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Back to Basics...

Learn Horseback Riding with Kamarindi Riding Club

Rustenburg – There are usually a few things that people wish to do before they kick the bucket... For some, climbing Mount Everest is the top of the list, while others want to see the ancient pyramids, while some want to learn to ride a horse. Many people have been fortunate enough to learn how to ride a horse at a very young age and they usually enjoy this talent for the rest of their lives. For others, this is only a dream, a dream that is not that far-fetched...

If you live in and around Rustenburg – and wish to learn the basics of riding a horse – you should definitely visit the Kamarindi Riding School.

Situated about five kilometres from the Rustenburg CBD (along the Old Pretoria Road), the riding school will equip you with just about everything you need to know about horse riding – from the basics of how to get onto a horse, to the more complex and professional moves of making a horse jump over hurdles and other barriers.

“Anyone can learn how to ride a horse. It is not as difficult as people think it is,” says Wilma Larson, an instructor at the riding school. She should know – after all, she has been involved with horse riding for the past 33 years.

Established some 13 years ago, Kamarindi Riding School is open to anyone 3-years-and older – as long as they have a love for horses.

“Kids from three years old are able to ride a horse. The lessons vary according to the age and experience of the learner. For kids aged between 3 and 6, thirty minutes constitute a single lesson while we can go up to an hour for older kids,” explains Wilma.

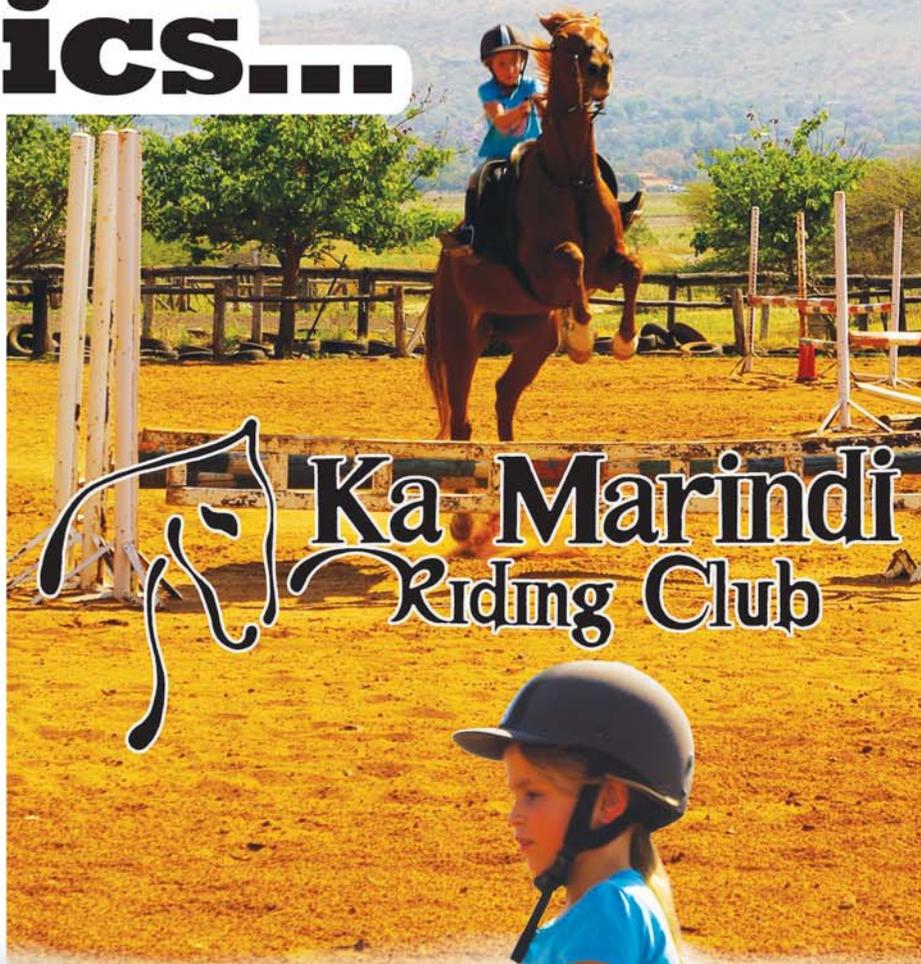
At the moment, the school tutors 40 students. “We teach them about balance, co-ordination and how to ride. We also teach children with disabilities and we have noticed that the training helps them to cope better with their individual challenges.”

After learning about the basics of horse riding, a person can add to his/her skills and pursue the sport as a career.

“We also provide training in show jumping and equitation. Some of our students have gone on to perform at top-notch events in Johannesburg and other parts of the country,” said Wilma, who will soon accompany one of her students on a trip to Mauritius to represent South Africa in an international event.

“In South Africa, the sport is constantly gaining momentum. However, we need more support so that we can compete at the same level as our counterparts in developed countries.”

For more information, you are more than welcome to contact the Kamarindi Riding School at 072 440 1312 or pop an email to deltat@mweb.co.za.



‘Longest Breakfast Table’ om die draai!

Rustenburg – Die Waterfall Mall se Longest Breakfast Table is om die draai, en hierdie jaar beloop dit om weer ‘n skitter geleentheid te wees! Moenie vergeet nie! Maak sommer nou ‘n aantekening in jou dagboek, en bespreek sommer vandag nog kaartjies!

Die doel van die Waterfall Mall Longest Breakfast Table, is om fondse in te samel vir Rustenburg Charities Unite, ‘n samevoeging van ‘n paar welwillendheidsorganisasies. Organisasies wat hierby baat

vind is CANSA (Cancer Association of SA), FAMSA (Family & Marriage Association of SA), Kindersorg, Future Visions, Spes Bona, Ondersteuningsraad asook die CMR (Christelike Maatskaplike Raad).

Waar? Waterfall Mall
Wanneer? 18 Oktober 2011
Tyd? 08h00
Prys? R85 per persoon (sluit ontbyt in)
Styl? Awesomeness!
Meer Info? Karlien (083 632 0123)



LONGEST breakfast table
18 Oct 2011