



The Equest Center is located on the outskirts of Rockford, Michigan, and is 35-acres of scenic pasture and woodlands. The Stedman Creek runs through the property, adding to the overall serene experience our riders receive as they journey down our sensory riding trails.

Our facility is open year-round and offers outdoor riding in the summer, and heated indoor arena riding when the weather is cold or damp. The arena/stable has restroom facilities, and a comfortable observation room for family and friends.

The Equest Center for Therapeutic Riding, Inc. was established as a State of Michigan, non-profit corporation, in June, 1990, and received its IRS 501(c)3 designation two months later. The first therapy class began in February, 1991, with sixteen riders. Today 185+ riders, ranging in age from two to over 100, enjoy the benefits of Equest each week.



Equest is a Member of the Professional Association of Therapeutic Horsemanship International (PATH)
<http://www.pathintl.org>

Finding Us

Equest Center for Therapeutic Riding
 3777 Rector NE, Rockford, MI 49341
 Phone: (616) 866-3066
 Email: KathyRyan@equestcenter.org
 Online: Equestcenter.org

FED ID# 38-2938949



We can also be friended and followed online at:



*As you walk, I walk.
 As you run, so I run too.*

*I will ride, and go where you take me,
 for you are my arms, my legs,
 and my spirit.*

*I will grow stronger,
 because you are beneath me,
 and we are one.*

— Author, Lorie Gravitt



This Brochure was made possible by these donors:
 Design and Photography by Lorie Gravitt - Northerngravity Design.
 Photography by Brian Kelly Photography.
 Photography by Holly DeGarmo Photography.



Equest Center for Therapeutic Riding

Since 1990
Equest Center for
Therapeutic Riding has
 touched the lives of thousands
 of individuals and their families.

Horseback riding transports individuals with special needs into a new unexplored world, providing a sense of independence and freedom that defies disabilities.

When riding, individuals escape their braces, crutches, wheelchairs and disabilities, replacing them with the gentle gait of a well-trained horse.



Students who have been on a horse respond immediately to the power and strength of the animal. For the physically, emotionally, and mentally, challenged individuals, the experience offers a new view on life. Horses are a wonderful medium for relationships, and for therapy in a natural environment.



Equest Therapy combines instruction in traditional horsemanship skills with concepts of physical therapy, occupational therapy, and social/emotional therapies to improve the riders in the following areas:

Physical Benefits - Improves balance, posture & coordination, reflexes, motor planning, stretching of tight or spastic muscles, range of motion, respiration and circulation, appetite and digestion, sensory integration, muscle tone, strength & stamina, endurance, and relaxation.

Mental Improvements - Strengthens auditory short term memory, improves visual memory, sequencing, patterning and motor-planning, improves math and reading skills, problem solving, spatial relationships, strengthens ability to follow directions, and improved eye-hand coordination.

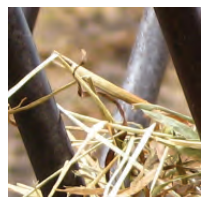
Social / Emotional Benefits - Provides a general sense of well-being, improved self confidence, increased interest in the outside world and interest in ones own life, develops patience, emotional control and self-discipline, improves communication skills, develops courage and a willingness to take risks.

Teamwork is at the heart of therapeutic riding, with the horse, rider, therapist, instructor, volunteer, and family working together to provide a fun, loving and positive therapeutic environment that cannot be duplicated in a clinical setting.

Our instructor/therapists are trained and certified by the the Professional Association of Therapeutic Horsemanship International (PATH) and our horses are individually evaluated and trained to be kind and gentle companions to our riders.



Volunteers are also vital to the success of our programs, contributing thousands of hours of service to our students, and the Center's daily operation. Our volunteers participate in an orientation, and experience hands-on training before beginning work with our students. All volunteers agree and comply with the Center's confidentiality policy.



Riding therapy has proven to be a highly motivational and enriching therapeutic and educational modality for students.

Student goals are thoughtfully developed to foster independence and to provide challenging and educational activities. Input is gathered from parents/guardians, rider, teacher and therapist. An instructor's lesson plan may include a wide variety of games and exercises designed to increase the rider's ability to listen, learn, and communicate.

For more information

about our therapeutic programs, becoming an instructor or volunteer, or simply making a donation, please contact the Equest Center for Therapeutic Riding by Phone at: (616) 866-3066
Email: info@equestcenter.org
or visit us online at: equestcenter.org

