

MRAS EQUINE NEWS

April 2024

Activities – Upcoming:

KIDS RANCH RIDING

Fridays: April 5, May 3 & 24 – 4:30 to 6PM

Fun filled way for kids to work on and develop their equitation skills and ride a pattern at the end of the day. Good for any age and level providing they are riding independently, can stop their horse and the horse is good in a group of horses.

Cost per Ride:

2023/24 MRAS Riding Members \$15.00

Non-Members \$20.00

(All prices include GST)

Any questions or to register please contact Lynn Brunton lynnbrunton@gmail.com 403-651-4301. Once you have registered payment instructions will be sent to you. Payment then confirms your spot.

RANCH RIDING EQUITATION AND PATTERNS

Sundays: April 7 & 21

MRAS Ranch Riding program is a great way to work on your equitation skills with the goal of riding a pattern at the end of the day. Skills will include riding transitions, walk, trot, lope, speed control as well as an exercise that will enhance you and your horse's performance in the pattern. The patterns sometimes include obstacles.

Maximum 10 Riders

Cost per Ride:

2023/24 MRAS Riding Members \$22

Non-Members \$32

(All prices include GST)

Any questions or to register please contact Lynn Brunton lynnbrunton@gmail.com 403-651-4301. Once you have registered payment instructions will be sent to you. Payment then confirms your spot.

APRIL 3-DAY DRESSAGE LESSONS SERIES

Wednesdays evenings: April 10, 17, 24

Thursday mornings: April 11, 18, 25

Work on the fundamentals of Dressage:

- Fine tuning of aids
- Rhythm, balance through suppleness
- Connection and softness through transitions

Lessons are open to both western and English riders. Participants will be divided into groups base on their riding ability and training needs.

Pre-registration required. Must choose Wednesday evening OR Thursday morning NO combinations. If interested in both dates, you must pay two registrations fees, no discounts.

Cost: 2023/24 MRAS Riding Members \$160.00
Non-Members \$190.00
(All prices include GST)

No outside auditing or spectating during these lessons.

To register contact mras.equine@gmail.com.

KIDS RIDING LESSON SERIES WITH DANIELLE BARTLETT

Saturdays: April 13 & 20

Danielle is a fabulous instructor that has a wonderful ability to communicate with youth and adults of all ages. From learning to ride youngsters to those that are refining their skills. In this three lesson package riders will have the opportunity to build on their learned skills at each ride developing better communication with their horse. This program is designed for any level of rider.

Cost: 2023/24 MRAS Riding Members \$115.00
Non-Members \$135.00
(All prices include GST)

To register or for more information contact Lynn Brunton lynnbrunton@gmail.com. Once you have registered payment instructions will be sent to you.

PHYSIOTHERAPY APPROACH TO RIDING BIOMECHANICS

Saturday, May 4th

This clinic is designed to assess and treat an individual's imbalances and asymmetries in the saddle, to work towards optimal performance. All riding levels and disciplines are welcome to participate.

Cost: Current 2023/24 MRAS Riding Members \$ 100.00, priority registration until March 19th
Non-Members \$ 120.00
Audit Fee – must pre-register \$ 20.00
(All prices include GST)

HAS Receipts / Clinician Fee: Clinic participants (not auditors) will receive a \$75.00 physiotherapy receipt after participation in the clinic, the clinician fee. The amount of the physiotherapy session.

Note: Receipts will be emailed directly from our clinician following MRAS administration i.e. payment of clinician fees. Receipts will not be available at the clinic

If you have questions or would like to register, please email MRAS.equine@gmail.com

TRACEY SKINNER – GROUNDWORK LESSON SERIES

Fridays: May 3, 10 & 17
11:00am to 12:30pm

This series of groundwork sessions will work together as follows:

Session 1 - Communication

Being able to communicate clearly with your horse is a key concept in groundwork.

Session 2 - Connection

Having your horse connected to you is important if you are looking to work towards liberty. Having a connected horse makes for a safer and more responsive riding horse.

Session 3 - Putting it all together.

Review of sessions 1 & 2

Using the body movements and circles learned in the first two sessions to create more connected work with your horse.

Cost: 2023/24 MRAS Riding Members \$200.00
Non-Members \$230.00
Auditing \$10.00 per day – must pre-register, no drop-ins
(All prices include GST)

To register or for more information contact Lynn Brunton lynnbrunton@gmail.com. Once you have registered payment instructions will be sent to you.

CORES & EFFECTS PILATES – RACETRACK HALL

Monday evenings 6 to 7:30PM
May 20, 27, June 3, 17 & 24

This course will give you a varied and obtainable home practice, help you reduce stress in your body, manage aches and pains as well as improving postural imbalance. Through fascial release, stretch, connection exercises and integrating better movement into your life you will feel the improvement. Learn the basic principles as we add in the Pilates work into our Tool Kit for you.

Exercises to benefit your riding and everyday life.

Cost: 2023/24 MRAS Riding Members \$175.00
Non-Members \$225.00
(All prices include GST)

To register or for more information contact Lynn Brunton lynnbrunton@gmail.com. Once you have registered payment instructions will be sent to you.

WORKING EQUITATION 2-DAY CLINIC WITH JILL BARRON

Wednesday, May 29th and Thursday, May 30th

Registration will open in April.
Refer to the MRAS website and Equine page for more details.

KIDS SUMMER 4-DAY HORSE CAMPS

Dates: July 2 – 5
August 6 – 9

This is a perfect place for that horse loving kid to spend summer days with their horse. Come and have some fun in the sun! There will be a riding lesson with Danielle Bartlett on three of the days plus other riding activities!

Crafts, games, grooming, ranch riding, patterns, showmanship and more!

Kids must have their own horse as there are no horses supplied. It is suggested that an adult stay while their child is riding. Best suited for ages 6 to 12.

Sign up for one or both weeks.

Per Week Cost: \$200.00 MRAS Riding Members
\$240.00 for Non-Members
(All prices include GST)

Any questions or to register please contact lynnbrunton@gmail.com

Additional details available about all of the above Activities and Lesson Series are available on the MRAS website www.millarvilleracetrack.com on the Equine page.

Other Activities, Clinics, Equine Events

The MRAS Riding Committee is working on a variety of clinics in the upcoming months to offer our riding membership and equine community. Please check the website regularly to see what is available at: www.millarvilleracetrack.com Equine tab under Upcoming Events.

If you have ideas or suggestions for any clinics or activities that you would like us to explore, please send us the information to MRAS.equine@gmail.com. One of our goals is to incorporate activities that our members are interested in.