

Our Mission...

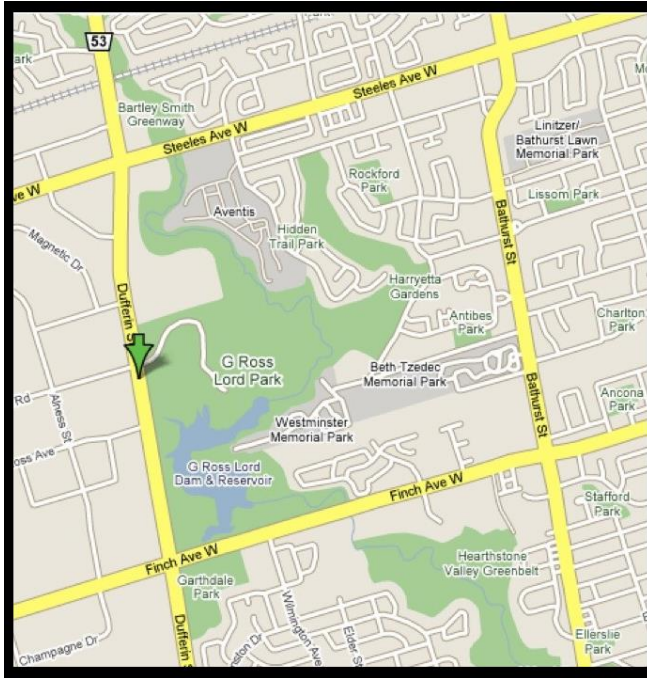
To improve the lives of children and adults with disabilities through quality therapeutic riding programs

Contact Us

4777 Dufferin St, Toronto, ON, M3H 5T3

Inside G. Ross Lord Park, Opposite Supertest Rd, Two lights North of Finch

Phone: 416-667-8600 x 6 Email: seana@card.ca Web: www.card.ca



2018 Summer Riding Programs

*Half Day, Full day and 1-hour opportunities
All programs offer integrated registration!*



**COMMUNITY ASSOCIATION FOR
RIDERS WITH DISABILITIES**

How does therapeutic riding help?

The physical benefits result from the rider's response to the horse's movement. The swinging, repetitive motion improves balance, coordination, strength and muscle tone, while gently mobilizing the joints. Therapeutic riding also improves sensory processing, focus and concentration, the ability to learn concepts, and communication skills.

As the client learns riding skills, they meet their goals and overcome challenges, gaining confidence and self-esteem.



What is the intake process?



Individuals learn of the CARD program through the medical community, therapists school, word of mouth from other parents, the Internet, and CARD promotions. Assessments are conducted for new clients to identify the physical, cognitive, and social needs. Once assessed, individuals are placed in the appropriate class.

What happens in a therapeutic riding class?

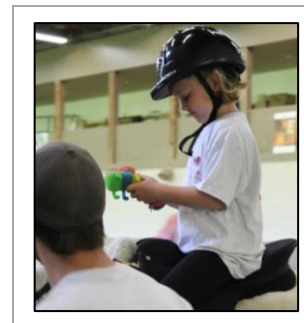
A typical lesson includes warm-up exercises, the specific lesson objective, fun activities and games. CARD clients learn riding skills, safety rules and practices, gain confidence, strength and physical and emotional improvement.

**All riding takes place in our indoor arena

To register, contact us directly or visit our website at www.card.ca.

Our Summer Programs

Full Day Camp



Running from 9am-4pm, campers will enjoy a Riding Session, Hands-On Barn Chores, and two different Horsemanship lessons each day.

Must be 6-16 yrs. of age and enjoy mounted and off-horse activities

\$ 650/week

Runs July 23-27 and August 20-24

Half Day Camp



Running 9-12 or 1-4, campers enjoy a Riding Session and Horsemanship lesson each day. Must be 6-16 yrs. of age and enjoy mounted and off-horse activities

\$ 450/week

Morning OR Afternoon: July 9-13

Morning ONLY: July 16-20, July 20-Aug 3, August 13-17

1-hour Classes



Running at 1:30pm or 2:45pm, these classes work best for riders interested/capable of riding activities only.

Must be 16-30 yrs. of age.

\$275/week

Afternoons ONLY: July 16-20, August 13-17

Registration Deadline is April 30, 2018