



## Open Houses for Equine Classes in Freeport

An Introduction to Equine Classes offered during the Spring of 2010. For Directions to Country View Equestrian Center please check out their website at: [www.countryview-equestrian.org](http://www.countryview-equestrian.org).

A glimpse of the courses [Intro to Horse Health Care and Horse Equipment](#), [Intro to Equine Sports Massage](#), [Equine Sports Massage I](#), [Horse Handling and Horsemanship I](#) and [A Touch of Natural Healing Methods for Horses](#). All these classes will be offered in Spring 2010, starting January 12. This meeting will cover the basic contents of the courses. You will also meet the instructor for the Equine Courses, Anki Fockstedt, and have a possibility to tour the facilities of Country View Equestrian Center.

WFD 048 FCC 4747

Date: December 7, 2009  
 Day: Monday  
 Time: 6:30 p.m. – 8:00 p.m.  
 Location: Country View Equestrian Center  
 Cost: \$Free of Charge  
 Instructor: Anki Fockstedt

A glimpse of the courses [Equine Sports Massage I](#), [Intro to Horse Breeding](#), [Horse Training I](#) and [Intro to Dressage](#). All these classes will be offered in Spring 2010, starting March 29. This meeting will cover the basic contents of the courses. You will also meet the instructor for the Equine Courses, Anki Fockstedt, and have a possibility to tour the facilities of Country View Equestrian Center.

WFD 048 GCC 6797

Date: March 8, 2010  
 Day: Monday  
 Time: 6:30 p.m. – 8:00 p.m.  
 Location: Country View Equestrian Center  
 Cost: \$Free of Charge  
 Instructor: Anki Fockstedt

## Breeds of the World

Here is a chance to learn more about the breeds of the world! Perfect class when your aim is to learn more about different kinds of horses, their origins and what they are used for. These three hours will also give you a taste of the characteristics of the breeds. Class size is 14

WFD 048 HCC 6798

Date: February 8, 2010  
 Day: Monday  
 Time: 6:00 p.m. – 9:00 p.m.  
 Location: HCC Student /Conference Center Room H-210  
 Cost: \$15  
 Instructor: Anki Fockstedt

## A Taste of Horse Massage

Come on- take a step into the world of massaging horses! Perfect class if you are curious and interested to know more what massage is all about. These three hours will give you a taste of how and when and why to massage. You will also learn an easy, short massage and a quick way to check out the horse's muscle tone. Class size is 10

WFD 048 ICC 6799

Date: February 28, 2010  
 Day: Sunday  
 Time: 2:00 p.m. – 5:00 p.m.  
 Location: Country View Equestrian Center  
 Cost: \$25  
 Instructor: Anki Fockstedt

## A Taste of Dressage

It is about time to look into the beauty of dressage? These hours are perfect to set aside if you are keen to know more about the essence of dressage and where that might take you with a horse! This class is also a good start if you are thinking of riding dressage in the future. Includes basic theory and practice. Class size is 10

WFD 048 JCC 6800

Date: February 22, 2010  
 Day: Monday  
 Time: 6:00 p.m. –8:30 p.m.  
 Location: Country View Equestrian Center  
 Cost: \$25  
 Instructor: Anki Fockstedt

## When it is Time to Buy a Horse

Take this time to get into the basics of buying a horse! Great class if you consider buying a horse for yourself or a family member sometime in the near future. These hours will cover necessary care for the horse such as feed, veterinarian care, care for the horse's feet, shelter and pasture requirements. The basic costs of owning a horse will also be covered. Class size is 14

WFD 048 KCC 6801

Date: March 1, 2010  
 Day: Monday  
 Time: 7:00 p.m. –9:00 p.m.  
 Location: HCC Student/Conference Center Room H-210  
 Cost: \$10  
 Instructor: Anki Fockstedt

## A Taste of Horse Massage

Come on – take a step into the world of massaging horses! Perfect class if you are curious and interested to know more what massage is all about. These three hours will give you a taste of how and when and why to massage. You will also learn an easy, short massage and a quick way to check out the horse's muscle tone. Class size is 10

WFD 048 LCC 6802

Date: March 8, 2010  
 Day: Monday  
 Time: 12:00 p.m. –3:00 p.m.  
 Location: Country View Equestrian Center  
 Cost: \$25  
 Instructor: Anki Fockstedt

## A Taste of Horse Massage

Come on – take a step into the world of massaging horses! Perfect class if you are curious and interested to know more what massage is all about. These three hours will give you a taste of how and when and why to massage. You will also learn an easy, short massage and a quick way to check out the horse's muscle tone. Class size is 10

WFD 048 MCC 6803

Date: March 15, 2010  
 Day: Monday  
 Time: 6:00 p.m. –9:00 p.m.  
 Location: Country View Equestrian Center  
 Cost: \$25  
 Instructor: Anki Fockstedt

## A Taste of Ground Driving

Have you ever wondered how it is to drive a horse by hand? Here is an opportunity to learn why and when to use this beautiful way to work with your horse. This class will cover the basis of ground driving as an alternative and compliment. Class size is 10

WFD 048 NCC 6804

Date: April 12, 2010  
 Day: Monday  
 Time: 6:00 p.m. –9:00 p.m.  
 Location: Country View Equestrian Center  
 Cost: \$25  
 Instructor: Anki Fockstedt

## Intro to Horse Health Care and Horse Equipment

A splendid opportunity to learn the basics of how to prevent injuries, diseases, and how to keep your horse healthy overall. This class is perfect if you want to know what equipment to use depending on what you do with the horse and the particular horse needs. This class will also include field trips. Class size is 14.

SPTP 164 ACC 6780

Date: January 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16, 2010  
 Day: Tuesday  
 Time: 3:30 p.m. – 5:30 p.m.  
 Location: HCC Student/Conference Center Room H-210  
 Cost: \$149 (1 Credit)  
 Instructor: Anki Fockstedt

## Equine Sports Massage I

Move further into the great world of massaging horses! This class is perfect for you if you have some previous experience in the field or if you already have taken the Intro course. In this class you will learn treatments for different parts of the horse, to release stress points, to design your own massage program for the individual horse and to analyze the movements of the horse. Includes practice and field trips. Class size is 10.

SPTP 165 BCC 6779

Date: January 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16, 2010  
 Day: Tuesday  
 Time: 6:30 p.m. – 8:30 p.m.  
 Location: HCC Student/Conference Center Room H-210 and Country View Equestrian Center  
 Cost: \$189 (1 Credit)  
 Instructor: Anki Fockstedt

## Intro to Horse Breeding

Get to know the basics in the field of breeding! Great class if you want to know theories behind breeding and how to make it possible to succeed as a breeder. Conformation of the horse will also be included. Class size is 14.

SPTP 166 ACC 6777

Date: March 30, April 6, 13, 20, 2010  
 Day: Tuesday  
 Time: 6:30 p.m. – 8:30 p.m.  
 Location: HCC Student/Conference Center Room H-209  
 Cost: \$69 (.5 Credit)  
 Instructor: Anki Fockstedt

## Intro to Dressage

Get a glimpse of how to dance with a horse! This class is perfect if you have some basic riding experience and want to develop your skills further. This class will cover the basics of dressage in both theory and practice and include field trips. Class size is 10.

SPTP 170 ACC 6782

Date: April 1, 8, 15, 22, 29, May 6, 2010  
 Day: Thursday  
 Time: 7:00 p.m. – 9:00 p.m.  
 Location: HCC Student/Conference Center Room H-208 and Country View Equestrian Center  
 Cost: \$169 (1 Credit)  
 Instructor: Anki Fockstedt

## Horse Training I

An opportunity to practice basic riding, lunging and ground driving! This class is perfect if you just want some more experience in working with horses or after you have taken the class Intro to the Practical Work of the Horse. You will have a possibility to design a training program for your own, your friend's or your upcoming horse. Class size is 10.

SPTP 167 ACC 6778

Date: April 27, May 4, 11, 2010  
 Day: Tuesday  
 Time: 6:00 p.m. – 9:00 p.m.  
 Location: Country View Equestrian Center  
 Cost: \$149 (.5 Credit)  
 Instructor: Anki Fockstedt

### Intro to Equine Sports Massage

Massage is for sure one way to the horse's heart and soul – let Highland show you how! In this class you will cover the basics of massage, stretching, muscles, anatomy and physiology. Basics of bits, saddles, and shoeing will also be included. Includes practice and lectures from field experts. Class size is 10.

SPTP 161 ACC 6775

Date: January 13, 20, 27, February 3, 10, 17, 24, March 3, 10, 17, 2010  
Day: Wednesday  
Time: 6:00 p.m. – 9:00 p.m.  
Location: HCC West, Elizabeth, IL Room 126 and Country View Equestrian Center  
Cost: \$329 (2 Credits)  
Instructor: Anki Fockstedt



### A touch of Natural Healing Methods for Horses

There are so many ways to bond with a horse! This class will cover the basics of different methods to keep a horse sound and healthy used throughout the world today. A class to join also if you are eager and curious to know more about what a horse will be able to contribute to us humans if we just let them. Class size is 14.

SPTP 168 ACC 6773

Date: January 14, 21, 28, February 4, 2010  
Day: Thursday  
Time: 6:00 p.m. – 8:00 p.m.  
Location: HCC West, Elizabeth IL, Room 126  
Cost: \$56 (.5 Credit)  
Instructor: Anki Fockstedt

### Horse Handling and Horsemanship I

Really get into the fascination of different ways to handle horses! This class is perfect if you just want some more experience and tips in the field or after you have taken the Intro class. This class will cover specifics in how to work with a horse in a secure way and a sound environment for you both. Different ways to approach the horse and to load and trail the horse will also be included. Includes field trips. Class size is 14.

SPTP 169ACC 6774

Date: February 11, 18, 25, March 4, 11, 18, 2010  
Day: Thursday  
Time: 6:00 p.m. – 8:00 p.m.  
Location: HCC West, Elizabeth, IL Room 126  
Cost: \$149 (1 Credit)  
Instructor: Anki Fockstedt

### Equine Sports Massage I

Move further into the great world of massaging horses! This class is perfect if you have some previous experience in the field or if you already have taken the Intro course. In this class you will learn treatments for different parts of the horse, to release stress points, to design your own massage program for the individual horse and to analyze the movements of the horse. Includes practice and field trips. Class size is 10.

SPTP 165ACC 6776

Date: March 31, April 7, 14, 21, 28, May 5, 12, 2010  
Day: Wednesday  
Time: 6:30 p.m. – 8:30 p.m.  
Location: HCC West, Elizabeth, IL Room 126 and Country View Equestrian Center  
Cost: \$189 (1 Credit)  
Instructor: Anki Fockstedt

### About the Instructor: Anki Fockstedt

- 30 years experience with Swedish Riding Schools
- Certified Riding School Master in 2008
- Experience as an Equine Sports Massage Specialist since 1995
- Ms. Fockstedt's teaching focus is on the importance of companionship between horse and handler

**For course specific information:**  
email [anki.fockstedt@highland.edu](mailto:anki.fockstedt@highland.edu)

**To register for Equine Courses:**  
call 815.599.3612 or 815.990.0406.



# Equine Courses



Designed to offer something for every equine enthusiast, these credit courses cover topics from the basics of horse handling to the science of equine sports massage and stable management. Both theory and real world practice will be incorporated to bring the world of equine science to life. Courses are offered on the HCC campus and Country View Equestrian Center (visit [www.countryview-equestrian.org](http://www.countryview-equestrian.org) for directions).

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