



# COME AND TRY EQUESTRIAN VAULTING!

**EVER WANTED TO TRY GYMNASTICS AND/OR HORSE RIDING? WHY NOT  
COMBINE THEM!**

**Equestrian Vaulting** is the combination of skills involved with **Gymnastics**, **Dance** and **Acrobatics** whilst being performed on a horse – yes, a **REAL MOVING** horse! Equestrian Vaulting highlights the importance of **team work** and promotes positive **sportsmanship** skills that combine a range of abilities such as **strength**, **flexibility**, **balance** and **harmony** with the horse in a fun environment – the best part you don't even need to own your own horse to participate!

## SESSION INFORMATION

**COST:** \$20 Online Bank Transfer prior to session to secure your spot – contact Ellen for booking details

**TIMES AND DATES (Sessions run for 1hour):**

- Tuesday 24<sup>th</sup> September 10am-11pm
- Saturday 28<sup>th</sup> September 9am-10am and 1-2pm
- Sunday 29<sup>th</sup> September 11-12pm

**WHAT TO BRING:** RUNNERS, ACTIVE WEAR, E.G LEGGINGS

**OPEN TO:** SUITED TO 8+ IN AGE, ALL ABILITIES, ALL LEVELS. NO EXPERIENCE IN DANCE, GYMNASTICS OR HORSE RIDING NECESSARY.

**LIMITED SPOTS AVAILABLE! GET IN QUICK AS SPACES ARE FILLING QUICKLY**

Ellen Vincent is an Accredited Equestrian Australia Vaulting Coach and International level Competitor, Coach and Lunger

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