



Hello Prospective Participant,

The Therapeutic Riding Program at Helen Woodward Animal Center is dedicated to improving the relationships between humans and animals. In the Therapeutic Riding program we bring animals and people together in a cooperative learning environment for the enrichment of all involved. Equine assisted activities can be used effectively as a tool to help improve certain physical and cognitive functions, quality of life, and the social well-being of the rider. PATH Intl. certified instructors assist in setting and achieving challenging yet attainable goals centered on horseback riding skills that also help students fulfill life goals outside the arena. For more information about the benefits of equine assisted activities, visit our program website at <https://animalcenter.org/programs-services/therapeutic-riding/benefits>.

The program is open to people 4 years of age and older with all types of physical, cognitive, social, and/or emotional challenges. Weekly lessons teach the skills of riding and horsemanship and are prepared with the individual's safety and development in mind. Once placed in the program, riders will participate in 5 nine week sessions throughout the year. The cost per session is \$360. This averages out to much less than our cost per lesson, which is over \$150 each. However, for those requiring additional financial assistance, scholarship opportunities are available.

Attached you will find our program application. Once the completed form is received, riders will go on to our wait list, currently 18-24 months long. When riders move closer to the top of the list, we will contact you with our evaluation packet, which includes forms for liability release, physician consent, and availability. We will then contact you regarding a one-time evaluation lesson at a cost of \$60. During the evaluation lesson, we will assess your individual needs in relation to our horse, instructor, and volunteer availability. Depending on the needs of the participant, the wait could still be an additional 6 months. When operating at maximum capacity, the program sees about 70 riders a week. Once in the program, riders are automatically re-enrolled for the next session for as long as they would like, unless the rider chooses to leave or a contraindication has developed.

Thank you again for your interest in our program. Please do not hesitate to call or email me if you have any questions. I look forward to hearing from you!

Sincerely,

*Courtney Mellor*

Therapeutic Riding Program Manager  
PATH CTRI & Advanced Certified Instructor  
CourtneyM@animalcenter.org  
(858) 756-4117 ext. 321