



Älmhult Linnébygden's Ridklubb  
Bockatorp 2  
343 90 ÄLMHULT

## Welcome to Älmhult Linnébygden's Riding Club!

Älmhult Linnébygden's Riding Club is a non-profit-making association with about 350 members. The riding club has at its disposal about 18 horses and ponies. The educational level of the horses and ponies is in jumping LC-LB and in dressage up to LB-LA. We have about 30 riding lessons/week, for both beginners and more advanced riders. In the end of the terms there are riding camps and crash courses. For riders with their own horses there are regular trainings in both jumping and dressage.

### Personnel Spring 08

Stable manager: Ulla-Britt Stövegård.  
Riding instructor/administrator: Sara Svensson.  
Substitute instructor: Emma Held  
Substitute instructor: Lina Löfgren.  
Substitute instructor: Ulrika Wahlgren.  
Porter: Jan-Erik Green, Johnny Lange.  
Stable: Britt Dahlström, Bea Johansson  
We also sometimes have trainees.

### Riding lessons at ÄLiRK

Our lessons are 30, 45 or 60 minutes long. Each term there are two theory lessons for all riding groups. There are also possibilities to join a riding tour in the surroundings. For beginners the lessons are divided in two: 30 minutes theory and 30 minutes riding. We think it's important that the riders from the very beginning get to know how to handle the horses and also get the basic theoretic knowledge. The riding club arranges also certain courses and activities for riders with their own horse/pony.

### Membership

When you ride at the riding club in Älmhult you have to be a member of ÄLiRK and will then automatically get an accident insurance. The membership fee must be paid every year.

If you are under 26 years old you are automatically a member of the youth section of ÄLiRK. This section arranges different activities and projects for the members. Take a look for activities on the notice board in the stable or in our site [www.alirk.se](http://www.alirk.se).

### Equipment

Whenever you ride at the riding club it's **compulsory** to use an approved riding helmet, and if you are younger than 18 years old, it's also **compulsory** to use a security waistcoat. You can borrow riding helmets and security waistcoats at the riding club.

If you are a beginner; remember to use:

- Boots with a heel and a smooth sole
- Soft pants without hard seams
- Gloves of some kind

And after a while, buy a good approved helmet of the correct size. If you have long hair - remember to arrange it in a ponytail or plait when you ride. You should not use rings or big earrings either to prevent getting caught.

### Registration

Please arrive to the stable half an hour before your lesson starts – or at least 15 minutes before, so you have enough time to see which horse/pony you are going to ride and maybe make the horse ready for the lesson. Which horse you will ride is written on the whiteboard outside the office in the stable. The personnel decide which horse/pony you will ride each lesson so it should be fair for everyone, and you learn more when riding different horses/ponies on your lessons. Most days of the weeks there is a leisure leader at the stable to get help from if you need it.

**If you have to cancel your riding lesson, you must tell us in time to be able to ride another lesson instead. At latest 13.00 the day of your lesson we have to have your cancellation (you can leave a message on the answering machine).**

### **Ride another lesson if you cancel your ordinary lesson**

This is a service we give our customers, if you of some reason cannot ride at your ordinary lesson. If you have cancelled in time (see above) there is a possibility to ride in a similar group when there is room. If you haven't cancelled your lesson you don't have this possibility. The riding staff will help you to sign you up on another lesson. If you have cancelled a theory lesson, you can only take part in another group having theory – not another riding lesson.

If you don't show up at the new occasion, the lesson is "consumed".

Try to use this service as soon as possible after your cancellation of your ordinary lesson. At the end of the terms it's more difficult to get a spare place in a group. You can also ride **before** your ordinary lesson if you know in advance that you cannot participate. Talk to our personnel.

### **Payment**

All riding lessons are invoiced in advance. You pay according to the latest invoice date each term. If you want to split the invoice in two, please contact the office.

New from autumn 2006: If you are registered on more than one lesson per week you'll get **5% discount** of the price of the cheapest riding lesson. The same rule is for families with more than one member riding in ordinary riding groups.

**Remember when you do a registration to a group you undertake to pay the fee for all lessons that term.**

(You are a junior the whole year of your 18<sup>th</sup> birthday)

The trainings for riders with their own horse/pony in jumping and dressage – see separate information.

### **Membership fee**

Family	500: -/year
Senior	250: -/year
Junior	150: -/year

### **Information**

Take a look regularly at the clubs website, [www.alirk.se](http://www.alirk.se) and when you are in Bockatorp; at the notice board in the stable.

### **Telephone numbers**

Office/stable: 0476-71446 ( please leave a message if we cant answer the phone )

**Last but not least – we wish you a very welcome as a member and rider in  
Älmhult Linnébygden's riding club!**