



## WHAT IT IS?

- Horsemanship, Mounted and unmounted lessons adapted to individuals with disabilities.
- Therapeutic riding is an adaptive/recreational/sport activity, NOT therapy.
- Taught by professional instructor with the assistance of volunteers.
- Each lesson is catered to the individuals goals established at the beginning of each session.
- Proper riding skills are taught and catered to each riders ability

## OVERVIEW OF SERVICES:

### MOUNTED HORSEMANSHIP

At the beginning of each session, parents/caregivers, riders, and the instructor will sit down and establish goals they would like to work towards during the riding session. These goals will be focused on throughout the session, incorporating traditional riding skills and promoting independence. Each rider is taught to their ability with the overall goal of growth and fun.

## PARTICIPANT REQUIREMENTS:

- Minimum of 6 years old
- Maximum weight of 180 lbs
- Have the ability to follow simple instructions
- No behavioral outbursts
- Some disabilities may contradict riding, such as seizures and spinal cord injuries. Each case will be evaluated.
- Ability to bare minimal weight on legs
- EACH DISABILITY WILL BE CONSIDERED

## COST:

- Individual Riding class: \$ 30 (45 minute lesson)
- Group Riding class: \$ 20 (Hour lesson)
- Non-riding Activities Individual: \$ 15 (45 minute session)
- Non-riding Activities group: \$ 10 (hour session)



### UNMOUNTED HORSEMANSHIP

For those not interested in mounted horsemanship or needing a little more confidence before riding, unmounted horsemanship is a great place to start. At the beginning of the session, goals will be established between parents/caregivers, participants, and the instructor. Unmounted horsemanship will occur on the ground and focus on groundwork, including grooming and round pen work.





## BENEFITS:

- Improves balance and coordination
- Provides passive stretch for tight muscles
- Replicates a muscle movement pattern like that of walking
- Improves posture
- Strengthens muscles by encouraging muscular response
- Increases awareness of one's body in space (proprioception)
- Stimulates the vestibular, nervous and circulatory systems
- Improves range of motion
- Reinforces standards of behavior
- Teaches trust through the rider/horse bond
- Teaches problem solving skillsIncreases self-confidence and self-discipline
- Teaches the use of patience to control the horse
- Enhances decision making skills
- Promotes responsibility and cooperation
- Increases the ability to focus and stay on task
- Provides an increase in self-esteem and pride
- Instills a sense of accomplishment

## CONTACT US



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## EAGLE MOUNT GREAT FALLS

Equine Assisted Activities  
(EAA)

