

Arrow Equestrian Booking Form

Course & Date(s) _____

Name _____

Tel _____ (day) _____ (evening)

e-mail address _____

Address _____

County and Post code _____

Contact name and Tel in case of emergencies _____

On site accommodation *YES/NO *Single/Shared No of people _____

for the nights of _____

Stabling for your own horse *YES/NO *Straw/Wood Pellets

for the nights of _____

Please read both sides of this form carefully and sign below.

We recommend that all participants have their own personal accident and injury insurance.

All participants must be members of the "Arrow Equestrian Club"

Full membership (includes the use of Arrow horses) £35pp pa Joint Full membership £50 pa

Friend (excludes use of Arrow horses) £20 pp pa

Temporary/Day membership (includes the use of Arrow horses) £10pp per day

I understand that riding is a risk sport and participation may hold potential danger and that all horses may react unpredictably on occasions. I acknowledge that I participate in "Arrow Equestrian" activities at entirely my own risk and that no responsibility can be accepted by the organisers nor any person connected with Arrow Equestrian or Weston House Farm for any accident, injury, illness or loss or damage to property or person howsoever caused. I also acknowledge that while under instruction, I have the right to choose not to participate in any exercise or activity offered.

I enclose a **non refundable booking fee of £30 per person per day (unless otherwise stated in the course information)** and understand that this can only be refunded in the unlikely event that the course is cancelled by the organisers. The balance is payable on the day. All cheques payable to "**Arrow Equestrian**"

***I am a paid up member of Arrow Equestrian**

***I enclose a signed membership form and the appropriate fee**

(*delete where not applicable)

Fee enclosed £ _____ Plus membership if applicable £ _____

Signed _____ Date _____

Please complete this form, printing CLEARLY, and return it with your booking fee to: Sue Nevill-Parker
Arrow Equestrian, Weston House Farm, Pembridge, Herefordshire, HR6 9JE

Arrow Week 2011 - Booking Form

Name _____ Tel: _____

Address _____

Please tick which days you are attending -

Sunday Monday Tuesday Wednesday Thursday Friday

Please indicate the number of sessions you want

(Write AH if you want an Arrow horse)	Cost	Number	Total Cost
Lunge rider 30min	£30	_____	_____
Private dressage 30 min	£30	_____	_____
Private dressage 45 min	£45	_____	_____
Ridden Alexander 45 mins (Felicity, Wed/Thursday only)	£45	_____	_____
Group jump	£20	_____	_____
Group flat work	£20	_____	_____
Group dismounted session (Delete as necessary	£15	_____	_____
		Monday/Tuesday/Wednesday/Thursday/Friday)	
Video feedback (Sarah MP (Bring your own VHS Tape or camera)	£48	_____	_____
Private Alexander session (Chris, Sun/Mon only)	£40	_____	_____
Private Feldenkrais/Pilates (Tues - Fri, Sarah MP)	£40	_____	_____
Private Feldenkrais/Craniosacral (Joy)	£40	_____	_____
“Blackberry” lesson 30 mins – Sue NP	£24	_____	_____
“Blackberry” lesson 30 mins – Joy	£24	_____	_____
Long reining/Work in hand 45 mins (Joy)	£45	_____	_____
Massage/Lunge horse 30 mins (Sue A)	£30	_____	_____
TTEAM 30 mins (Joy)	£30	_____	_____
DIY stabling per day	£15	_____	_____
Optional grooms fee per day	£10	_____	_____
Total	£	_____	_____
Deposit Paid	£	_____	_____

All booking forms should be returned to Susie together with the booking fee of £30 per person per day unless already paid.

Cheques made payable to Arrow Equestrian

Susie Nevill-Parker, Curlew Cottage, Weston, Pembridge, Herefordshire, HR6 9JE

Arrow Week Sunday Aug 1st - 6th 2011
Information and Booking Conditions

- 1 The booking fee is £30 per day, Monday – Friday. Sunday is a **non riding** day but dismounted Alexander Technique with Chris English will be available in the afternoon. All participants to be Arrow members.
- 2 Stabling, including day boxes must be booked in advance and costs £15 per day. (DIY, straw, wood pellets £5 extra per bag, bring all your own feed stuff, haylage is available at £2 a day)
- 3 If you would like lessons on Arrow horse, please mark “AH” on the form
- 4 Dismounted sessions with Feldenkrais, Pilates, Craniosacral and Alexander are approx. 1 hour. Alexander Technique with Chris English is only available on Sunday afternoon and Monday.
- 5 Additional “Blackberry” sessions (equine simulator) may be used by teachers in addition to other mounted or dismounted session. These will be charged according to time “in the saddle” at a rate of £1 per minute. However, full 30 minute sessions with either Sue NP or Joy (to include Feldenkrais), at £24 should be booked on your form
- 6 **Additional Theory and Demos**
Additional sessions may be arranged during the week but here is a provisional programme:
Monday am “Exploring learning styles” Pre course workshop with Sue A
pm Group Feldenkrais – Joy
Tuesday - Exercises for the Rider – Sara Ann C
Wednesday - Group Feldenkrais – Sarah MP
Thursday - Group Pilates – Sarah MP
Friday “Exploring learning styles” Post course workshop with Sue A
- 7 Sarah Merriam Pierce will give private video feedback sessions to include some specific exercises for you. **Please supply your own VHS tape or camera**
- 8 Tea, coffee biscuits and cake are provided but please bring all your own supplies for all other meals. The units have full S/C facilities and there is a fridge and microwave in the stables.
- 9 All participants are expected to contribute to the stable work and caring for “your” horse including tacking up, washing down, tack cleaning, etc.. but there will always be someone on hand if you need some help or guidance. If your stable work is truly awful, (ie has to be done again), or non existent or you really don’t want to do it, there will be a grooms fee of £10 a day added to your bill at the end of your stay.