

“Achieve your equestrian dreams – one hoof at a time”

Claire Llewelyn ‘Equigym’ Clinic

Sunday 1st November 2020

At

Grange Farm Equestrian Centre, Wittering Grange, Wansford
By kind permission of Robin and Di Dunlop



Equigym sessions use 15-20 poles in a variety of layouts and are a great way to develop your horse's co-ordination, lift and core stability. We are offering group sessions available for anyone but with priority given to members.

**45 mins group session (no more than 4 people)
£15 members, £20 non-members**

Places will be allocated on a first come first served basis with priority given to members.
Places and times can only be confirmed ONCE PAYMENT has been MADE BY BACS.

Any queries and to book your place, please contact **Angela Lumsdon** on 0779 5261105 or angelalumsdon@outlook.com and complete the application form overleaf

Times will be available on 30th October and will be texted/emailed to you directly and appear on our website.

Attendance is subject to the COVID-19 restrictions at the time and all participants must adhere to the WARC COVID-19 guidance

NB we will need help to set up on Saturday at 3.00/3.30, plus someone in each session to help Claire move poles and also to put away at the end. Ideally this should be people who have a slot – please bear this in mind – we can't run it without help



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Riders Name

Riders Contact Number

Email Address

Horse size:

Name of anyone travelling with you (max 1 person allowed):

Their contact details:

Are you able to help set up the poles on Saturday (approx. 3-4pm)?

Will you be able to stay and help at the session before or after yours to move poles?

Have you seen and read the WARC COVID-19 guidelines:

Signature:

PLEASE DO NOT ATTEND IF YOU ARE FEELING UNWELL

Please for the safety of others:

- Only bring one other person with you (driver/groom/parent or guardian) this person should stay with your vehicle.
- At this time we ask that there are No Spectators.
- Arrive no more than 30 mins before your start time.
- Ensure you park a safe distance from others.
- Leave as soon as possible after your session.
- Do not go onto the Livery Yard area (unless to use the facilities)

Your Personal Information that you supply to us may be used in a number of ways to facilitate your WARC event participation. It should be noted that we are affiliated to the British Horse Society as a British Riding Club. We reserve the right to publish results of competitions on www.witteringacademy.com and in WARC newsletters.

To see our full Privacy Policy, or if you need any further information, please write to us or go to www.witteringacademy.com