

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

# Claire Llewelyn ‘Equigym’ Clinic

**Saturday 26 October 2024**

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 for WARC members only (unless there are spaces).

**45 mins group session (no more than 4 people)**

**WARC Members Only - £15 per session**

**(non members £20 if space allows)**

To book your place, complete the form overleaf and email to Angela Lumsdon on  
[angelalumsdon@outlook.com](mailto:angelalumsdon@outlook.com)

Any queries, please contact **Angela** on 0779 5261105

Times will be available on 24<sup>th</sup> October and will be texted/emailed to you directly

**NB we will need help to set up on Friday at 4.00, 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 and place won't be guaranteed without your offer of support**



**Wittering Academy**  
Riding Club

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**Riders Name**

**Riders Contact Number**

**Email Address**

**Horse size:**

**Have you done Equigym before?**

**Are you able to help set up the poles on Friday (approx. 4pm)?**

**Are you able to help set up the poles on Saturday (approx. 9.00am)?**

**Are you able to help put poles away at the end?**

**Will you be able to help at the session before or after yours to move poles or will you have someone with you who could do this?**