



After School Lessons

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Dear Parents,

EVE vaulting is excited to announce, that we are starting

After School Lessons February 2022!

Term 1:

Mondays: 4:30 - 6pm (starting Feb 7th- April 4th)

or

Saturdays: 4 - 5:30pm (starting Feb 5th - April 2nd)

Term 1 will cover the **Basics of Horsemanship**, and will include the following content:

- Safely and appropriately catching a horse from pasture/paddock
- Leading horses and how to behave around them in a safe way.
- Horse caretaking: including grooming, washing, rugging and feeding
- Tacking up a horse correctly for a variety of activities: lunging, vaulting and for riding
- Correct dressing of horses's boots and bandages
- Performing basic first aid for horses (vital signs, caring for wounds, worming etc)
- The basics of horse training: ground work techniques and how to lunge a horse

By the End of Term 1, your child will be awarded a "**Certificate of Horsemanship EVE Level 1**" recognising their successful completion of this important course. Additionally, this certification allows them to come in earlier and stay later for all future EVE lessons, to help tack up and untack and feed the horses and be in leading roles in the further Terms to come.

Term 2 is an **Introduction to Vaulting** and covers the following content:

- Preparing your horse correctly for Vaulting: grooming, tacking up, warming up and how to keep your most important vaulting team member healthy
- Body strengthening and flexibility exercises necessary for Vaulting, including various Yoga and Gymnastic work outs, Games
- Learning and practicing the basic Vaulting moves (each lesson we first practice on a Vaulting Barrel and then move to doing the moves on a Horse)

By the End of Term 2, your child each will be awarded a "**Vaulting EVE Level 1 Certification**" recognising their successful completion.

Term 3 is an **Introduction to Team Vaulting and will focus on creating a Vaulting Routine**. (Having completed the Introduction to Vaulting course content or be willing to do the Introduction course in parallel is a prerequisite for this course.)

- Horse preparation and grooming for Vaulting competition and shows
- Team physical fitness and warm ups for Vaulting competition and shows
- Team Vaulting routine creation: music selection, movements and sequences, transitions, etc.
- Performance practice and preparation for a live audience

At the end of Term 3 we will have a **Vaulting performance** to highlight the good work and progress of the students have done, for parents, friends and family to see.

We want to decide the courses for future terms together! Please do let us know what interests you.

How much does it cost:

Each lesson is 90 minutes long.
We will be taking 6-8 kids per class

- The price for a casual class (one off) is \$50/ per person
- The price for the full Term 1 is \$40/ class (\$ 360 for 9 weeks paid in advance*)

Please go to this [link](https://forms.gle/PC2mtiP4n2habF3fA), to register your kid (Kids) for the After school Lessons.

<https://forms.gle/PC2mtiP4n2habF3fA>

Where:



How old does my kid have to be:

- **5-17 years:**
- We take Kids from the age of 5 (but please be aware, that these kids will have to be able to listen and follow instructions and be able to stay in a group of kids by themselves - book in a one on one lesson with us, to find out if they are ready for after school lessons)

Any more Questions?

Ask away!

mail to: EEVaulting@gmail.com

message to: 0468 48 10 71

Kind regards
Melanie Rhoden :-)