TRAIL CLASSES*, WEEKLY TRAILS** AND TRAIL ETIQUETTE

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Minimum Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday*</td>
<td>7:30am</td>
<td>Intermediate 2</td>
</tr>
<tr>
<td>Wednesday*</td>
<td>1pm</td>
<td>Intermediate 1</td>
</tr>
<tr>
<td>Wednesday**</td>
<td>6:30pm - 2nd 5 wks</td>
<td>C-2/Intermediate 2</td>
</tr>
<tr>
<td>Wednesday*</td>
<td>7:30pm - 2nd 5 wks</td>
<td>C-2/Intermediate 2</td>
</tr>
<tr>
<td>Thursday*</td>
<td>7:30am</td>
<td>Intermediate 3</td>
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<tr>
<td>Thursday*</td>
<td>6:30pm – 2nd 5 wks</td>
<td>Adv. Intermediate 1/B (Trail Etiquette)</td>
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<tr>
<td>Friday*</td>
<td>9am</td>
<td>Adv. Intermediate 1</td>
</tr>
<tr>
<td>Friday*</td>
<td>6:30pm</td>
<td>Western Pass</td>
</tr>
<tr>
<td>Saturday*</td>
<td>10am</td>
<td>C-2/Intermediate 2</td>
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All of the above trail rides are led by an instructor.

*The trails go out, even if it is raining. If there is stormy weather or unsafe footing, the trail class will ride inside. These trails consist of two five week sessions.

**Riders will sign up online for each week individually until 9am the day before the ride. A minimum of four riders is required for the ride to go. Registered riders will be notified through email the day before if the class that week is cancelled due to the weather (trails will go in the rain) or low enrollment. Special fees apply: $28/Somerset County residents; $31.75/Non-County ID holders; and $35.50/Non-residents.

TRAIL ETIQUETTE

Thursdays 6:30pm for Advanced Intermediate 1/B and higher levels

Any rider wishing to obtain a trail card must first complete a five week trail etiquette class and receive a positive recommendation from the class instructor. The class will cover proper trail riding manners, tips, and techniques for an enjoyable trail ride. Juniors are only required to take one five week session as well. Riders must complete a Trail Etiquette class and a five week level class successfully in order to qualify for a Trail Card. AI1/B riders may take the class so that they are ready to be given a trail card once they reach the level of AI2/A.

Trail Cards permit riders to ride on the trail without a stable guide. Riders with trail cards must take one other experienced rider with them on the trail. The other rider must have control and a secure seat at the walk, posting trot, and canter. In order to maintain their trail card status, riders must ride regularly at Lord Stirling Stable and obey all of the park rules. Riders must be at least twelve years old to have a trail card.

If you have individualized needs due to a disability, please call 908-526-5650 and we will be happy to arrange reasonable modification. Three weeks notice is required to ensure that appropriate modification can be provided.
WESTERN CLASSES

INTRO TO WESTERN
Fridays 10am and 8:30pm for Intermediate 2/C2 and higher levels
For riders who are looking to learn western riding and participate in our other western classes. The class will concentrate on proper leg, seat, and hand position as well as neck reining.

WESTERN PATTERNS CLASS
Fridays 7:30pm for riders who have been given advance permission to register for the class. Western Patterns is a FUN class where riders concentrate on patterns/moves including rein backs, simple lead changes, circles, turns on the forehand, and other maneuvers that are done at a halt, walk, jog or lope. It is a western Advanced Flat class.

DRILL CLASSES

NON-PERFORMING DRILL
Tuesdays 1pm and Wednesdays (1st 5 wks) 7:30pm for Int 2/C-2 and higher levels
Both adult and junior riders will expand their riding skills and have fun riding in pairs and/or riding drill patterns in sync with others in a non competitive environment.

JUMPING RELATED CLASSES

“JUMPING” ON THE FLAT
Wednesdays 6:30pm for Advanced Intermediate 1/B and higher levels
This class will improve riders’ jumping ability and skill. Courses will be built with ground poles and low cavaletti. This class will:
• Improve riders’ sense of distance and timing
• Focus on rhythm, pace and balancing the horse
• Practice “jumping” through looking and without looking
• Assist riders to attain a following and elastic seat and hands
• Strengthen and correct riders’ two point position
• Work on counting strides off of turns and into lines
• Teach a more efficient use of half halts, engaging the hindquarters and getting the horse off of the forehand

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FLAT CLASSES AND SPECIAL INTEREST CLASSES

FLAT, FLAT/ADVANCED FLAT, and ADV. FLAT 1&2
Tuesdays 8:30am (1½ hour class), Tuesdays 7:30pm, Fridays 7:30pm and Saturdays 10am & 11am
When a junior or adult rider reaches the Advanced Intermediate 2 Level (A for Juniors), he/she is given a “Flat” pass. Flat and Advanced Flat classes work on bending, flexion, lateral moves, extensions and collections. In order to advance from Advanced 2 to Advanced 3 (AA to AAA for juniors), riders must complete ten weeks of a Flat class. Once a rider receives a Flat pass, the advancement progression is Flat ➔ Advanced Flat 1 ➔ Advanced Flat 2. Riders may elect not to jump and only follow the “Flat” progression of advancement or may chose to continue along both the jumping level (AI2/Advanced 1 through 4 and A/BB/AA through AAAAA for juniors) and the flat level of progression.

DEVELOPING THE SCHOOL HORSE
Thursdays at 6:30pm and Saturdays at 8am for Advanced Intermediate 2/A and higher levels
This class provides an opportunity for advanced riders to add “training tools and techniques” to their repertoire of horsemanship skills. Riders will help integrate into the lesson program horses that are new to the Stable or need further development. This class will teach riders how to develop their horse’s confidence and understanding of what will be asked of them in their new career as lesson horses. Classes can be walk, trot, and canter with concentration on the gait that is most beneficial to each horse at its current stage of development. Riders will help the horses improve their weaker gaits and maneuvers by progressing slowly and steadily at a rate tailored to each individual horse throughout the ten week session. Students in this class will deepen their understanding of the horse’s mind: how they learn, why they behave the way they do, and how to influence their behavior in a positive and effective manner.

MUSICAL RIDE
Tuesdays 7:30pm and Fridays 11am for C-1/Intermediate 1 and higher levels
This special class will focus on riding to music. Riders will learn how to choose appropriate music, coordinate movements, and then practice the routine they develop.

LOOKING FOR HARMONY WITH YOUR HORSE
Wednesdays 10:00am for Intermediate 1 and higher levels
This is a walk/trot class designed to help develop better balance and oneness with the horse.

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“TAKE IT EASY”
Wednesdays 7:30pm for Intermediate 1/C-1 and higher levels
In this class riders will overcome anxiety with knowledge. This class will concentrate on building confidence – emotionally and physically. Personal attention will be taken to assign riders to one or two horses for the session so you can work on building a sense of comfort and security together. The goal is to relax and have fun.

“CENTERED RIDING”
Thursdays 11am for Intermediate 1/C-1 and higher levels
Through increasing body awareness, inhibiting old patterns, and replacing the old patterns with a more balanced, free, and coordinated use of self, riders and horses in the class will learn to move more freely and comfortably, developing their best performance. Centered Riding, encompassing all seats and styles of riding, is an innovative way of expressing the classical principles of riding, using body awareness, centering, and imagery. It teaches a language that allows clearer communication between horse, rider, and instructor.

INTRO TO DRESSAGE
Saturdays 4:00pm (1st 5 weeks) for C-1/Intermediate 1 and higher levels
Riders will work on producing relaxed, balanced and forward moving horses that bend into the corners and are responsive to aids. Although an introductory class, riders with dressage experience will benefit from the class. The FLSS annual Dressage Show is on April 19th this year.
**Horse Care 101, 102, 103, and 104**

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<thead>
<tr>
<th>Class</th>
<th>Topics</th>
<th>Day &amp; Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>Horse Care 101</td>
<td>the “basics”, including the proper way to handle a horse, groom, and</td>
<td>Thursday, 6:30-8:30pm, Sundays</td>
<td>1st 5 weeks*</td>
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<td>(prerequisite for all</td>
<td>tack up, parts of the horse, saddle, and bridle; breeds, colors,</td>
<td>12-2pm</td>
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<tr>
<td>other Horse Care classes)</td>
<td>basic horse care…</td>
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<tr>
<td>Horse Care 102</td>
<td>continuation of 101</td>
<td>Sundays 12-2pm</td>
<td>2nd 5 weeks*</td>
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<tr>
<td>Horse Care 103</td>
<td>Topics related to horse ownership, including horse selection,</td>
<td>Sundays, 9-11am</td>
<td>1st 5 weeks*</td>
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<td>boarding, equipment, and veterinary</td>
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<tr>
<td>Horse Care 104</td>
<td>Volunteers in training! Focuses on skills needed to be a safe and</td>
<td>Sundays, 9-11am</td>
<td>2nd 5 weeks*</td>
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<td></td>
<td>effective barn volunteer.</td>
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*Please refer to the Lesson Schedule for specific dates; the dates are not the same as the riding lesson dates.*