

# Winslow

Therapeutic Riding Center

A CLC Foundation Agency

"Healing with Horses"

Since 1974

1433 State Route 17A

Warwick, NY 10990

Phone: (845) 986-6686

Fax: (845) 988-5980

www.winslow.org



## PREPARE FOR YOUR VISIT

**Welcome New Horsemen and Horsewomen!**

We are so excited that you have decided to join us and start or continue your horsemanship journey. Please use the following checklist to prepare for your first lesson!

- ◇ Application submitted
- ◇ Physician Form submitted
- ◇ COVID Acknowledgement submitted
- ◇ Closed-toe shoes set out and ready to wear!
- ◇ SEI-ASTM helmet purchased and ready to wear!
- ◇ Face mask ready to wear!

## IMPORTANT REMINDERS

- Please **WAIT IN YOUR CAR** for your instructor to come and get you—they will find you at the start of your lesson.
- Payment is required at time of lesson. Checks are preferred, however we accept cash and credit cards also.
- Venturing Winslow's property is currently not allowed—please remain in your car if you are not participating in a lesson.
- Photography and video recording are not permitted without the approval of the instructor. No flash photography.
- Please silence cell phones when in the arena.

### Ways to Support our Cause!

- \*Volunteer! We could not perform the work we do without amazing volunteers.
- \*Supply and tack donations are always welcomed.
- \*Equine donations are accepted after passing evaluation.
- \*Various sponsorship opportunities are also available.
- \*Attend one of our fantastic fundraising events!
- \*In-kind donations are always welcomed and appreciated.
- \*Amazon Smile



Amazon Smile:

CLC Foundation / Winslow Therapeutic Riding

# Winslow

## Therapeutic Riding Center

A CLC Foundation Agency

"Healing with Horses"  
Since 1974

1433 State Route 17A

Warwick, NY 10990

Phone: (845) 986-6686

Fax: (845) 988-5980

www.winslow.org

Winslow was founded in 1974 and is a 501(c)(3) non-profit. Our center promotes and offers equine-assisted activities and therapies for individuals with disabilities through the tremendous support of staff and volunteers.

In 2014, Winslow gained new strength by merging with the Community Living Corporation (CLC) Foundation, allowing us to expand the services we offer. This merger has provided us with an opportunity to help even more individuals with physical, cognitive, and emotional challenges, to find their strength and independence through the power of the horse.

## Benefits of Therapeutic Riding and Hippotherapy

### Physical Benefits:

- Improved balance, strengthened muscles
- Improved coordination, reflex responses, and motor skills
- Increased range of motion
- Improved respiration and circulation
- Increased sensory tolerance

### Psychological Benefits:

- General sense of well-being
- Improved self-confidence
- Increased interest in the outside world
- Increased interest in one's own life
- Emotional control and self-discipline
- Improved social skills and interactions

### Social Benefits:

- Learn to develop and maintain friendships
- Development of respect and love for animals
- Increased social interactions

### Educational Benefits:

- Improved listening skills and focus
- Sequencing, patterning, and motor planning
- Improved hand-eye coordination
- Improved visual and spatial perception



## Programs Offered

- **Therapeutic Riding Lessons**
- **Traditional Riding Lessons**
- **Hippotherapy**
- **Adult Day Program:** designed for adults with disabilities; program includes development of daily living activities, leisure activities, farm experiences, additional therapies, and riding lessons. Offered year-round, Mon-Fri 9:30a-2:00p, open enrollment.
- **Junior Horsemanship:** learn about horse care, horsemanship skills, and how to ride.
- **Day at the Barn:** offered during school breaks and holidays only.
- **Farm Experience:** offered to large groups.
- **Visiting Classrooms:** offered to schools to bring special education classrooms for educational session and riding lesson once per week, for up to 10 weeks.
- **Summer Adventures:** offered to ages 6-12; includes crafts, activities, riding lessons, and more.
- **Winslow's Youth Leadership Academy:** offered to ages 13-15. Includes riding lesson and unmounted activities, and leadership and team-building development skills.
- **Saddle Club:** offered to ages 13-15. Includes riding lesson and unmounted activities.