



DESCRIPTION OF SERVICES

Typical Riding Lessons: People with special needs are not the only ones who can reap rewards from horseback riding. Everyone can benefit from the balance, strength and coordination demands of riding horses, as well as the sensory experience. Horseback riding can be a fun way to exercise, learn responsibility, gain work ethic, sportsmanship skills and increase self-esteem.

Standard horseback riding lessons are ideal for those who are developing typically. They are also an option for people with mild disabilities who do not require adaptive strategies or equipment to safely interact with horses and learn. Seeking lessons with well-trained instructors and horses is important, no matter the person's abilities. The Certified Horsemanship Association (CHA) accredits facilities and certifies instructors for teaching English, Western, driving and vaulting (gymnastics on horseback). Our instructors are all CHA certified.

Age Restrictions: All participants must be at least 4 years of age

Adaptive Riding/Therapeutic Riding:

The terms "adaptive riding" and "therapeutic riding" are synonymous. These terms are commonly used to refer to horseback riding lessons for individuals with special needs, taught by horseback riding instructors who have received specialized training and may be certified to teach riding lessons to students with disabilities. These instructors adapt their teaching style, the environment and/or equipment to facilitate acquisition of riding skills and participation in an enjoyable activity. When participating in riding lessons, opportunities may be available for riders to participate in competitive equestrian events, recreation and leisure, education, socialization, and/or fitness.

Horseback riding lessons for individuals with special needs are taught by experienced Certified Horsemanship Association (CHA) riding instructors who have received specialized training and are often certified to work with students with disabilities. These instructors adapt their teaching style, the environment and/or equipment to facilitate acquisition of riding skills and participation in an enjoyable activity. Opportunities are available to participate in competitive equestrian events, recreation and leisure, education, socialization, and/or fitness.

Adaptive riding sessions are recreational sessions focused on teaching a person to ride horses independently. Lessons are private.

Adaptive riding and typical riding lessons are not covered by health insurance. Lessons enable the special needs rider to work on improving knowledge of horsemanship, riding skills, balance, coordination, following directions and completing multi-step obstacles, socialization, self-esteem, and sense of accomplishment.

Age Restrictions: All participants must be at least 4 years of age

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