



HOPE HAVEN THERAPEUTIC RIDING CENTRE

Saddle Up For Success!



Hope Haven Therapeutic Riding Centre is inviting all Grey and Simcoe county schools to take part in our Saddle Up For Success school program!

What is Saddle Up For Success?

Saddle Up For Success is a research based school program developed for elementary and high school students with **emotional, social, cognitive and/or physical challenges**. Research shows that **adaptive riding** provides these students with the opportunity to develop stronger self-confidence, self regulation and coping skills so they can better deal with anxiety, anger, fear, frustration or lack of attention.

What is Adaptive Riding?

Our CanTRA certified instructors use adaptive teaching techniques and or equipment to help individuals with challenges learn the skill of riding. Our adaptive programming considers the

unique needs, abilities and learning styles of each individual when developing goals and lesson plans. Although adaptive riding has skill-based goals, it inherently contributes positively to the physical, cognitive, emotional and social well-being of every participant.

What is the format of the Saddle Up For Success program?

Groups of 8 children are identified by teachers or parents who could benefit from adaptive riding. Frequency of the program is 1 morning a week for a minimum of 4 weeks. Students are provided with a 1 hour adaptive riding or horsemanship lesson (if unable or unwilling to ride), plus a 1 hour alternate activity, both of which have components of literacy, numeracy, body awareness and creative thinking.

Here is a sample of a 4 week Saddle Up For Success agenda:

Week	Adaptive Riding	Alternate Activity
1	Mounting horse, voice commands, holding reins.	Horsemanship skills - grooming, leading, communication
2	Mounting, warm up exercises and basic riding instruction.	Creative art session
3	Mounting, warm up exercises, progression of skills.	Horsemanship skills progression - tacking, untacking and tack care
4	Mounting, warm up exercises, further progression of skills.	Yoga and creative movement exercises with certified instructor

What is the cost?

There is **NO COST** to your participants. The Eva LeFlar Foundation as well as The Norman and Marian Robertson Foundation have generously sponsored all ridership fees for our Saddle Up For Success programming. The only cost to you may be transportation if you choose to come by bus. We encourage you to source out transportation sponsors such as your local Rotary club.

How do you register?

The lead teacher or principal at your school will confirm the group participants, days and times. Well before the program starts we need to have all participants submit a completed **Participant Application** as well as a **Professional Referral Form**. These can be filled out directly on our website (preferred method) or can also be downloaded and printed.

Please contact Robyn our Program Manager for any questions or help with getting started! Office phone 519-986-1247 or email program@hopehavencentre.org.

We look forward to helping your students achieve success!!