

# Why Vaulting



Vaulting is a team activity that celebrates everyone's success.

Interactive Vaulting is a unique activity that combines gymnastics and dance on a moving horse. It's a wonderful way to develop coordination, balance, strength, social skills and creativity while working in harmony with an equine partner. If your child loves horses, gymnastics, dance and fun, join SHHRC's Summer Vaulting Program.

**Vaulting will be held  
Monday evenings at 4pm  
during the summer session.**



## Somerset Hills Handicapped Riding Center

PO BOX 305  
83 Old Turnpike Rd  
Oldwick NJ 08858

For more information please contact Gina at:

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## Somerset Hills Handicapped Riding Center

### Summer Interactive Vaulting Program



Stride to thrive.

Tel: 908 439 9636

## Vaulting Program



The summer Interactive vaulting program at SHHRC is a group activity for individuals with learning disabilities, ADHD, or sensory

processing disorders. Interactive vaulting is an activity that provides an energetic atmosphere and develops the students' awareness of the horse and themselves. Interested students can learn vaulting techniques both on the moving horse and a vaulting barrel. Vaulting sessions provide an environment where participants can progress at their own speed, while still being part of a group working together. Instead of being competitive, the class is designed to encourage team work, to discover and practice new skills, and most of all, to have fun.

This program improves balance, agility, coordination, concentration, and strength, with increased self-confidence and the pride of accomplishment.

The vaulting group at SHHRC consist of up to four children with similar needs.



The vaulting session lasts 60 minutes and includes physical warm-up, stretching and strengthening exercises, grooming and tacking the horse, barrel work and vaulting on the horse.

The **sensory motor** component allows sequential motor skills to be chosen according to the individual. The skills provide opportunities for movement and balance exploration.

The **educational** component provides the participant with movement problems that are non-competitive in nature. These problems can be motor, cognitive, memory, sequencing, auditory, or visual in nature. The creative component allows the participant to make choices as to the sequencing of skills. Creative problem solving of movement challenges are possible.

The **social** component provides the participants with an environment to successfully interact with their peers and to promote team building and problem solving as a group.

### Vaulters



Vaulters must wear fitted clothing and soft shoes (such as aqua shoes), no boots or heeled shoes will be permitted. Vaulters must be five to twelve years of age, ambulatory, cognitively capable of following directions and have good safety awareness.

### Three Point of Vaulting Safety

"Three Points of Vaulting Safety" is the basis for its superb safety record, and differentiates vaulting from other equestrian sports. These three points are:

- Controlled environment
- Safety training
- Nature of the sport/horse

Many factors contribute to the safety of our sport including the fact that the horse is controlled at all times by an experienced, trained longeur. Vaulters are taught to condition their bodies with stretching and strengthening exercises, and are also taught safe mounts and dismounts at all levels. Also, most exercises are learned on a stationary apparatus, called a vaulting barrel, before they are performed on the horse.

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