



# Riding With Pony Club

How riding with us will have a positive impact on your life

Horse riding is great exercise, teaches valuable lessons and, most importantly, is really fun! At Pony Club Australia, we believe that horse riding can be for everyone, regardless of age or experience level. Whether you are looking to ride competitively or just for fun, you will find value in our community. We have over 800 Clubs and a growing number of Accredited Riding Centres in every state.

## BENEFITS OF HORSE RIDING



**Horse riding is great exercise.** Staying on a horse with proper posture requires virtually every muscle group to be consistently working. A safe and healthy workout for all ages.

**Horse riding teaches important life lessons and soft skills.** Patience, resilience, trust, communication, and empathy are just a few soft skills that are required of equestrians.



**Horse riding gives you the chance to get outside.** While riding your horse, you will get fresh air and sunshine, limit screen time and connect with the outdoors.

**Horse riding is a social activity.** Bond with your horse and meet other riders who share in your passion. Our Clubs and Centres arrange a wide variety of social activities for members.



**Build a relationship with your horse whilst taking some time out.** Forming a strong bond with an animal improves your mental health and wellbeing.

**Care for your horse.** Learn about biology and psychology, as well as horse behaviour. This includes how to find the right balance of food, how to groom your horse, first aid and all of your horse's other needs.



From helping you make new friends with similar interests to bonding with your horse and staying safe, Pony Club Australia has everything you need. Whether you are brand new to horse riding or you have been riding for decades, our membership benefits can help you and your horse have the best experience possible. Contact us for more information.