

# Special Equestrians, Inc.

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_

State\_\_\_\_\_ Zip\_\_\_\_\_

Phone(\_\_\_\_\_)\_\_\_\_\_

- ( ) I would like information regarding the enrollment of a rider.
- ( ) I would like to become a volunteer.
- ( ) Please have someone contact me regarding a presentation to my organization.
- ( ) I would like to sponsor a rider (\$1000 per term or \$2,400 per year)
- ( ) I would like to sponsor a horse for a year! (\$2,000)
- ( ) My tax-deductible contribution of \$\_\_\_\_\_ is enclosed.

Please make checks payable to  
Special Equestrians, Inc. and mail to:

**SPECIAL EQUESTRIANS, INC.**

**1215 WOODWARD DRIVE**

**INDIAN SPRINGS, AL 35124**

**(205) 987-WHOA**

**Specialequest.org**



## *I Saw a Child*

*I saw a child that couldn't walk,  
sit on a horse,  
laugh and talk.*

*Then ride it through a field of daisies and yet  
he could not walk unaided.*

*I saw a child, no legs below,  
sit on a horse,  
and make it go  
through woods of green  
and places he had never been  
to sit and stare, except from a chair.*

*I saw a child who could only crawl mount a horse  
and sit up tall.*

*Put it through degrees of paces  
and laugh  
at the wonder in our faces.*

*I saw a child born into strife,  
take up and hold the reins of life  
and that same child was heard to say,*

*Thank God for showing me the way.....*

*John Anthony Davies*



## PARTICIPANT INFORMATION



Special Equestrians, Inc.  
is a non-profit 501(c)(3)  
organization providing a high quality  
program of  
therapeutic horseback  
riding and related  
activities to people  
with physical, cognitive and  
emotional disabilities.

**205/987-WHOA**  
**Specialequest.org**





# SPECIAL EQUESTRIANS, INC.

Special Equestrians, Inc. was created in 1985. We are a “Premier Accredited Center” through PATH International (Professional Association of Therapeutic Horsemanship). We are located on the campus of Indian Springs School on Hwy 119 in North Shelby County. We are funded primarily by the community and annual fund-raisers with scholarships available for riders who cannot afford to pay.

### WHY THE HORSE

The horse has a hip action that mimics that of a human being. Just by sitting on the horse, the rider can improve balance, strength and coordination. The horse is gentle by nature and seems to understand our needs, even better than we do. They eagerly carry their riders wherever they want to go, giving them a freedom that is unparalleled. There is no need for difficult language skills, just a kick or a tug and away they go!

### PHYSICAL BENEFITS

On horseback, physically challenged individuals often experience the freedom of motion their bodies deny them. By relaxing and stimulating muscles, riders can learn new skills and improved movements, while building muscle tone, strength, coordination and balance.

### EMOTIONAL BENEFITS

The horse can put the rider on equal footing with their peers and give them the ability to excel in a popular sport. Riding builds self-respect and confidence through improved language skills, self-discipline and concentration.

### DISABILITIES SERVED

Disabilities presently being served include Cerebral Palsy, Down Syndrome, Multiple Sclerosis, Autism, intellectual disabilities, head and spinal cord injuries and those that have suffered a stroke.

### WHO CAN PARTICIPATE

Special Equestrians, Inc. will consider and evaluate any person age 4 older with a physical, cognitive or emotional disability. They must have a physician’s statement and be approved by our Director, Instructor and Therapist.

### WHEN WE RIDE

Our lessons are held Tuesdays through Sundays. Each term consists of 9 weeks in the spring or fall and 4 weeks over the summer. Lessons are approximately 45 minutes long with 4-6 riders in each class. The rider comes at the same time each week for the duration of the term.



### THERAPEUTIC RIDING LESSON CONTENT

A typical lesson might include work on riding skills, activities and games, trail rides and care of the horse. Each activity is appropriately geared toward the abilities of the riders. Riders often start with a horse handler and two side-walkers and may progress to an independent level.

### HIPPOThERAPY TREATMENT SESSION CONTENT

Sessions are conducted one-on-one by specially trained, licensed therapists who use the horse’s movement as the primary tool to achieve functional goals. By combining the movement of the horse with specially designed activities and movement patterns, the therapist works to target specific muscles and improve sensory processing of the client.

### COST TO THE PARTICIPANT

Therapeutic Riding:	
9 Week Term	\$180
4 Week Term	\$ 80
Hippotherapy:	
45 minute Treatment Session	\$ 65
Horseabilities: (Transitional program from Hippotherapy to Therapeutic Riding)	
9 Week Term	\$270

**Tuition Assistance is available for all programs.**

### PARENT PARTICIPATION

We like to give the parents an opportunity to relax and watch from our “People Paddock”. We find that the riders are more attentive to the instructors if a parent is not immediately visible. Occasionally, we may need a parent to walk with a rider that is apprehensive or we are short on volunteers, but we try to avoid this to allow parents some relaxation time. It is helpful to attend a volunteer training session especially if you are willing to step in when needed. You will also learn what we expect from our volunteers.

### ADDITIONAL ACTIVITIES

We also have special events throughout the year, such as our Spring Horse Show where the riders compete with the rest of their class for ribbons and awards. In the fall we hold our annual ride-a-thon where we take the riders on trail rides and they can assist with fund raising and awareness.

### ADDITIONAL GUIDELINES

- Please call as soon as possible if you will be late or not able to ride. Our volunteers give generously of their time and we like to let them know if they will not be needed.
- Please observe all rules and regulations while visiting our facility.
- Parents or a responsible party should remain on the premises while the student is riding. (Does not apply to independent riders that transport themselves).
- Do not give the horses treats. It can encourage them to bite. You can give them to a staff member and they will distribute them.
- Please do not leave the Special Equestrians facilities while visiting. We lease our property from Indian Springs School and we do not have access to the rest of the grounds or amenities.
- Parents, spouses and siblings should remain in the people paddock after the rider is in the care of a staff member or volunteer.
- Do not go in stalls or paddocks with horses.
- Do not enter posted restricted areas.
- All children should be supervised at all times.
- Please do not allow children to play on ramps.