

DAILY SCHEDULE

Horse Riding

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CHECK IN
8:30 - 9:00

Participants arrival and check-in @ the H-FARM Welcome Center

MORNING

9:00 - 12:30

with morning snack
during the break

HORSE CARE

Care, grooming, and preparation of horses for the day's equestrian activities.

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MOUNT

Lesson on basic actions for handling the horse and mounting.

DRESSAGE - 1

Theoretical lesson on the discipline of dressage.

VAULTING - 1

Theoretical lesson on the discipline of vaulting.

OBSTACLES - 4

Lesson on jumping over poles and obstacles with new techniques.

TREKKING - 1

Riding along trails immersed in the countryside to improve the connection with the horse.

LUNCH

12:30 - 13:30

Free outdoor play/ board games

OBSTACLES - 1

Execution of low-difficulty jumps over ground poles.

DRESSAGE - 2

Practical lesson on the discipline of dressage.

VAULTING - 2

Practical lesson on the discipline of vaulting.

REVIEW

Review of all the techniques learned during the week.

TREKKING - 2

Riding along trails immersed in the countryside to improve the connection with the horse.

AFTERNOON

13:30 - 16:30

OBSTACLES - 2

Execution of jumps over low-difficulty obstacles.

DRESSAGE - 3

Lesson on walk, trot, canter, and rein-back.

OBSTACLES - 3

Execution of jumps over ground poles and low-difficulty obstacles.

COMPETITION

Competition over poles and obstacles.

FINAL

DEMONSTRATION
A short demonstration of the techniques learned.

SNACK AND

CHECK OUT

16:30 - 17:30

Free time and play time in the H-FARM Campus sport facilities.
Participants departure @ the H-FARM Welcome Center