

Grab the Reins of Life with **HOPE!**



HOPE Therapeutic Riding Program helps riders of all ages who are facing special challenges — whether physical, cognitive or emotional.

Lessons are held on **Wednesdays** at the Whidbey Island Fairgrounds in Langley. **Spring session begins May 7 for six weeks.**



RIDERS:

- One-hour lessons in riding and horsemanship, emphasizing safety and empowerment.
- Morning and afternoon sessions.
- Lessons geared for riders with physical, emotional, or cognitive challenges.
- Riders must be 5 years of age or older, and able to safely participate in program.
- Instructors certified through CHA for special needs riders.

VOLUNTEERS:

- Must be 14 years of age or older
- Three-hour shifts, mornings or afternoons.
- Able to walk alongside a horse and rider for 45 minutes, with brief jogs, and lift 20 lbs
- Background checks will be cleared through WA State
- Horse and/or special needs experience helpful but not essential.
- Training is provided.
- **Earn Community Service credit!**

For lesson rates and more information, visit us at hopewhidbey.com or email hope@whidbey.com

HOPE

Therapeutic Riding Program

South Whidbey School Field Trip

EQUINE THERAPY



Outline of Experience – Welcome Circle

- Introduction of experiential learning led by certified Horse instructors, equine therapy overview, safety review, learn about grooming, what is appropriate tack, acquire skills leading horses, gain knowledge to feed and care for horses, learn about anatomy of a horse, discover unique horse characteristics, learn various horse breeds, build teamwork and participate in prosocial games with peers
- Students will be in small groups and will rotate through stations for hands-on activities/learning
 - Opportunity to groom, feed, provide care, and ride a horse
 - Apply what's been learned towards reflection/craft/journaling/art activity
- Lunch – School will provide sack lunches or students can bring lunch from home
- Share with the group highlights of experiential learning – Closing Circle

For Information
hope@whidbey.com
402-730-8663



Our Website

www.hopewhidbey.com



