

*"Horses lend us the wings we lack."
-Pam Brown*



**For more information or to join
our Volunteer Team**

**Please call (716) 496-5551 or
(716) 548-0004 after 4 PM or
on weekends**

Toll Free: (800) 496-0296

E-Mail: ebrauen@sasinc.org

Visit our website at

www.sasinc.org/High-Hurdles



[Facebook.com/High-Hurdles-Therapeutic-Riding-Program](https://www.facebook.com/High-Hurdles-Therapeutic-Riding-Program)

Before riding, participants must have:

- ♦ Completed registration forms
- ♦ Physician's permission and medical report
- ♦ For riders with Down Syndrome, a negative x-ray for Atlanto-Axial instability.



High Hurdles is located at 13339
Route 39, Sardinia, New York 14134.
We are 20 minutes south of the end
of Route 400, near Route 16.



**Overcoming
life's challenges
one hurdle at
a time**



Therapeutic Riding



A division of

s a s i 
transforming lives

High Hurdles therapeutic riding offers individuals with a physical, emotional, or cognitive impairment the unique opportunity for growth and development. Instructors, students, horses and volunteers work together to meet challenging yet attainable horsemanship goals. Learning to care for and about horses while mastering riding skills is what High Hurdles is all about. Our core values are safety and respect for all.



Benefits of Therapeutic Riding:

- ♦ Improved posture, balance, & coordination
- ♦ Increased strength & stamina
- ♦ Increased body & environmental awareness
- ♦ Improved concentration & problem solving skills
- ♦ Improved speech
- ♦ Enhanced self esteem & social confidence

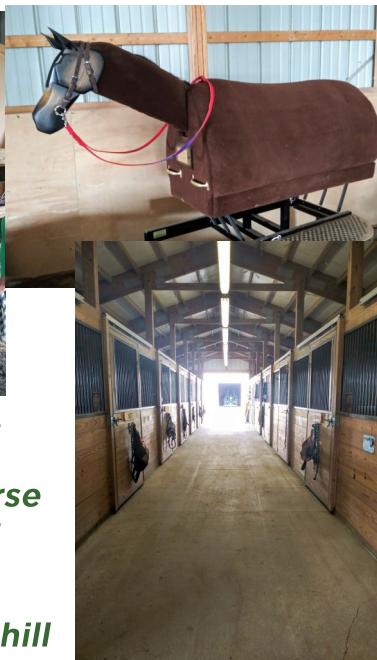
Both on-horse and off-horse activities are included in the eight-week sessions. Sessions are available March—November and run 1 hour per week. An annual horse show is held at the facility, showcasing skills individuals have learned in their classes.



“There is something about the outside of a horse that is good for the inside of a man.”

-Winston Churchill

High Hurdles offers a Sure Hands lift for the safe transfer of individuals with physical impairments to the horse. Our farm includes both an indoor and outdoor arena, 12 stalls, 69 acres of land, which includes a view of Bluemont, and a classroom with a viewing window of the indoor arena. We also offer an equicizer, which simulates the motion of a horse, for individuals who are physically or emotionally unable or not prepared to ride.



Community Involvement

is vital to our program's success. You can help in a number of ways.

Volunteers

Become part of the High Hurdles Team! Volunteers must be at least 14 years of age with a desire to help our special riders through physical, emotional and instructional support. Training is provided. It's rewarding; it's fun!

Financial Support

- ♦ Sponsor a rider
- ♦ Program Support
- ♦ Horse Care
- ♦ Facility Development

Donations

For monetary, supplies, horses and/or equipment donations to High Hurdles, please contact the Equine Services Program Manager at (716) 496-5551.

