

NEW Specialized Therapeutic Programs for Summer

PARDS is very excited to have Esther Schlegel with us to offer specialized programs during the summer. Esther spent a year with PARDS while achieving her volunteer hours for her CANtra certification. Her warm caring nature captured the hearts of many of our riders. Esther is a German Occupational Therapist Bsc., with Hippotherapy (AHA), a Therapeutic Riding Instructor (CanTRA) and is an Instructor of Beginners in English Riding (Equine Canada).

Esther has lived, gained her education and worked in Germany, the Netherlands, USA and Canada before starting her own practice which she runs with competence and lots of heart. Besides treating clients in her practice, she enjoys teaching Occupational Therapy students at the Birkenfeld Social and Medical Sciences College (Sozialfachschole Birkenfeld), in Germany as well as offering clinics regarding various topics related to Occupational Therapy, Hippotherapy and Therapeutic Riding.

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THERAPEUTIC RIDING ASSESSMENT

Esther Schlegel (CTRSI) and PARDS Lead Instructor Robyn Boudreau (CTR II) will assess the individual rider's goals, abilities and challenges. The thorough, client centered assessment of communication, mobility, balance, coordination, visual, auditory and tactile perception is carried out on our equicizer Pinocchio, PARDS mechanical horse. Our goal is to ensure that PARDS Therapeutic Riding lessons will be of the best benefit of the rider. After this assessment, lessons can be tailored to the Individual's needs in regards of lesson content, teaching strategies, matching horse and rider as well as the use of adaptive riding equipment. We strive to ensure our students develop to their full potential as riders and also receive the highest possible health and developmental benefits that Therapeutic Riding can provide.

July 13th, July 14th, July 15th, July 20th, July 27th, August 3rd or August 10th

Cost \$120.00 - 60 minute assessment

Therapeutic forms and medical required

INTRODUCTION TO HIPPO THERAPY

In "Introduction to Hippotherapy" Esther offers clients insight into this powerful treatment strategy that uses the equine movement in order to achieve a functional outcome. The holistic approach includes a client centered assessment as well as tips and pointers for everyday life. How these insights can be incorporated into your Therapeutic Riding lessons to promote the best health and developmental outcomes will be discussed.

Therapeutic Riding Assessment (required to participate) see above

Therapeutic forms and medical required

Introduction to Hippotherapy

July 16th, July 23rd, July 30th or August 13th

Cost \$ 100.00 – 45 minute treatment

Summer Therapeutic Programs

CART DRIVING

Learning to work with and control a horse as the driver of a cart brings many benefits similar to the ones for riding. Cart driving is where a horse or pony is hitched to a wheeled cart and is driven around an arena, obstacle course, or out on a trail. Driving is a fabulous opportunity to continue expanding knowledge with horses, be out in the open air (weather permitting) and have fun!

July 10th- August 28th

Cost \$ 160.00-30 minutes -8 week program

Tuesday, Wednesday or Thursday evenings

Therapeutic forms and medical required

GROOMING - Grooming offers participants the chance to develop a relationship with a horse, learn horse care skills and benefit physically, psychologically and educationally.

30 minutes - 8 week program – Tuesday –Thursday evenings

July 10th- August 28th

Cost \$160.00-30 minutes -8 week program

Tuesday, Wednesday or Thursday evenings

Therapeutic forms, no medical required

Please register for programs by calling the PARDS office or by email to lessons@pards.ca

Some medical insurance carriers may offer coverage for these programs. Please consult with your carrier for more information