

Directions to Rocky River Stable:

From I-90 West: Get off at the McKinley Ave. Exit. Turn left (South) on McKinley Ave. Turn right onto Riverside Dr. In several hundred feet turn left into MetroParks entrance onto Hogs Back Lane. At bottom of hill turn left onto Valley Parkway. Follow Valley Parkway to traffic light and turn left at the light, cross bridge. Rocky River Stables is the second driveway on the right across from Mastick Woods Golf Course.

From I-90 East: Get off on Detroit Rd. and turn left. Turn right on West Way Dr. then turn right on W 210th St.(Wagar). Turn left onto Mastick Rd. Cross Valley Parkway and Rocky River Stables is the second driveway on the right across from Mastick Woods Golf Course

From the East: Take I 480 west to Grayton Road exit. Go north (left) on Grayton until it dead ends into Puritas Avenue. Turn left on Puritas and go down the hill. We are on the left across from Mastick Woods Golf Course.

From the West: Take I-480 East. Exit at Brookpark Road. Go left on Brookpark to Grayton Road. Turn left on Grayton. Go north on Grayton until it dead ends into Puritas Avenue.



Valley Riding, Inc.
19901 Puritas Ave.
Cleveland, OH 44135



Valley Riding, Inc.



Therapeutic Riding Program



Valley Riding, Inc.

A non-profit located in
Rocky River Reservation
of Cleveland Metroparks

Our Mission

Valley Riding Inc. is a compassionate horse community, committed to educating and empowering children and adults by providing enriching opportunities to engage with horses in a metropolitan setting.

Rocky River Stable

19901 Puritas Ave.,
Cleveland, OH 44135
216-267-2525

Email: info@valleyriding.org
Web site: www.valleyriding.org

Therapeutic Riding Program (TRP)

The Therapeutic Riding Program (TRP) at Cleveland Metroparks Rocky River Stables is operated by Valley Riding, Inc., a non-profit 501 (c) (3). Our program has been providing therapeutic equestrian activities for individuals with disabilities since 1988.

Our facilities include indoor and outdoor riding arenas, viewing room, lounge, trails, restrooms, wheelchair mounting ramp and mounting blocks. We operate throughout the year, providing weekly therapeutic activities to children and adults with a variety of disabilities. Some of these disabilities include amputations, autism, cerebral palsy, Downs syndrome, multiple sclerosis, muscular dystrophy, spina bifida, stroke, traumatic brain injury, learning disabilities, and hearing and visual impairments.



This program is accredited by PATH, PATH was founded in 1969, establishing safety and quality standards for therapeutic riding programs across the United States and Canada. PATH certified instructors are required to complete annual continuing education courses, CPR certification and first aid training.



THERAPEUTIC RIDING

Therapeutic Riding is more than just sitting on a horse. The movement and shape of the horse allows tight, spastic muscles to relax to enhance posture and balance. The horse can lend its strength and abilities to the participant. Therapeutic instruction enhances eye/hand coordination, spatial relations, and an understanding of directions of varying complexity.

Emotionally and socially, each student interacts with the horse and the trained volunteers who assist with their riding lesson. This gives each student a sense of achievement, self-respect and satisfaction that comes from hard work and determination.

BENEFITS OF THERAPEUTIC RIDING INCLUDE ENHANCEMENT OF:

BALANCE	POSTURE
COORDINATION	SELF-CONFIDENCE
FLEXIBILITY	SELF-ESTEEM
MUSCLE TONE	SOCIAL SKILLS
VERBAL SKILLS	LEARNING SKILLS

Prior to participation in our program, each individual is required to submit a medical evaluation form completed by their personal physician and undergo an assessment by our riding instructor and volunteer coordinator. Together these professionals determine the appropriate tack and adaptive equipment, suitable horse for the participant's height and weight, number of volunteers needed to assist the participant, and appropriate methods of mounting and dismounting. Acceptance of the individual into our program is determined at this time. The participant is then scheduled for a weekly class with a group of up to 5 other students. In order to continue to ride, the medical evaluation form must be completed annually by the rider's physician. Please be advised that our maximum weight limit is 160 pounds.

There is a fee for an initial assessment of the participant, and for TRP group lessons.

Would you like to become more involved?
We welcome new students, volunteers and supporters!

Volunteers are the backbone of our program. Volunteers lead and/or sidewalk with students during lessons, and assist with our annual fundraising benefits. Lesson volunteers must be at least 14 years of age, be able to walk and jog around the arena. In addition, sidewalkers must be tall enough to comfortably reach the horse's back in order to steady the rider in the saddle. Volunteers attend scheduled training sessions throughout the year.

Please complete this form and return it to Valley Riding, Inc., or call us at (216) 267-2525.

I am interested in (please check)

- Volunteering
- Therapeutic Riding Program lessons
- Donating a horse or equipment
- Assisting with Fundraising

I would like to help support the Therapeutic Riding Program by providing my tax-deductible contribution of \$ _____ enclosed.

Please make checks payable to Valley Riding, Inc.

Name _____

Organization _____

Address _____

City, State, Zip _____

Phone () _____

Email _____