



Easterseals' Mission

To provide exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities.

A Special Thank You To Our Sponsor:



Also, a big thank you to all those who volunteer their time to support the riders! Thanks to: Community volunteers, Easter Seals' Staff, Penn State Equestrian Club and Penn State Exceptional Children Club. We could not do it without you!

Easterseals
Western & Central PA

383 Rolling Ridge Dr.
State College, PA 16801
(814) 238-4434



This program is held at:
Westover Stables (Hands on TR)
880 Smith Rd Port Matilda, PA 16870
(pictured above)

Easterseals' Therapeutic Horseback Riding Program is proud to partner with Nancy Maier, owner of Westover Stables. Nancy is also the instructor of the Hands-On Therapeutic Riding Program and is a Pennsylvania Qualified Instructor as recognized by the Pennsylvania Council on Therapeutic Horsemanship.

Private Lessons are also available through Nancy.

- Riding Sessions will be held outdoors
- In the event of rain, modified sessions will be held in the indoor arena
- All riders must have a physician's approval in order to participate in the program.



Therapeutic Horseback Riding Program



Growing and Learning, Hands-on



6 Week Session
September 11–
October 21, 2017

Giving individuals with varying abilities an opportunity to achieve a personalized level of horsemanship.

Session Options:

Mondays-Small Group

Riding will include basic horse control while engaging in activities. Riders will have opportunities to prepare and saddle/unsaddle horses.

- *Riders that require minimal or 1 side walker to support rider.
- *Desire to learn how to control the horse
- *Riders must be able to follow group instruction, on and off the horse.



Thursdays-Supported Riders

- Riders are assisted as they participate in riding activities.
- *First time riders, and riders that are new to our program.
- *Riders that require moderate to maximum support while riding.

Saturdays-Independent Riders

- Riding focuses on horsemanship skills; ground time focuses on overall horse knowledge.
- *Riders must be able to ride without side walkers
- *Riders should have a desire to learn about horses, feed, care, grooming, saddle etc.
- *You must have prior approval by the program coordinator and Nancy Maier, before participating in this option.

Riders Participate In:

- *Collecting Rings
- *Steering Activities
- *Basketball
- *Recognition Games
- *Language Activities
- *Obstacle Courses
- *Reaching and Stretching Activities



Program Benefits



Individuals with almost any disability can benefit from therapeutic riding.

Because horseback riding gently and rhythmic moves the rider's body in a manner similar to a human gate, riders with physical disabilities often show improvements in flexibility, balance and strength.

For individuals with mental or emotional disabilities, the unique relationship formed with the horse can lead to increases confidence, patients and self-esteem.

Communication and language skills are facilitated through participation in activities and while gaining horsemanship skills.



Please send registration and payment in by Friday, August 25, 2017.

Make check out to: Easter Seals CDC

Mail to: Easter Seals Western & Central PA

Attn: Horseback Riding

383 Rolling Ridge Dr. State College, PA 16801

For more information, please contact
Brittany Masullo by phone or email:
(814) 238-4434 / bmasullo@eastersealswcpenna.org

Upon completion of your registration form and payment, complete the Participation Information, Health Assessment and Liability forms. If all forms are not completed by the first lesson, they will not be permitted to ride.

Horseback Riding Registration

\$140 for six week session.

Participant Name: _____

Today's Date: _____ Age: _____

Mailing Address: _____

Parent/Guardian: _____

Phone #: _____

Email: _____

Disability/Special Needs: _____

Please choose a session:

___ *Small Group- Mondays begins 9/11*

___ *Supported Riders- Thursdays begins 9/14*

___ *Independent Riders- Saturdays begins 9/16*

Registration is accepted on first come, first server basis. Send your completed registration form and payment of \$140 to:

Easter Seals Western & Central PA

Attn: Horseback Riding

383 Rolling Ridge Dr.

State College, PA 16801

Upon completion of your registration form and payment, complete the Participation Information, Health Assessment and Liability forms. **If all forms are not completed by the first lesson, they will not be permitted to ride.**

Office Use

Registration Fee Received: ___Yes ___No

Date Received _____ Check # _____