

Therapeutic Horseback Riding

Description:

Therapeutic horseback riding increases your balance, core strength, endurance, coordination, and flexibility. This program includes a 30-minute riding lesson, and provides participants with an opportunity to learn how to groom and feed horses. No previous horseback riding experience required.

Expected Group Outcomes:

- Increase balance, strength, coordination, flexibility, and endurance
- Introduction of new leisure activity
- Development of horseback riding skills and tasks
- Increase confidence

Participant Criteria:

- Must be a Rancho Wellness Center members or currently Peer Mentors or Life Coaches with the Know Barriers program
- Must be able to provide own transportation to the location
- Must be under 200 lbs. and 6'0" or under
- Must have at least 50% trunk control
- Must be able to perform transfers with minimal assistance

Group size:

2 - 4 participants

Cost per Participant:

Free

Activity Waivers/Paperwork required (if applicable):

- Wellness Program Waiver
- Rancho Waiver of Liability
- Participants must complete the "Ride Your Horse!" application ahead of time that includes a doctor's signature

Frequency per Month:

Occurring 1-2x per month

Contact Info:

Ride Your Horse! Therapeutic Riding Program

10730 Artesia Blvd.

Cerritos, CA 90703

(714) 292-3563

www.rideyourhorse.com

Therapeutic Horseback Riding Pictures

