

SCHOOL EQUESTRIAN PROGRAMS

STAND OUT FROM THE CROWD

We understand that schools are constantly on the lookout for new programs that will add value to their students and their overall educational offering. So we have created an equestrian program that local schools can offer their students, either as part of their physical education program, educational support program or as an extra curriculum activity.

Get recognised as a modern progressive school offering unique programs for students

These programs can be run during school hours or after school depending upon your specific requirements. As the largest riding centre in Perth we can cater for large groups, whilst still tailoring our programs to meet your individual needs. Speak to our program co-ordinator today!

Showcase the benefit of a private education!

As a private school, offering activities that are not available in public schools, is a great way to differentiate and add value to your offering.

We can host 6/7 students per ridden class and can rotate students between ridden and horsemanship activities. This means we can accommodate up to 21 students at a time for a 3 hour session or 14 for a 2 hour session.

With sessions costing \$70 pp per session



*Wanneroo Riding &
Therapeutic Centre*

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**SPEAK TO US
TODAY!**

BENEFITS OF HORSE RIDING

Horse riding and horse care offers significant benefits beyond the obvious enjoyment of riding.

Physical fitness – Horse riding is a great at form of exercise that requires riders to utilise many different muscle groups in the body

Mental health – The study completed by the BHS concluded that horseback riding stimulated mainly positive psychological feelings. More than 80% of rider questionnaire responses claim that horseback riding made them feel “quite a lot” or “extremely cheerful, relaxed, happy, or active.” Learning to ride develops confidence and self-esteem. When a rider learns how to stay on and also meet goals set by a riding instructor or themselves, those feelings of “I can do this,” really make an impact. After all, riding is not easy. And not everyone can do it. Becoming a skilled rider means that you have a skill many people do not. In addition to self-confidence, riders may gain an increase in self-esteem and self-image.

Positive Character Traits - Horseback riding teaches responsibility to those who ride and even more so to those who take care of horses. Horse caretakers must know how to care for the horse during times of health and illness. Learning all about horse health, along with tack and farm care, involves a lot of time and responsibility in order to put that knowledge into practice every single day for the benefit of the horse. In addition, horseback riding teaches patience, discipline, understanding, empathy, compassion, self-control, and dedication. Without these traits, the rider will not go far in their horsemanship studies.

Problem-Solving - Riders must learn to problem solve and make quick decisions from the back of the horse. For instance, if a horse is set on going one way and the rider wants to go the other, he/she has to determine how to make a 1,000-pound animal go the direction that the rider has chosen in a humane and safe way. The unexpected can happen and riders must think quickly in the saddle to remain safe and in control.

A Return to Nature - Horseback riding brings us out into the fresh air and closer to nature. Our society spends so much time indoors. We should take every opportunity we can to get outside for some exercise and fresh air with one of our most beautiful animals. In fact, this is why many riders started riding according to questionnaire respondents from the BHS study. Eighty percent of respondents ranked “contact with nature” and “scenery and views” as “important,” “very important,” or “extremely important.”

Relaxation - Horseback riding is relaxing. In fact, therapeutic riding has shown to reduce muscle spasticity as tight muscles are stretched due to the natural motion of the horse. We know going for a walk can be relaxing. When a horse walks with a rider on his back, the rider’s pelvis moves in the same motion as if he or she were walking. In addition, riding has been known to increase the range of motion of joints, allowing riders to move more freely.

