

“ Rainbow Riding was a great experience for my girls. They learned responsibility from having to take care of the horses before and after riding. They also gained confidence and self-control from riding. They had to remain calm and quiet around the horses which is quite a struggle for my younger daughter usually! The program is fun and engaging while teaching valuable life skills. We are so grateful for the opportunity to participate in the military program.”



“ My daughter has been riding at RRC for 3 summers now. She has improved dramatically over time. Her core strength has improved, as well as her ability to participate actively. They incorporate stretching exercises to improve her motor skills while making it fun for her. She gets so excited when she knows she is going to see her horse, Monty. The smile on her face is priceless!”

“ RRC's therapeutic riding program has increased our autistic daughter's emotional and physical strength, and her ability to concentrate and have self control. I cannot begin to explain the growth and progress we've seen in Fiamma!

Thank you for all you do!!  
It is truly life changing!”

## about Rainbow Riding Center

Established in 2008, RRC is a not-for-profit 501(c)(3) organization. All our instructors are PATH (Professional Association of Therapeutic Horsemanship International) certified and provide fun, therapeutic riding sessions in a safe, controlled environment. Through donations and sponsorships, the organization is able to provide this vital therapy to those who need the service most, regardless of income level.



Located at:  
892 Tarbellville Road, Belmont, VT 05730

Mail to:  
PO Box 395, Shrewsbury, VT 05738

802.236.2483  
[rainbowridingcenter.org](http://rainbowridingcenter.org)

# Reinbow

## RIDING CENTER

Offering a wonderful growth experience for children and adults with social/emotional and developmental challenges





## Reinbow Riding Center **programs**

Our mission is to improve the well-being of individuals with unique physical, emotional and cognitive challenges through a therapeutic equine experience. Each lesson is individually designed and tailored to best meet the needs of the participant and help improve his/her abilities.

Working with horses can have a positive physical and emotional impact on people with a variety of challenges.

## **our participants**

Exhibit a wide range of emotional, learning and developmental challenges such as:

- Down Syndrome
- Stroke
- Autism Spectrum Disorder
- Cerebral Palsy
- Spina Bifida
- Traumatic Brain Injuries
- Multiple Sclerosis
- Amputations
- PTSD



## Some of the many **benefits** of Therapeutic Riding

- Cognitive Improvements
- Improves Concentration and Focus
- Relaxes Muscles
- Improves Posture & Balance
- Increases Joint Mobility
- Improves Spatial Orientation
- Improves Hand-Eye Coordination
- Improves Fine & Gross Motor Control
- Improves Social Interaction
- Builds Self-esteem, Self-Confidence & Self-Control

While riding on a horse, the rider's pelvis is moved in a rhythmical three-dimensional manner which can improve function both on and off the horse, as observed by our riders, families, teachers and therapists.



## **our donors**

RRC donors are the real "horsepower" behind our therapeutic equine programs. In order to increase our level of service and continue to serve our participants, grow our programs and provide the many benefits of equine-assisted activities, RRC must raise more money each year.

## **our volunteers**

RRC volunteers are the heart of our program. Currently, over 25 volunteers provide the essential assistance needed to keep our program operating. RRC volunteers groom and tack horses, side walk for our riders, and lead the horses. They also keep our fences, barn and property in good condition, as well as help with special events. Above all, RRC volunteers provide smiles, love and support for our riders and their families.



confidence



self-esteem



strength



independence



freedom



focus