



Option 1

Length: 4 hours
Availability: Weekday Mornings
Persons: Minimum 10 - Maximum 30
Cost: \$1,000 per person

Example Timetable of Activities

- U **9.00- Arrival and Welcome** - fitting of safety equipment, rules of the yard and introduction to your day
- U **9.30- Stable Tour** - A qualified instructor will take you on a meet and greet around the yard- you will meet our smallest and tallest residents and many retired racehorses retrained to work in the riding school. Your instructor will demonstrate how to approach horses and what to look for in their body language. They will discuss what they eat, their daily schedules and answer any questions you have.
- U **10.00- Grooming** - During this time your group will be able to experience close contact with our horses and ponies. Here you will be split into groups and assigned a horse to care for. You will learn about body language in the stable and how instincts affect their behavior. Once you have become acquainted with your horse you will be shown how to groom and care for the horse. Working as a team you will deliver care to the horse and learn about the similarities between their bodies and yours.
- U **10.30- Loose Lunging Demo** - Watch as an instructor works the horse in the large O- they will discuss the use of body language, both theirs and the horses, to show how they are communicating and developing their relationship. Watch and learn how communication can be loud and subtle- see which creates the best results, and the importance of clear communication.
- U **11.00- Break** – Water and snack break provided by CEEC.
- U **11.15- Team Building Challenge** – For this exercise you will be split into smaller groups and assigned a horse. Working together as a team, with your horse, you will be set a challenge that the whole team (including the horse!) has to achieve. This section is designed to test your ability to work as a team, to demonstrate your communication skills and understanding of group dynamics. Remembering and using all that has been learnt earlier in the day will help you to succeed in the challenge.
- U **12.00- Riding/Non Riding Option** - For those interested and below our weight limit, this is a chance to experience the feeling of being on a horse. Your group will be taught to mount correctly, hold the reins properly and will also have a short lead rein ride. For those that do not wish to ride or are over our weight limit, there will be another activity arranged.
- U **12.40- Riding Demonstration** – To finish the session the group will have the chance to see one of our instructors ride. Having experienced riding for yourselves you will be able to appreciate the skill level shown as they ride some dressage sequences and jumping exercises.

Option 2

Length: 5 hours
Availability: Weekdays
Persons: Minimum 10 - Maximum 20
Cost: \$1,350 per person

Example Timetable of Activities

- U **9.00- Arrival and Welcome** - fitting of safety equipment, rules of the yard and introduction to your day
- U **9.30- Stable Tour** - A qualified instructor will take you on a meet and greet around the yard- you will meet our smallest and tallest residents and many retired racehorses retrained to work in the riding school. Your instructor will demonstrate how to approach horses and what to look for in their body language. They will discuss what they eat, their daily schedules and answer any questions you have.
- U **10.00- Grooming and Leading-** During this time your group will be able to experience close contact with our horses and ponies. Here you will be split into groups and assigned a horse to care for. You will learn about body language in the stable and how instincts affect their behavior. Once you have become acquainted with your horse you will be shown how to groom and care for the horse. Working as a team you will deliver care to the horse and learn about the similarities between their bodies and yours. This will be followed by basic ground work with your horse. You will learn how to lead and control the horse from the floor using body language and voice commands.
- U **10.45- Loose Lunging Demo** - Watch as an instructor works the horse in the large O- they will discuss the use of body language, both theirs and the horses, to show how they are communicating and developing their relationship. Watch and learn how communication can be loud and subtle- see which creates the best results, and the importance of clear communication.
- U **11.15- Team Building Challenge** – For this exercise you will be split into smaller groups and assigned a horse. Working together as a team, with your horse, you will be set a challenge that the whole team (including the horse!) has to achieve. This section is designed to test your ability to work as a team, to demonstrate your communication skills and understanding of group dynamics. Remembering and using all that has been learnt earlier in the day will help you to succeed in the challenge.
- U **12.00- Lunch Break** – Drinks, snacks and pizza provided by CEEC.
- U **12.45- Riding/Non Riding Option** - For those interested and below our weight limit, this is a chance to experience the feeling of being on a horse. Your group will be taught to mount correctly, hold the reins properly and will also have a short lead rein ride. For those that do not wish to ride or are over our weight limit, there will be another activity arranged.
- U **1.30- Riding Demonstration** – To finish the session the group will have the chance to see one of our instructors ride. Having experienced riding for yourselves you will be able to appreciate the skill level shown as they ride some dressage sequences and jumping exercises.



Option 3

Length: 8 hours
Availability: Weekdays
Persons: Minimum 10 - Maximum 20
Cost: \$1,750 per person

Example Timetable of Activities

- 🕒 **9.00- Arrival and Welcome** - fitting of safety equipment, rules of the yard and introduction to your day
- 🕒 **9.30- Stable Tour** - A qualified instructor will take you on a meet and greet around the yard- you will meet our smallest and tallest residents and many retired racehorses retrained to work in the riding school. Your instructor will demonstrate how to approach horses and what to look for in their body language. They will discuss what they eat, their daily schedules and answer any questions you have.
- 🕒 **10.00- Grooming** - During this time your group will be able to experience close contact with our horses and ponies. Here you will be split into groups and assigned a horse to care for. You will learn about body language in the stable and how instincts affect their behavior. Once you have become acquainted with your horse you will be shown how to groom and care for the horse. Working as a team you will deliver care to the horse and learn about the similarities between their bodies and yours.
- 🕒 **10.30- Ground Work** – Working in the same groups with the same horse you will now learn how to lead and control the horse from the floor using body language and voice commands. The instructor will provide a demonstration first and then you will work through exercises in the arena moving the horse forwards, backwards, sideways all without force. You will learn how to communicate with and understand the horse to create the desired response.
- 🕒 **11.15- Break** – Water and snack break provided by CEEC.
- 🕒 **11.30- Loose Lunging Demo** - Watch as an instructor works the horse in the large O- they will discuss the use of body language, both theirs and the horses, to show how they are communicating and developing their relationship. Watch and learn how communication can be loud and subtle- see which creates the best results, and the importance of clear communication.
- 🕒 **12.00- Team Building Challenge** – For this exercise you will be split into smaller groups and assigned a horse. Working together as a team, with your horse, you will be set a challenge that the whole team (including the horse!) has to achieve. This section is designed to test your ability to work as a team, to demonstrate your communication skills and understanding of group dynamics. Remembering and using all that has been learnt earlier in the day will help you to succeed in the challenge.
- 🕒 **1.00- Lunch Break** – Drinks, snacks and pizza provided by CEEC.

Option 3- Continued



- U **2.00- Grooming and Preparation for Riding** - As the horses have had their lunch break and possibly been out in the paddock you will begin after lunch with another grooming session- this time you will learn about health checks and bonding whilst grooming. Once the horses are clean and ready you will then learn about prepping for riding. The instructor will introduce you to the horses tack, how to fit the saddle and bridle, and then tack the horse up. After the demonstration you will then work as a team to prepare your horse for riding.
- U **3.00- Riding/Non Riding Option** - For those interested and below our weight limit, this is a chance to experience the feeling of being on a horse. Your group will be taught to mount correctly, hold the reins properly and will also have a short lead rein ride. For those that do not wish to ride or are over our weight limit, there will be another activity arranged.
- U **4.00- After Riding Care** - Once you have finished your riding session you will then repeat the tacking up process in reverse- this is called un-tacking. Once your horse has been un-tacked you will take him for wash down in the wash bay being supervised by the instructor.
- U **4.30- Riding Demonstration** – To finish the session the group will have the chance to see one of our instructors ride. Having experienced riding for yourselves you will be able to appreciate the skill level shown as they ride some dressage sequences and jumping exercises.

PLEASE NOTE- All of the above are example timetables of activities and any part of the timetable is subject to change. We are able to tailor make an experience for your group- regardless of size of group or length of time you have available.

Conditions:

- *A non-refundable deposit of 50% of total fee is payable at the time of booking. After receipt of this, attendees may be added (within reason & assuming availability) but may not be reduced. In the event that CEEC cancels the booking due to incremental weather conditions, the deposit will remain valid for bookings for up to 12 month period*
- *In the event of postponement by the client, the deposit will remain valid for a 12 month period and CEEC guarantee to offer a minimum of 3 alternative dates. In the event that the client does not accept these dates, the deposit will not be returned to the client.*
- *Final numbers and full payment is due 14 days prior to the event – after this date, cancellations are not accepted.*
- *CEEC do not allow clients weighing more than 80kg to ride a horse. This is non-negotiable.*
- *All other CEEC restrictions apply – full details are listed on the CEEC website - www.ceec.hk. Alternatively these can be emailed to you upon request.*