

## What is Therapeutic Riding?

Therapeutic Riding is horseback riding for individuals with disabilities. A therapeutic riding centre provides a place where individuals with various abilities and disabilities can participate in equestrian activities in a safe manner with qualified staff. The overall goal of therapeutic riding is to teach the client how to ride a horse, drive a horse and learn to care for a horse.

## What is Hippotherapy?

Hippotherapy is physical therapy, occupational therapy, or speech and language pathology using the horse as a tool for therapy. The overall goal is discipline-specific but related directly to the client. Hippotherapy doesn't involve equestrian pursuits. There are many benefits of Therapeutic Riding, including:

## What are the Benefits of Therapeutic Riding?



There are many benefits of Therapeutic Riding, including:

- Development of mobility, balance and coordination
- Improvement of muscle tone and strength
- Increased concentration and improved learning skills

- A challenging, recreational activity
- Independence, integration and a sense of achievement
- Development of self-confidence and motivation
- Opportunity to become an elite athlete

### **How does Enrollment Work?**

Feel free to contact us to see if equestrian riding is the right fit for you or the person(s) you wish to enroll. You will find our contact information on the Contact Us tab. After that there are forms that need to be completed. Those forms can be found on the Download Forms tab. These forms **MUST BE COMPLETED BEFORE A RIDER IS CONSIDERED FOR A PROGRAM**. Once we receive the forms an assessment time will be arranged.

### **What are Prices Like?**

There is a \$25 initial assessment fee. Lessons cost anywhere from \$200 to \$280 depending on the type of lesson for an 8-week period. For further details about prices please click on the Our Riders tab or click [here](#) for information on our lessons.

### **How Long are Lessons?**

Lessons are once a week for 8 weeks. Each lesson can be 30-45 minutes depending on the type of lesson. For further details about lessons please click on the Our Riders tab or click [here](#) for information on our lessons.

### **Do We Need Helmets?**

Helmets are provided for use for the client's lesson. We have a wide variety of helmet size and have no issues with finding something that fits. Clients are also free to bring their own. **HELMETS MUST BE WORN BY THE CLIENT AT ALL TIMES IN THE BARN OR AROUND THE HORSES.**

### **What Do I Wear to the Barn?**

For safety reasons we ask that riders do not wear flowy clothing, such as skirts or dresses, and no dangly jewellery. Riders need to wear long pants and closed toed shoes with a back. If those accompanying riders wish to enter the barn they too must wear closed toed shoes with a back.

### **How Can I Get Involved?**

If you wish to volunteer fill out the Volunteer Form in the Download Forms tab and contact us! We always welcome more volunteers for our EquineAbility family.