

Gallop NYC

Welcome to a FUN way to learn about horses and horseback riding

SENIOR SADDLES

Horseback riding lessons

Designed for men and women 55 years and above

RIDERS AND NON-RIDERS ARE WELCOME!

Bond with a horse and learn all about horses and their long partnership with humans. Learn to ride (or improve your riding skills) while gaining strength, balance, and flexibility.

The course will focus on building riding basics, fundamentals of the horse and horse behavior, grooming, mounting and dismounting, tacking, proper position on the horse, different aides used to communicate with the horse, steering, exercises on horseback, halt, walk, trot, canter and transitions between these gaits.

6 Sessions

Tuesdays from October 18 to December 6, 1:30 to 2:30 p.m.
(No lessons November 8 or 22)

(Optional lunch, 12:30, at own cost)

\$300.00 per 6-week session

Payment in full is required with registration

Jamaica Bay Riding Academy
7000 Shore Parkway, Brooklyn, NY

For further information email or phone:

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212 838-3657 or 917 969-3743

GallopNYC uses therapeutic horseback riding to bring new hope and skills to adults and children with various social and physical, emotional and developmental challenges. Riding with certified NARHA instructors riders reach new levels of confidence, coordination, and make new friendships.