

Therapeutic Riding

The Work We Do :

Recreational Therapeutic Riding provides sports riding for children and adults with disabilities. Utilizing the unique qualities of the horse, our riders are overcoming limitations, leaving wheel chairs and fears behind. Children and Adults with physical cognitive and emotional disabilities may participate. These classes improve physical health, provide a sense of accomplishment and build self-esteem.

How is Riding Therapeutic?

Riding affects posture, balance, mobility and function. The horse's soothing rhythmic walk, warmth and three-dimensional movement provides healthy exercise while improving circulation and muscle tone.

Who does the Work?

Our Instructors are Certified Horsemanship and North American Riding for the Handicapped Association trained and certified. CHA and NARHA are Associations that set the standards and guidelines for therapeutic riding centers and instructors. Our horses complete their own special training program as TR horses before being used in a class. All our wonderful loving volunteers also undergo special training and qualifications to learn how to assist our riders in all areas of horsemanship to insure their success and safety.

RRR Riding programs are operated by a small-dedicated staff of professionals who work closely with family, therapist and educators to design and implement effective goals for your rider.

All these things are done keeping your rider safe, while having fun, exercising and in an encouraging Godly environment.

The following Forms need to be filled out and turned into the Equine Director before classes may be scheduled.

- q **Rider Enrollment Form**
- q **Health Release**
- q **Medical History**
- q **Physician Statement**
- q **Physical /Occ. Therapist Evaluation**
- q **Term Goals**
- q **Please include a letter telling us about your rider**