

West Wind Stables **NEWSLETTER**



Warmer days are finally here, and before long the grey grass and bare trees will be full of color! With the nicer weather we can get outside to soak up vitamin D and breathe the fresh air. Our outdoor ring is officially open for riding, and the coaches can't wait to teach in the warm sun.

This summer our goal is to ride outside as often as possible, so please come prepared to be outdoors for your lessons. Helpful reminders to pack in your riding bag:

1. Drive slowly — 15 km/h on the driveway. Horses and riders will be crossing; slower speeds keep everyone safe.
2. Dress for the weather — lighter layers are great, but please respect the sport: no crop tops or spaghetti-strap tanks. Clothing should provide full coverage of the upper body.
3. Bring a water bottle. Hydration is essential. The small cups at the water cooler aren't sufficient or eco-friendly for a full lesson.
4. Wear or bring sunscreen to protect your skin during outdoor lessons.
5. Bring bug spray. Insects will be here soon — a spray helps keep both riders and horses comfortable.

Cabin trips and summer vacations are coming up fast. Please let us know any schedule changes for the next few months as soon as possible so we can plan accordingly.

RIDER PROFILE

Introducing...JOY

How long have you been riding?
I've been riding for about 2 years.

How often do you ride?
I ride once a week.

Who do you ride currently & who is your favorite horse and why?

I've been riding Echo a lot lately and he's been my favourite horse so far because he listens well and he's very energetic.



What benefits have you found you have noticed from riding?

I've noticed that riding helps with my balance and flexibility when I'm doing other sports.

What would you tell someone who has never ridden a horse before or who might be considering riding lessons?

I would recommend starting with the summer camp at West Wind Stables to learn the basics and have someone help them before they take lessons.



DID YOU KNOW...

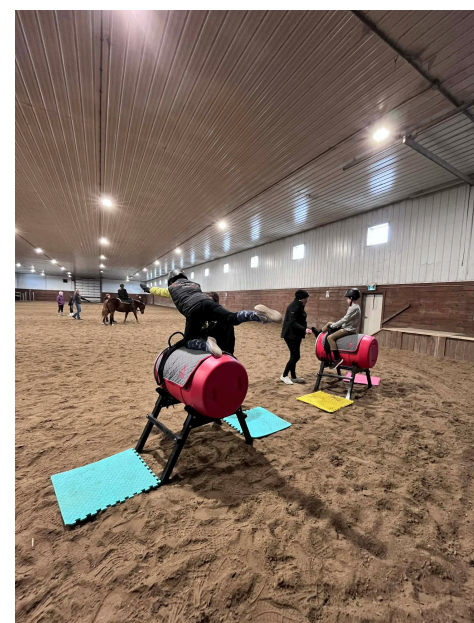


You should replace your helmet every 5 years. Even if you haven't had a fall. Over time the materials inside can breakdown from regular wear, perspiration and even UV rays when you ride outside. Unsure of when to renew that helmet? Check with your coach for more information.

In April, West Wind Stables hosted a Rookie Rider workshop put on by Manitoba Horse council. West Wind coaches and Prairie Strides Instructors took part. We also welcomed coaches from other barns around Winnipeg and some from Ontario as well.

The Rookie Rider Program is a National program from Equestrian Canada that is being introduced to other provinces. We learned unmounted games, barrel work and exercises that can be done on horseback. Some of our students came and took part in the afternoon.

We are excited to see what this new program can mean for our riders. Stay tuned. You might even see some of these fun activities in your future lessons!



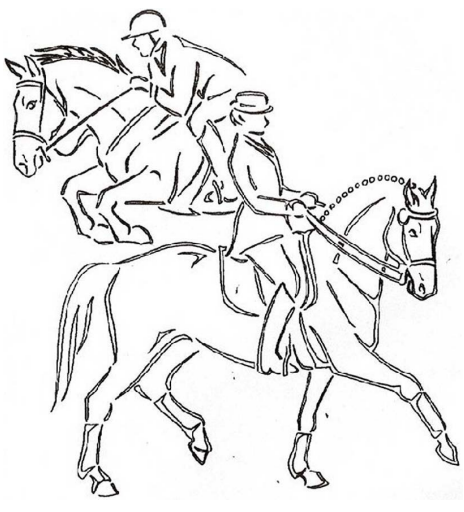
*Save the Date...
Don't miss it!*

May

- May 2, 2026- WWS Used Tack Sale
- May 9, 2026- Physio Fit Run (Prairie Strides)
- May 15-17, 2026- MHJA Schooling Show
- May 28-31, 2026- MHJA Summer Smiles Jumping Show

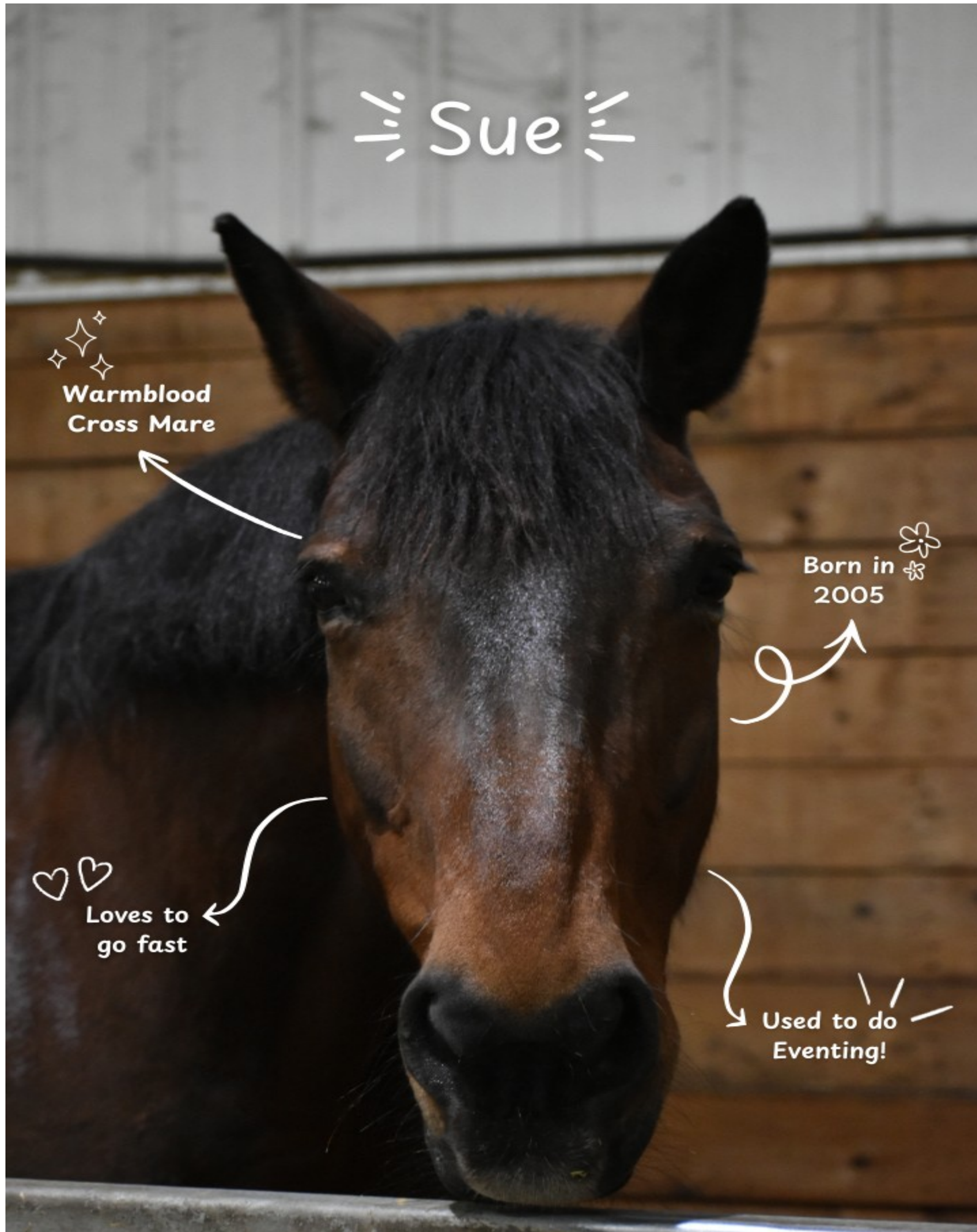
June

- June 6, 2026- HORSE DAY!
- June 9-16, 2026 - Kick Cancer Video's are due
- June 19-21, 2026 - MDC Season Opener
- June 21, 2026 - FATHER'S DAY
- June 26, 2026 - Prairie Strides Annual Celebration



West Wind Stables

HORSE SPOTLIGHT



Follow us on social media and be involved in the fun at the barn. You can stay up to date on what's happening at the barn with our riders accomplishments, upcoming events and fun antics of staff, riders, horses and our other lovable animals.

Make sure to follow us on Instagram and Facebook. Our very own Miniature Horse Astro has his own Instagram page @astrominiadventures. Follow along and see what antics happen weekly. As well our adaptive riding program @prairiestrides and of course everything West Wind Stables @westwindstables

