

Lessons are indoors in our heated classroom and are taught by Jacqui McCloskey. You may bring your own saddle. Dress as though to ride (minus the helmet) with a form fitting top.

Contact Jacqui at 781-413-5137 to schedule your lesson time!

Satucket Hill Stable
c/o Jacqui McCloskey
33 Burkhall St
South Weymouth, MA 02190



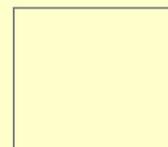
Tune up for Spring Rider Development Lessons

Taught by Jacqui McCloskey
and featuring
“Bombproof”



Satucket Hill Stable
512 Bridge St
East Bridgewater, MA 02333

Jacqui cell: 781-413-5137
Barn: 508-378-2547
E-mail: jacqui@satuckethillstable.com



Satucket Hill Stable
www.SatucketHillStable.com



Oh, New England Winters! One day it's mild, the next there's a snowstorm, a week later there's torrential rain followed by an arctic freeze. Even the hardest riders find it difficult to work their horse's on a consistent basis. Some of us pull their shoes, let them get hairy and wait it out until the first crocus appears.

Here is an opportunity to keep "riding" when you can't ride your real horse. This is the closest thing to a longe lesson to **maintain fitness, build core strength and further develop an effective position in the saddle.**

By nature, we (and the horse) are asymmetrical. To quote Olympic equestrian Kyra Kyrklund "Only a rider who can sit balanced can create a balanced horse".

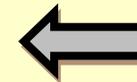
Nothing in our body works in isolation; every part, even the way you carry your head, has an effect on the feel of the seat in the saddle. If we don't train our bodies to be even on the horse our requests become difficult, if not impossible, for the horse to carry out.

Meet the New Addition to the herd
His name is Bombproof, and he's an Equicizer. He is a stationary mechanical horse. His movement is maintained by the rider's active seat: building strength, stamina and flexibility.



Bombproof's head and neck move to encourage riders to connect through the reins and follow with their arms. Bombproof can carry any type of saddle, or can be ridden bareback. Bombproof is an excellent confidence builder as well. You can put your full attention on making adjustments without worrying about him bucking, shying, rearing, bolting, or getting crooked and out of control.

The Equicizer was developed by Frank Lovato Jr., a professional jockey for 25 years. Frank was recovering from an injury and created the Equicizer to help him get back into condition for racing.



Tobey Maguire learned on an Equicizer for the movie *Seabiscuit*. The close-up scenes of Tobey riding were filmed with him on the Equicizer. Horsemen such as Jane Savoie, Stacy Westfall, Betsy Steiner and Craig Cameron utilize the Equicizer in their teaching and riding programs.