



RIDGE RUN VAULTERS

Our Goals

- Safety and positive encouragement in both life and sport
- Growth in personal confidence, responsibility, team work, horsemanship and physical fitness
- Learn to set and achieve goals: specific, measurable, achievable, realistic, timely



Why Vaulting?

No prior experience with horse, dance or gymnastics necessary! Just a love for the sport. Vaulting combines horsemanship, athleticism, and artistry for both individuals and teams. Vaulting promotes flexibility, balance, rhythm, and harmony with the horse. During the lesson the horse is controlled by a handler (lunger), and the vaulter is taught and assisted by the coach. This gives the vaulter confidence and security as they try new moves. Even the beginning vaulter is able to master several exercises in the first lesson, fostering a sense of accomplishment. As vaulters progress, greater physical training will be required for further mastery of both compulsory and freestyle moves. Vaulting calls for suppleness, strength, and mental discipline in increasing amounts as vaulters grow in their sport. Vaulting offers creative expression through music interpretation and uniform design. Teamwork is emphasized both in warm-up, training, and the development of team freestyle routines.

Winter 1/2 Vaulting

- Ground work, stretching, strength training
- Practice on the vaulting barrel/"fake practice horse"
- Vaulting on a moving horse
- Working with a partner or small group



Open Vaulting (all levels) days/time vary when temps 40F+

Level 1 (Walk - Preliminary Trot) 4:30-6:00pm Sundays

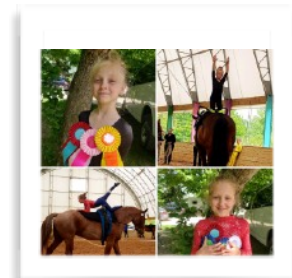
Level 2 (Trot - Novice Canter) 4:30-6:00pm Sundays

Performance Team Prep (All Levels) Tuesdays 5:45-6:30, 6:30-7:15;
concurrent registration or prior experience in a Level 1/2 skills class required

NOTE: Winter 1/2 classes held indoors at the Main House (Tuesdays) or Greater Toledo YMCA Gymnastics Center (Sundays), 12745 Eckel Junction Road, Perrysburg.

Winter 1/2 Pricing

- \$15 drop-in (no horse), \$20 drop-in (with horse) Dec -April



Get Involved!

Ridge Run Vaulters, an American Vaulting Association Member Club, is seeking new members and parent volunteers. Everyone can vault! Opportunities to attend vaulting skills clinics given by regional coaches, or travel to Regional and National competitions on the barrel, horse, or both!



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~ ridgerunperrysburg.com ~ Follow us on Instagram @RRVaulters