

HOW IT WORKS

TRAINING FEES 2012

(FOR NON-HORSE OWNERS)



HOW DOES IT WORK?

You come for an Assessment Day which is a comprehensive, fun investigation into your current skills. Upon seeing you on three different horses during directed training, video analysis and discussion about your goals and ambitions we will decide which Programme best suits you. Then you can choose the most suitable training option considering the time you have available, the intensity of training required and your overall aims.

The training is based on a system of monthly Training Plans (which comprise a written scheme of work, agreed goals, theory and homework), Training Sessions (which are 2 hours long and involve ridden training, video feedback and theory) and Intensive Training Days (5 hours of equestrian training involving ridden training, theory, video analysis, off horse exercises).

You can train with us on Academy Training Sessions and/or Intensive Training Days on a pay-as-you-go basis without a regular scheme of work, or purchase one of our Training Plan packages.






Riding on a Training Plan is like having a Personal Trainer, who will help you stay focused, provide you with support, give you homework to work on, motivate you, spur you on and help with direction and drive.

Each Training Plan also comes with preferential rates on all lessons, training days, clinics and other Academy training initiatives.

Get started by booking an Assessment Day today, or contact us for more information: www.aspire-equestrian.com

THE PLANS

Our Training Plans (Foundation, Development & Performance Programmes)

Plan Elements	Pay As You Train	Pay As You Train Monthly	3 Months Training Deal	6 Months Training Deal	12 Months Training Deal	
 Assessment Day	£189	£189	£189	£189	£189	
 Monthly Training Plans Written scheme of work, video analysis, equitation theory and performance homework		£100 per month	£90 per month	£85 per month	£80 per month	
 Academy Training Sessions Amount to suit your needs; we recommend one per week	£70 per session	£60 per session	£55 per session	£50 per session	£45 per session	
 Intensive Training Days Amount to suit your needs; we recommend one Intensive Training Day per month	Saturdays	£190 per training day	£170 per training day	£170 per training day	£160 per training day	£145 per training day
	Weekdays	£180 per training day	£150 per training day	£150 per training day	£145 per training day	£135 per training day

BEGINNER RIDERS

Beginner riders start their training with an Introductory Day. The time is designed as an introduction to the sport and aims at building your confidence and competence around horses. The day consists of skill-focused ridden sessions (2-3 depending on your fitness; you don't need any prior preparation, and training intensity will be adjusted to your abilities), rider specific warm up routine, off horse exercises, basic handling of horses and equipment.

You will have an opportunity to spend time with different horses and learn more about their behaviour and habits, which allows for a safe and enjoyable training experience.

The Start Programme is based on a series of lessons and Intensive Training days and can be completed as either of 3 options: on a pay-as-you-go basis, as a Start Package or in the form of Intensive Training.

If taken as one of the first two options, the training will consist of 16 lessons (we recommend weekly training) and 5 Intensive Training Days.

The Intensive Training option might suit riders who can't commit to weekly training and would prefer to spend a day learning once or twice a month. For these riders we offer a Start programme in the form of 11 Intensive Training days, which cover exactly the same content but in a condensed form.

Get started by booking an Introductory Day today, or contact us for more information: www.aspire-equestrian.com

THE PLANS

Training Plans (Start Programme Only)

Plan Elements	Start Training Pay As You Train	Start Training Complete Package	Intensive Training Pay as you Train	Intensive Training Complete Package
 Introductory Day Beginner rider's intro to training. Sport specific warm-up, riding lessons, theory & practice	£175	£175	£175	£175
 Lessons A series of 2 hour lessons following a progressive scheme of work; include stable management and theory	£60 per lesson	£784 (£49 per lesson)	Covered by Intensive Training Days (below)	Covered by Intensive Training Days (below)
 Intensive Training Days Minimum 5 Training Days (11 for Intensive Training Packages) but riders are welcome to book more. Fun, challenging days designed to improve riding fitness, body awareness and feel for the horse.	Saturdays	£175 per training day	£825 (£165 per training day)	£175 each 11 Training Days. 33 hours of ridden training*
	Weekdays	£169 per training day	£795 (£159 per training day)	£1,815 11 Training Days. 33 hours of ridden training*
			£169 each 11 Training Days. 33 hours of ridden training*	£1,749 11 Training Days. 33 hours of ridden training*