

YOUTH horseback riding

My little pony (Ages 3–6)

Experience the joy of riding and grooming our sweet ponies. Two parents or caregivers (*must be age 13 or older*) should attend with each child, and will be given instructions on how to lead a pony. Children ride in the arena with assistance from one caregiver, while the other leads the pony. If the group is able, one lesson is a trail ride. Class is limited to 6 participants.

Resident \$65.00
 Non-resident \$75.00

Lockwood Park 5201 Safford Rd, Rockford

SATURDAYS May 1–22
 ID# 755104-51 9:00– 10:00 am
 ID# 755104-52 10:00– 11:00 am

MONDAYS June 7–28
 ID# 755104-61 5:15–6:15 pm
 ID# 755104-62 6:30–7:30 pm

MONDAYS Aug 9–30
 ID# 755104-81 5:15–6:15 pm
 ID# 755104-82 6:30–7:30 pm

Trail ride class

(Ages 10 and older) **EZ\$PAY**

Take your skills to the next level!

PREREQUISITE Successful completion of Horsemanship Level 1 or attended TROT Camp at Lockwood Park

All lessons will be instructed on trail rides in the scenic woods of Lockwood Park. Topics covered include trail ride safety, etiquette, and the dos and don'ts of riding.

Resident \$135.00
 Non-Resident \$150.00

Lockwood Park 5201 Safford Rd, Rockford

WEDNESDAYS June 9–30
 ID# 755160-61 5:30–7:00 pm

quick facts

AGES 3 and older (*as of June 1*)

LOCATION Lockwood Park

REGISTRATION ends 1 week prior to start of program (*or when capacity is reached, a waiting list is available*)

NOTE The Rockford Park District reserves the right to move any student between levels. Classes will begin promptly at the designated start time. Students who arrive late must wait at the hitching rail for an assistant to bring them into the arena.

PROPER ATTIRE Dress for the weather (*rain coat, windbreaker, etc.*). For their safety, riders and caregivers are required to wear closed-toe and closed-heel shoes. (*Sturdy boots with a 1" heel are recommended as the safest footwear for riding, but are not required.*) Long pants are also required.

WESTERN DISCIPLINE Learning to steer with one hand, sitting trot, proper riding position in Western saddle.

FEE ASSISTANCE AVAILABLE See pg 57 for details.



Saturday, May 22, 2010 • 10:00 am–4:00 pm

Activities to be held throughout the park, including:

wagon and pony rides
 a horse extravaganza • activities
 refreshments available for purchase from
 the *Friends of Lockwood*, and more!

**For more information,
 call 815-987-8809.**

Programs and events subject to change.

Horsemanship group lessons (Ages 7 and older) **EZ@PAY**

Group riding lessons are offered in both Western and English. This program is based on a progressive system, with each level building on the skills learned in the previous level. Riders progress at their own rate, moving on to the next level only after required skills are mastered. All levels may be repeated until the requirements are met. The skills evaluation for each level must be passed prior to registration for the successive level. New students must begin with Level 1 or pass a skill placement test — call 815-987-8809.

Lockwood Park 5201 Safford Rd, Rockford

Resident \$125.00
 Non-resident \$135.00



Level 1 English and Western

Level 1 focuses on introducing the student to an enjoyable riding experience. Riders will learn the basic skills that are the foundation on which all upper level lessons will build.

Level 1 skill set

- Learn horse/barn safety rules and four natural aids
- Learn how to approach, lead, mount, walk, stop, steer, maintain spacing, and dismount
- Develop proper body position
- Master the skills of leading, walking, stopping, and maintain spacing using check and release

LEVEL 1 ENGLISH

TUESDAYS May 4–25
 ID# 755102-51 5:30–6:30 pm

WEDNESDAYS 5:30–6:30 pm
 ID# 755102-61 June 9–30

ID# 755102-71 July 14–Aug 4

ID# 755102-81 Aug 11–Sept 1

LEVEL 1 WESTERN

MONDAYS May 3–24
 ID# 755103-52 5:30–6:30 pm

TUESDAYS May 4–25
 ID# 755103-53 6:45–7:45 pm

WEDNESDAYS May 5–26
 ID# 755103-54 6:45–7:45 pm

LEVEL 1 WESTERN CONT.

THURSDAYS May 6–27,
 ID# 755103-55 5:15–6:15 pm

ID# 755103-56 6:45–7:45 pm

MONDAYS June 7–28
 ID# 755103-61 5:30–6:30 pm

ID# 755103-63 6:45–7:45 pm

MONDAYS July 12–Aug 2
 ID# 755103-71 5:30–6:30 pm

ID# 755103-73 6:45–7:45 pm

MONDAYS Aug 9–30
 ID# 755103-81 5:30–6:30 pm

ID# 755103-83 6:45–7:45 pm

Level 2 English

Level 2 offers riders an opportunity to improve their horsemanship with continued practice in English style riding.

Level 2 skill set

- Review techniques in English disciplines of waking, position, turning and stopping
- Introduce posting with assistance
- Master the techniques of proper position, turning, stopping at a short distance with assistance

WEDNESDAYS May 5–26
 ID# 755122-51 5:30–6:30 pm

WEDNESDAYS 6:45–7:45 pm
 ID# 755122-61 June 9–30

ID# 755122-71 July 14–Aug 4

ID# 755122-81 Aug 11–Sept 1

Level 2 Western

Level 2 offers riders an opportunity to improve their horsemanship skills with continued practice in Western style riding.

Level 2 skill set

- Improve basic skills of leading, walking, stopping, and spacing
- Learn the half circle and reverse, advanced steering, and the extended walk
- Experience trotting with assistance
- Master the skills of steering and proper body position

TUESDAYS May 4–25
 ID# 755123-51 6:45–7:45 pm

WEDNESDAYS May 5–26
 ID# 755123-52 5:30–6:30 pm

TUESDAYS 5:30–6:30 pm
 ID# 755123-61 June 8–29

ID# 755123-71 July 13–Aug 3

ID# 755123-81 Aug 10–31

➔ Horsemanship group lessons continued on next pg

Level 3 Western

Level 3 builds on the concept of independent body movement. Increased physical skill and concentration are necessary for this level.

Level 3 skill set

- Improve upon skills learned in Level 2
- Trot independently, increasing distance at a trot as rider gains more control and confidence
- Maintain proper body position at the trot
- Regulate speed using check and release
- Transition smoothly between gaits
- Master the skills of the extended walk and trotting independently while regulating speed

MONDAYS May 3–24
ID# 755133-51 6:45–7:45 pm

TUESDAYS 6:45–7:45 pm
ID# 755133-61 June 8–29

ID# 755133-71 July 13–Aug 3
ID# 755133-81 Aug 10–31

THURSDAYS 5:30–6:30 pm
ID# 755133-62 June 10–July 1

ID# 755133-72 July 15–Aug 5
ID# 755133-82 Aug 12–Sept 2

Level 4 Western

Level 4 gives riders the opportunity to enhance their horsemanship skills at a trot. Riders will practice simple patterns at a trot, and learn skills to prepare to lope.

Level 4 skill set

- Trot as a group on the rail, maintaining spacing and proper body position as they circle the arena
- Improve transitions between gaits
- Prepare for loping
- Master control, spacing, and body position at a trot

NOTE Instruction in more advanced skills such as loping/cantering is offered in private/semi-private lessons only.

MONDAYS May 3–24
ID# 755140-51 5:30–6:30 pm

THURSDAYS 6:45–7:45 pm
ID# 755140-61 June 10–July 1

ID# 755140-71 July 15–Aug 5
ID# 755140-81 Aug 12–Sept 2

Semi-private/private lessons (Ages 6 and older)

Western, English, and Natural horsemanship

For those who prefer one-on-one instruction, semi-private (*one instructor, two students*) or private (*one instructor, one student*) lessons are offered. These can follow the basic format of group lessons, or be geared to a particular skill the rider wants to learn or improve. Instruction in advanced skills such as loping and cantering is *only* offered through semi-private/private lessons. Grooming and tacking/untacking the horse may also be included in the lessons, if requested. Scheduling is dependent on availability of instructors, arena, and horses. Lessons starting in April; call 815-987-8809 to schedule

Lockwood Park 5201 Safford Rd, Rockford

Semi-private	\$40.00
Private	\$45.00
Natural horsemanship	\$50.00

Availability will vary (*starting April 1*)



Let our caring, skilled mental health providers partner with you to get your life back on track!

We help people resolve stress, anxiety, panic, OCD, grief, depression, abuse, trauma, substance use, ADHD, and autism spectrum, as well as, student mental health and work-related concerns.

Psychiatrists

Drs. Raymond Garcia, Steven Kouris, Ann Agustsson-Mathers, Kamal Modir, Farah Pathan, and Robert Vickrey have highly-specialized training and are board certified in all areas of child, adolescent, adult, and forensic psychiatry.

Therapists/Psychologists

Kathie Freeburg, Connie Garry, Linda Kyle, Jacqueline Ruch, and Marcy Turek and Drs. Alesia Hawkins, Patricia Kunz, Geoff Magnus, and Erin Wade have advanced training in trauma resolution, hypnosis, addictions, autism spectrum, and offer individual, couples/marital, family, group, and cognitive/behavioral therapies.

Call 815.395.5870 to schedule an appointment.

We offer day and evening appointments and accept many insurances. We also have a prompt pay discount and limited sliding fee scale for those who qualify.

UNIVERSITY OF ILLINOIS
COLLEGE OF MEDICINE
AT ROCKFORD