

Pastimes

Ranch offers kinder, gentler horseback riding

By KATE GILDERDALE
Correspondent

Horseback riding is often seen as highly competitive and that fact can be off-putting for adults who are interested in riding purely for pleasure.

Saskia and Mike Bremmers, who own and operate Harmony Ranch on Warden Avenue, felt that it was time to offer a kinder, more gentle approach to the mature rider who just wants to have fun.

"We specialize in adult beginners," explained Saskia. "We do strictly western

here, which in the past had a fairly negative connotation with most people that ride. In the last 10 years, it's become more legitimate."

The clients the Bremmers attract tend to be in their 40s and 50s and find horseback riding a great stress reliever, providing good exercise and a perfect way to enjoy the beauty of nature.

"Some of the people that come here used to ride as kids and then got out of it. Others always wanted to do it but didn't have time," Saskia observed.

For complete novices, a fully-grown horse can



Saskia Bremmers takes a ride at Harmony Ranch.

appear pretty intimidating at close quarters. From the vantage point of the saddle, the ground looks an awfully long way away, and trying to learn in the company of people who were practically born on a horse is a sure way of destroying even the most assured beginner's self-confidence.

"Teaching has to be patient and there's quite a bit of psychology involved," she noted. Horseback riding is popular with business executives who are looking for a break from the pressure of corporate life, added Saskia.

"They're great to teach because they're very motivated and tend to be disciplined. A lot of our boarders are owned by students that we have sold horses to."

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3. Junior	★★★	PG-13	Comedy	None	Some	Mild
4. Interview with Vampire	★★★	R	Horror	Lots	Mild	Much
5. A Low Down Dirty Shame	★★	R	Act/Com	Lots	Lots	Some
6. The Lion King	★★★★	PG	Animation	Mild	None	None
7. Trapped in Paradise (new)	★★	PG-13	Comedy	Mild	Much	None
8. The Professional	★★★	R	Thriller	Lots	Lots	Some
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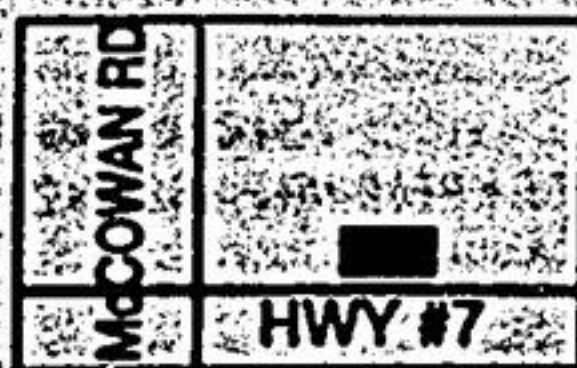
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