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NARHA Centers Mount Up for Summer

Denver – A Yiddish proverb says, “The wagon rests in winter, the sleigh in summer, the horse never.” Nowhere is that more true than in NARHA centers. NARHA centers across the country are beginning registration periods for summer sessions.

Many centers offer riding lessons throughout the summer. Summer camps – for both disabled and able-bodied participants – offer in addition to riding lessons on horse care and ground work. Nature exploration is always a fun activity in any camp. Many activities and games, such as obstacle courses, help riders improve their equestrian skills while gaining physical benefits, such as improving balance, coordination and posture, increasing flexibility, and building muscle and core strength.

Summer camps and lessons fill up quickly. Contact the center nearest you to register. Go to the NARHA website and click on [Find a Center](#). Search by state and by activity.

Oh, and have a great summer.

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About NARHA:

NARHA, formerly North American Riding for the Handicapped Association, was formed in 1969 to promote equine-assisted activities and therapies for individuals with special needs. At more than 800 member centers, a total of 42,000 children and adults find a sense of independence through involvement with horses. These member centers range from small, one-person programs to large operations with several certified instructors and licensed therapists. In addition to therapeutic equitation, a center may offer any number of equine-assisted activities including hippotherapy, equine-facilitated mental health, driving, interactive vaulting, trail riding, competition, ground work, or stable management. Through a wide variety of educational resources, the association helps individuals start and maintain successful equine-assisted activities and therapies for individuals with special needs. There are more than 24,000 volunteers, 2,000 instructors, 5,700 therapy horses and thousands of contributors from all over the world helping people at NARHA centers.