



Courage Riders is a therapeutic, recreational horseback riding program for children with physical disabilities and sensory impairments. We offer riding lessons to children ages 5-18 from May through September. We ride at the Washington County Fairgrounds in Lake Elmo, Minnesota.

“When I
bestride him,
I soar. I am
a hawk. He
trots the air,
the earth
sings when he
touches it.”

“Henry V,” William Shakespeare

COURAGE CENTER ST. CROIX

1460 Curve Crest Boulevard
Stillwater, MN 55082
651.439.8283

Courage Center is a nonprofit rehabilitation and resource center that advances the lives of children and adults experiencing barriers to health and independence. At Courage Center, we specialize in treating brain injury; spinal cord injury, stroke, chronic pain; autism; and disabilities experienced since birth. Founded in 1928, Minneapolis-based Courage Center offers advanced technologies and innovation provided in part through the efforts of thousands of volunteers and donors. For more information, visit CourageCenter.org.



**A Therapeutic Horseback Riding
Program For Children With Disabilities**



Courage Riders is a program of
Courage Center St. Croix.



WHAT IS THERAPEUTIC RIDING?

Therapeutic riding is medically recognized as an effective method of therapeutic treatment for many human disabilities. A horse's walk is a three-dimensional beat that moves a rider's body in a manner similar to the human walk. As the horse walks, this movement is transferred to the rider, producing a combination of sensory, motor and neurological stimulation. It provides exercise to those unable to walk or exercise effectively on their own. Riding also relaxes and stretches spastic muscles, develops coordination and muscle control, improves balance and posture, and builds confidence, concentration and self-esteem.

An additional benefit is that grooming horses, riding and participating in games on horseback is tons of fun for the riders.

WHO CAN RIDE?

Courage Riders provides horseback riding to children ages 5 through 18 who have physical and/or sensory integration disabilities. All participants must have a medical history signed by their doctors. Each potential rider is also evaluated by the Courage Riders' staff to ensure that equine activities are appropriate and that Courage Riders has a horse and volunteers available to meet each child's particular needs. Cost: \$120 per session.

Call 651-351-2306 for details.

WE NEED VOLUNTEERS

Courage Riders literally could not operate without its staff of dedicated volunteers. Volunteers must be at least 15 years old to apply. Volunteers handle horses and lead them during lessons. Other volunteers, called sidewalkers, give assistance and support to the riders during all phases of the lesson. Experience with horses or with people with special needs is helpful, but not necessary. We provide training sessions prior to any class participation.

I WOULD LIKE MORE INFORMATION ABOUT COURAGE RIDERS

- I'm interested in lessons for my child
- I'm interested in volunteering
- I'd like to donate equipment
- I'd like to make a donation

Donations are used to maintain the program's current operating costs, expand the program, provide adaptive riding equipment, and fund scholarships for riders. Donations in any amount are welcome.

I am enclosing my tax-deductible donation of \$_____. Please make checks payable to Courage Riders.

NAME _____

EMAIL _____

PHONE _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

FOR MORE INFORMATION PLEASE CALL 651.351.2306

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