

"Pony Pals has been the perfect introduction to riding and horsemanship for my son, Stanton. The children have a great time together riding in the ring or on an occasional trail ride, and make great progress every week."

Allison McDuffie




For more information about our programs and camps, call the stables at 433-3255.  
ocstables@mwrma.com



OC-09-168 JS



# Pony Pals

Horse Program



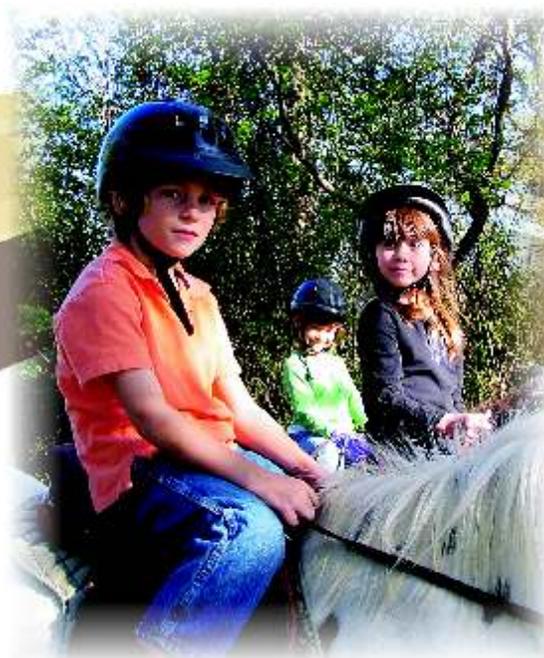
NAS Oceana Stables  
Oceana Boulevard, Virginia Beach, VA  
(757) 433-3255

Pony Pals is a fun, family-oriented way to introduce children to horses! Weekly mounted instruction is offered to children ages five to eight years. Each individual gets to ride a suitable horse or pony for the entire eight-week lesson. Extra events such as trail rides, horseback riding, games, pony scavenger hunt and a mini-horseshow are included in the session.

All of our classes are taught in an arena. In the event of inclement weather, riding classes will be held in our indoor riding arena.



Our highly structured program provides excellent training by certified instructors for the beginner rider. All students learn how to handle themselves around horses and how to keep themselves and their mounts safe. Riders need to bring boots with a heel and smooth sole, comfortable pants, and an ASTM/SEI Certified helmet.



Parents lead ponies in the lessons as they assist their child to ensure maximum safety and control until the children are ready to manage the horse or pony by themselves. Our aim is to keep horse and rider safe and have fun while educating the children about horseback riding.

#### **A Get Started Program - \$240**

The best package for a great introduction to horseback riding for those with little to no horse experience, with a focus on horse and barn safety. The program includes: eight one-hour lessons focusing on safety both on and off the pony. Balance exercises, steering and games ensure maximum skill progression while building self confidence.

#### **Private Lessons (seven & up) - \$35 per hour**

One-on-one instruction for children seven and up. These lessons focus on safety on the ground around horses, and learning horse psychology. Riders learn to correctly "tack-up" (saddling), groom, lead and ride their ponies.

#### **Pony Pals School Break and Summer Camps - \$200**

Monday to Friday, 9 a.m. to noon. We offer Pony Pals Camps based on the student's riding ability and experience. Pony Pals Camp is a week-long day camp that runs from 9 a.m. to noon. The cost of horse camp is \$200.

All camps may be paid for by check, cash or credit card. All check payments are to be made out to "MWR Oceana Stables." MWR's returned check fee is \$30.

