



## **AVA'S INTRODUCTION TO ADAPTIVE VAULTING**

The Adaptive Vaulting Clinic offers something of importance to of its attendees. Whether vaulting enthusiasts, kids or parents of kids with special needs, therapist looking for a new approach or members of the community wishing to expand their knowledge and opportunities. It is also a wonderful opportunity for therapeutic riding centers that may want to expand their services. Held at the Leatherdale Center, the Adaptive Vaulting Clinic will be done in a climate controlled arena using barrels and vaulting horses.

## **WHO WILL BENEFIT?**

Anyone wishing to expand their knowledge of Adaptive Vaulting. Parents, care takers, case workers of individuals with disabilities to help understand the sport from a recreational/therapeutic standpoint.

## **WHY ADAPTIVE VAULTING?**

Vaulting is a wonderful sport that offers so much to so many people. Adaptive Vaulting is the therapeutic branch of the American Vaulting Association. Participants are coached in compulsory and freestyle moves virtually identical to those used at the highest levels of competitive vaulting. Adaptive Vaulting improves strength, stretch and balance. It also improves ones self esteem.

## **WHAT WILL BE GAINED?**

You will leave the clinic with knowledge of how Adaptive Vaulting gets results. Learn the easy ways of incorporating Adaptive Vaulting into your existing therapeutic program along incorporating volunteer assistance into an Adaptive Vaulting lesson. You will learn how the vaulting moves and positions provide therapeutic results. You will also learn how to choose an Adaptive Vaulting horse from your herd and the important role the horse plays in Adaptive Vaulting.