



Riding Programs

Therapeutic Riding Program

We are excited to announce that Therapeutic Riding lessons are now available at the Zajac Ranch for Children!

Participants will enjoy a series of 30-minute sessions led by Linda Smith, Zajac Ranch Equestrian Director, who is certified by the Canadian Therapeutic Riding Association (CanTRA). This is a wonderful opportunity for individuals with special medical needs to experience an invigorating form of exercise, recreation, and a new sense of freedom.

What is Therapeutic Riding?


Therapeutic Riding is a form of therapy which helps persons with various disabilities by using horses to assist in achieving specific goals. It is excellent for:

- Improving balance, coordination and posture
- Strengthening muscles and increasing flexibility
- Improving respiration and circulation
- Building self-esteem
- Developing social skills and teamwork
- Increasing concentration, patience and self-discipline
- Fostering a sense of freedom and accomplishment
- Having fun!

What facilities does the Zajac Ranch for Children have?

The Zajac Ranch is located on Stave Lake in Mission, B.C. - see our Location page for a map and driving directions. Our facilities include:

- The scenic Enchanted trail, which winds through old growth forest with plenty of tall mossy trees and luscious green ferns

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- An outdoor riding arena
 - A new indoor riding arena for those wet and windy days
 - A barn with feed room, tack room, hayloft and seating area
 - Three horse pastures
 - Six horses, each carefully chosen for their gentle disposition and balance, and each well-loved by the children at our summer medical camps

How can I register?

Step 1 - Assessment

Before participating in our program, candidates come to the Zajac Ranch for an assessment. This involves meeting with the Equestrian Director and having a medical doctor complete a referral form. Contact Linda Smith by phone (604.462.8305) or email to set up your assessment.

Step 2 - Goal Setting

Together with the candidate, parents or guardians, and the appropriate professional such as a physiotherapist, the instructor will set goals for each rider. These goals may be physical, cognitive, emotional, behavioural, educational, or a combination thereof.

Step 3 - Enjoy Your Therapeutic Riding Experience!

Each 30-minute lesson will include an instructor, a horse, and a rider. Additional leaders and side walkers may also be required depending on the needs of the rider. The caring staff and volunteers at the Zajac Ranch will help assist the riders to achieve their specific goals.



Zajac Ranch Therapeutic Riding Program Schedule

2009 Lesson Times (Tuesdays and Saturdays only):

- 10:00am
- 10:45am
- 11:30am
- 1:30pm
- 2:15pm
- 3:00pm

Each lesson is 30 minutes long. Cost: \$35.00 per lesson.

For more information on Therapeutic Riding, visit:

- Canadian Therapeutic Riding Association - listing of BC Therapeutic Riding centres
- Strides Therapeutic Riding - a great summary of Therapeutic Riding

Zajac Ranch Camp Application Forms

Please find more information and registration forms here:

<http://www.zajacranch.com/campschedule.htm>

Pony Pals Riding Stables

Therapy programs, summer camps, lessons.

For more details check out www.ponypalsstables.com