



HORSEPLAY THERAPEUTIC RIDING CENTER

If you would enjoy making a difference in the lives of special needs people, join us! For information on volunteering, enrolling a rider or to get directions, visit our Web site, <http://horseplayriding.org>.

BUSINESS ADDRESS:

5949 Silveyville Road
Dixon, CA 95620

MAILING ADDRESS:

P.O. Box 506, Vacaville, CA 95696

PHONE: 707-447-8733

WEB: <http://horseplayriding.org>

E-MAIL: horseplay.riding@gmail.com

SESSIONS

Our calendar is available online:
<http://horseplayriding.org/calendar.html>

Saturdays:
9:00 AM, 10:15 AM & 11:30 AM

Tuesdays:
5:00 PM, 6:00 PM, 7:00 PM

Wednesdays:
4:00 PM, 5:00 PM, 6:00 PM



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ABOUT HORSEPLAY

The nonprofit Horseplay Therapeutic Riding Center, an affiliate of NARHA, provides structured horseback riding sessions to children, youth, and adults with physical, cognitive and emotional disabilities.

BENEFITS OF HORSEBACK RIDING

Depending on the disability, benefits of horseback riding include improvement in joint mobility, balance and coordination; relaxation of spasticity; increased muscle tone, self-confidence through improved

self-image, improved learning, concentration, spatial awareness; and motivation to set and achieve goals.

Riders also benefit emotionally, through the unique bonds they form with their horses and our dedicated volunteers.

Most important, it's fun!

VOLUNTEERING

Volunteers: The heart of our program.

We are always seeking volunteers to assist in sessions by leading the horses and sidewalking. Three volunteers per rider are normally needed: two sidewalkers to provide direction, encouragement and assistance if needed, and one person to lead the horse.

No experience with horses or special needs individuals is required for volunteering. All you need is enthusiasm! (Minimum volunteer age is 14.)

You'll find volunteer forms and more detailed information on volunteering at the Horseplay Web site, <http://horseplayriding.org>.

WHY I VOLUNTEER

"I have such deep respect and admiration for the parents and caregivers...their patience and love makes me see the world in a different and better way.

"The greetings I get, and hear given to the other volunteers, is sweet to hear on a Saturday morning...The horses—I love them all. The other volunteers are a group of good, caring people, willing to share themselves to help others. People you just want to be around."—Barb, multi-year volunteer with Horseplay

DONATIONS

Horseplay always has a waiting list, which attests to the demand for equine assisted activities in the area. Maintaining a center is an



expensive endeavor and rider tuition covers only one-third of our operating costs. Your donation, large or small, is deeply appreciated. We welcome unrestricted donations as well as donations designated for rider scholarships, equipment and horse care.

We are working to expand the program, and our executive director invites you to talk with her about options for donating.

RIDING SESSIONS

Sessions of 45 minutes each are held in an enclosed arena and are supervised by NARHA-certified instructors.

Horseplay currently offers three types of sessions:

Recreational sessions offer low-intensity exercise in a social atmosphere by using a variety of arena games.

Vaulting sessions incorporate basic gymnastic exercises to improve core strength, balance, motor skills and confidence as well as independence.

Independent riding sessions focus on horsemanship, centered riding and equitation skills, improving balance, strength, and coordination.

ENROLLING

Horseplay welcomes riders of all ages.

(Minimum age for enrolling is four.)

Tuition is \$30.00 per session, and is paid a month in advance. We do have a waiting list. To enroll and add a rider to the waiting list, the first step is to complete and submit our new-rider packet, available online: <http://horseplayriding.org/enroll.html>.

Once we've received the packet, you'll be contacted by our rider coordinator, who will talk with you about accommodating your rider.