | July 16th: Teen/Adult | August 7th: Child/Teen

Description: Designed for the hunter-jumper rider curious about the sport of Dressage, this clinic will cover the history of the sport, its tack and the differences from other styles. Students will also have the opportunity to try Dressage moves and ride a test. Students may ride different tests depending on riding experience. All students must be comfortable controlling their horse at the walk and trot.

Price: \$90 per rider

Intermediate/Advanced Clinics

Experience Needed: Riders have significant amount of experience at the walk, trot, canter and jump. Must be able to identify posting diagonals and correct leads and control their horse through all three gaits and transitions.

Clinic: Introduction to Vaulting

Offered: Saturday, August 6th from 10am-1pm

Required Age: 12 and up

Description: Often called “gymnastics on horseback,” vaulting holds a unique niche in the equestrian world. Vaulters ride bareback with a special handled surcingle and perform various movements such as kneeling and standing while the horse is being lunged. Students will learn background on the spot and have the opportunity to try several movements, as well as taking a turn at lunging the horse.

Price: \$90 per rider

Clinic: Hunter Style Jumping

Offered: Saturday, July 16th, Saturday, July 30th from 2-4pm, Sunday, August 7th from 2-4pm

Required Age: July 16th: Teen/Adult | July 30th: Child/Teen | August 7th: Teen/Adult

Description: For intermediate to advanced riders aspiring to perfect their jumping position, aides and techniques, these clinics will provide individualized attention and instruction with the opportunity to work on basic jump courses and patterns. Riders will focus on straightness, appropriate striding, consistency, and equitation.

Price: \$65 per rider

Clinic: Jump Course Navigation

Offered: Sunday, July 17th from 5-7pm

Required Age: 13 and up

Description: Riders will learn to tackle various elements of a jumper course and then put those elements together into a full jump course. This clinic is intended for riders working on and beginning to ride a full jump course and would like to gain experience putting a course together.

Price: \$65 per rider

Advanced Clinics

Experience Needed: Riders have significant amount of experience at the walk, trot, canter and jump. Must be able to identify posting diagonals and correct leads. Should have experience with complex courses and patterns.

Clinic: Dressage for Jumping

Offered: Sunday, August 7th from 2-4pm

Required Age: Ages 16 and up

Description: Riders will focus on shoulder-in over a fence in order to land on a balanced curve to the next fence, riding an S-curve bending line, using bend to land on the correct lead, establishing lead changes after a jump, full seat vs. half seat usage on course, and leg yielding to improve striding. Encouraged for advanced riders interested in learning more detailed skills in jumping and understanding how dressage is essential in becoming a successful jumper rider.

Price: \$65 per rider

Clinic: Jumping Gymnastics

Offered: Sunday, July 17th from 2-4pm and Saturday, August 6th from 10am-12pm

Required Age: Ages 16 and up

Description: Riders will work on equitation and balance while navigating their horse through a gymnastics. The clinic will focus on proper jumping position, crest release, balance, striding, and consistency. Best for riders and horses interested in improving their horse's confidence over fences and for riders that would like to focus on their equitation over fences, particularly their lower leg and releases

Price: \$65 per rider