

Saddle Up at Ste. Anne's and Learn to Ride

October 29, 2013



GRAFTON, ON ([RPRN](#)) 10/29/13 — Our [Equine Program](#) lets our guests experience as much or as little of what it would be like to live on a horse farm. From mucking the stables, grooming the horses or helping with the evening turn-in, slip on a pair of overalls, pull up those rubber boots and let the

bonding begin. Book some grooming time with one of the horses and let our stable's caretaker, and certified riding instructor, Kareylee White show you how to brush its coat and mane, pick its hooves, and massage sore muscles.

For the more ambitious horse lover, Ste. Anne's offers guests the [Learn to Ride](#) Program. Guests take part and complete eight horsemanship levels to eventually obtain their certificate, beginning at the stables where guests will get to know their horse and eventually progressing to mastering the trot within our new arena.

The Ste. Anne's stables are south of the Main Inn and it is here that riding coach Kareylee will guide guests through the eight levels. Each level may take one or more sessions, or in some cases, multiple levels during one session – it is truly dependent on the riders' ability. Kareylee will issue your certificate of completion for each level after you have mastered it and passed a test.

Learning at your own pace, guests can choose to book consecutive 2-hour sessions (\$140) each time they visit the spa or book a 4-night stay that includes 5 sessions (\$600) – whichever works best during your stay.

The eight horsemanship levels are:

Level I – Getting to know your horse

Level II – Tacking, Whoa & Go

Level III – Controlling your horse

Level IV – Gait and 2-point position

Level V – Intro to trotting

Level VI – Practice trotting

Level VII – Master Trotting

Level VIII - Diagonals

To register for this program, please call 888-346-6772. You may participate in the program while visiting on a [Day Spa](#) or [Overnight](#) stay which also includes a \$120 spa and wellness allowance, meals and complete use of our facilities.

Media Contact Name: Marijo Cuerrier

Media E-mail: marijo.cuerrier@steannes.com

Media Phone: 905-349-3704 ext. 2004

Media Web Address: www.steannes.com

Main image credits: Kyle Hylton

About the author:

Since 1985, Ste. Anne's Spa has catered to the needs of its guests by creating an inviting and comfortable environment that focuses on rejuvenating your body and soul. The Main Inn and Ontario Spa Cottages are nestled across over 400 acres of scenic, rolling countryside; each uniquely appointed accommodation features its own style and amenities. More than 35 rejuvenating spa treatments revitalize and soothe the senses while our culinary team creates scrumptious cuisine which delights the palette.

Filed Under: [CANADIAN NEWS](#), [Lifestyle](#), [PRESS RELEASE](#)

RUSH PR NEWS newswire and press release services at rushprnews.com /
Anne Howard annehowardpublicist.com

Content- Legal Responsibility - All material is copyrighted - You may repost but you MUST link back to the original post on your page and acknowledge Rush PR News as the news source. Rush PR News is not legally and/or morally responsible for content of press releases, opinions expressed or fact-checking.

Rush PR News cannot be held legally responsible for material published and distributed through its newswire service or published in its press-room and therefore cannot be sued for published material. Third-party must be contacted directly to dispute content.

Rush PR News is not the contact for material published.