

# Rise Up Therapeutic Horsemanship



## MISSION

Our mission is to enrich the lives of participants by enhancing balance, strength, and personal growth, while encouraging fun in learning new skills, through equine-assisted therapies and activities. Our main focus is working with individuals who are physically, cognitively, emotionally or socially challenged, with the goal of strengthening body, mind, and spirit through interacting with horses.

## ABOUT US

Rise Up Therapeutic Horsemanship is a proud member center of the Professional Association of Therapeutic Horsemanship, Int. (PATH, Int.), and our Instructors are PATH certified. We are a 501(c)3 non profit Therapeutic Riding (TR) program in which individuals interact with horses both on the ground and in the saddle.

Working with horses provides a multitude of physical benefits including increased muscle tone, core strength, motor control, balance and flexibility. It also provides opportunities for problem solving and encourages communication skills through interactions with other riders, volunteers, instructors and the horse. Furthermore, therapeutic riding builds the self-esteem and confidence of the participants as they master horsemanship skills and gain knowledge of how to work with equines. Interacting with horses also encourages trust-building, relational bonding, and emotional regulation.

Rise Up primarily serves Ontario and Yates Counties, but anyone from surrounding counties is welcome to join us!

Our program is located at **Bryan Pond Farm, 3532 Depew Rd., Canandaigua, NY 14424**  
(Please note: this is not our mailing address, please see our mailing address below)

## **LESSONS**

We offer a 45-55 min. semi-private lesson at \$ 35 per rider, or a 30 min. private lesson at \$ 30 per rider.

Lessons will be offered in sessions, with payment due before the session begins. Sessions will generally be 6 weeks long, with some possible variations due to holidays or events. Session information and registration packets will be available soon.

Riders should come to lessons wearing long pants made of non-slippery materials; jeans work well, as do traditional riding breeches. Solid shoes or boots, with a heel, are strongly recommended. Helmets are available for use, but riders may wear their own, on pre-approval by the riding instructor (helmet must be ASTM/SEI Certified and less than 5 years old).

There is a weight limit for riders: 215 lbs. being the maximum allowed. This is for the safety of the horse, the rider, and the volunteers who need to support the rider. Individuals over this limit may participate in an on-the-ground horsemanship class, while working on a goal of reaching the weight limit for riding. \*Fees will be the same for both mounted and unmounted classes.

We have a safe and sturdy mounting ramp for all riders to be able to get on the horses easily. Riders will be safely dismounted from the horses to the ground in the arena with the assistance of the instructor. A spectator area will be available for caregivers and family to watch the lesson.

## **CONTACT INFORMATION**

You may contact us at the Rise Up phone number (see below) for questions about the program. Please leave a detailed message with your contact information if you need to leave a voicemail, and we will get back to you as soon as possible.

You may also reach us via email at [riseuphorsemanship@gmail.com](mailto:riseuphorsemanship@gmail.com).

***Our mailing address and phone number:***

**Rise Up Therapeutic Horsemanship, P.O. Box 95, Canandaigua, NY 14424**

**Rise Up Therapeutic Horsemanship cell phone # (585) 362-5667**