

PONY CLUB AUSTRALIA

**A life with horses
starts here**



PONY CLUB
AUSTRALIA



Contents

Pony Club Australia: A Life With Horses Starts Here	01
Benefits of horse riding	02
Pony Club Australia activities	03
Our commitment to safety and excellence	04
Ride with us	05





Pony Club Australia: A Life With Horses Starts Here

Pony Club Australia is the largest and oldest equestrian organisation in the country, with **over 800 Clubs** and a growing number of **Accredited Riding Centres** in all states. Our organisation provides horse lovers of all experience levels a place to ride and learn together, as well as to bond with horses.

Whether or not you own a horse, you are welcome at Pony Club Australia. You can ride one of our horses at a Centre in your state, or you can bring your own horse to one of our Clubs. Either way, our expert coaches will ensure that you get the most out of your membership with us.

Our internationally recognised **Syllabus of Instruction**, newly updated with Equitation Science, provides riders with attainable goals for advancement. We treat riders like trainers, giving them the tools they need to maintain rider safety and horse welfare.





Benefits of horse riding

Horse riding is incredibly beneficial for mental, emotional and physical health. It also improves technical and soft skill development. Oh — and it's fun!

Riding a horse requires working virtually every muscle group. It's a fantastic workout for developing strength, balance and stamina, and that's just for the rider. Horses also benefit by getting ridden exercise, improving their health and increasing their lifespans.

Horse riding also teaches valuable life lessons and skills. Learning to ride a horse requires patience, mindfulness and resilience, while improving your practice requires determination and curiosity. Forming a bond with your horse helps to develop empathy and communication.

Very few sports or activities involve caring for an animal — that's one of the things that makes horse riding so special. Horses can improve your mental health. Riding gives you a sense of purpose and belonging, as well as the opportunity to connect with an animal.





Pony Club Australia activities



At Pony Club Australia, we believe in the power of community. Engaging with your fellow riders can inspire you to be the best equestrian you can be. Our members get the opportunity to socialise with like-minded people at our activities and competitions.

For riders who like to compete, our Clubs provide competition opportunities for various skill levels. You can participate in a range of Olympic and non-Olympic horse sports that correspond with your experience level.

If you're interested in recreational equestrian activities, we have those too! We host social events at our Clubs and Centres for our members to get to know each other. We even host annual Pony Club camps at some locations, and we have opportunities for International exchanges.





Our commitment to safety and excellence

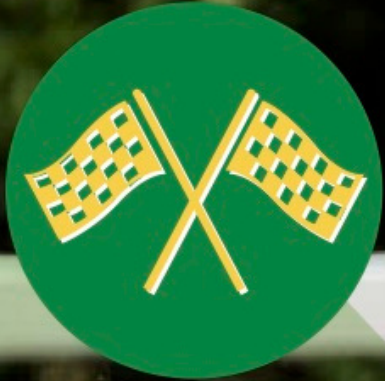
All sports involve some degree of risk. That shouldn't prevent you from trying horse riding. Pony Club Australia ensures that all of our members are equipped with the training and insurance cover they need to ride safely.

As a member of one of our Clubs, you will receive 24/7 insurance coverage. A Centre membership includes insurance coverage whenever you are riding a horse at one of our Centres.

Our coaches provide members with evidence-based education about horse care and training so that you have the knowledge to ride safely and take excellent care of your horse.

At Pony Club Australia, your safety and your horse's well-being are our top priorities.





Ride with us

At Pony Club Australia, we believe that new and experienced riders alike can always learn and grow.

If your goal is to make new friends with similar interests, you can socialise with like-minded people at one of our events. If you want to take your horse riding skills to the next level, our coaches can get you there. If you want to try horse riding for the first time but aren't sure where to start, we can help you begin your journey.

Horse riding is for everyone. It's good for you, it's fun and it makes you a better person. Come ride with us so we can show you what a life with horses is like.



PONY CLUB

AUSTRALIA

ponyclubaustralia.com.au

