

Community Support

is vital to our program's success.

You can help in a number of ways!

Volunteer

Become part of the High Hurdles Team.

- Volunteers must be at least 14 years of age.
- Must have a desire to help our riders through physical, emotional, and instructional support.
- Opportunities are available to lead and sidewalk in lessons, help with barn tasks, and be involved in outreach opportunities and fundraising efforts.
- Orientation and ongoing trainings are provided.
- Applications may be found on our website.

Financial Support

As a 501(c)3 organization, a significant portion of our funding comes from private donors, grants, and foundation donations.

Your monetary donations will help provide for:

- Sponsoring of a horse or rider for a session
- Horse Care, Feed, and Veterinary Expenses
- Facility Development and Maintenance

Donate Equipment or Equines

- New and Used tack, stable supplies, and barn tools are greatly appreciated. Please call to schedule a drop off or pick up time.
- Donations or free-leases of appropriate horses are much needed. Please contact the Equine Program Manager for details.



Find Us!

13339 Route 39
Sardinia, New York 14134



Office: 716-496-5551 Barn: 716-548-0004
Toll Free: 800-496-0296

www.sasinc.org/creative-opportunities/high-hurdles/

Like us on Facebook:

*High Hurdles
Therapeutic Riding Program*

Equine Program Manager:

Shelby Dytschkowskyj

Email: shelby.dytschkowskyj@sasinc.org



**Overcoming
Life's Challenges,
One Hurdle at a Time.**



Therapeutic Riding



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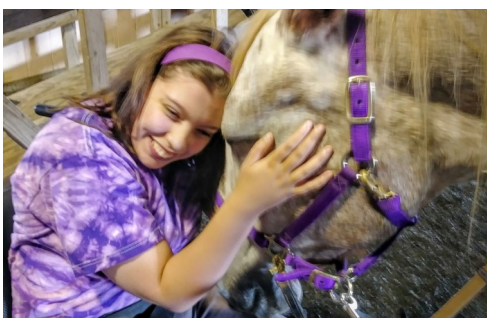
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transforming lives

High Hurdles Therapeutic Riding

Our mission is to provide a unique opportunity for growth, development, and other positive changes for individuals with special needs, utilizing the horse/human bond.

Instructors, students, horses and volunteers work together to meet challenging yet attainable horsemanship goals; enhancing an individual's ability to reach their highest potential.

We Value Safety and Respect for All.



Benefits of Riding & Horsemanship

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



Our Farm

Nestled in the rolling hills of Sardinia, NY, we are conveniently located about 20 minutes south of the end of Route 400, just off of Route 16.

Our dedicated, modern facility features:

- SureHands® Lift System for the safe transfer of individuals with physical impairments on & off the horse
- Indoor arena with heated classroom/viewing area and restroom facility
- Outdoor arena and meadow trail
- Equicizer™ mechanical horse that simulates riding for individuals to physically or emotionally prepare to ride, or as an alternative for those who are unable to ride
- 12 stall barn with tack room
- 69 acres of land with pasture & run in shed



Ride With Us!

An emphasis is placed on riding, but off-horse activities such as horsemanship, grooming, and groundwork are also included in the lessons.

- Our lesson season runs from mid-March through the beginning of November.
- The season is divided into four 8-week sessions. Riders may sign up for a single session or a full season of lessons.
- Lessons are 1 hour in length and held once weekly.
- Morning, Mid-day, Evening, and Weekend time slots are available.
- Lesson slots are limited to small groups to allow individualized, one-on-one instruction.
- An annual horse show is offered for riders to showcase their skills for friends & family.
- Lessons are taught by professional, trained instructors.
- All riders must have an annual physician's release and medical report. Riders with Down Syndrome must have a negative x-ray for Atlanto-Axial instability.

Registration Packets can be found on our website and must be completed two weeks prior to the start of the desired session.

www.sasinc.org/creative-opportunities/high-hurdles/enrollment-forms/

