



SCHEDULE

Veteran and Service Members can sign up to participate at no cost in three 8-week sessions. Additional opportunities are available to continue building upon the horse knowledge learned through the program.

Tuesday Evening

Intro to Horsemanship;
Continuing Horsemanship 1&2 Classes;
Dinner served between classes.

Friday Evening*

ROCK Women Veterans Intro to Horsemanship class.

* Contact ROCK to verify current class day/time

Summer Camp

Camp Courage is a one-week horsemanship leadership camp for children of service members and veteran families.

Veteran Family Programs

Visit ROCKride.org for current offerings

ROCK On Veterans Sponsors

ROCK On Veterans is funded by grants and donations from organizations and individuals in support of veterans and their families. Meals are donated during classes by area restaurants, neighborhood organizations and groups.



This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families. For more information, visit www.TVC.Texas.gov.



ROCK Mission

Improving independence and life skills in partnership with the horse.

ROCK Vision

To be the trusted leader in equine-assisted services through research, education, and programs.



Healing Thru Horses

P.O. Box 2422
2050 Rockride Lane
Georgetown, TX 78627
(512) 930-7625
ROCKride.org



ROCK is a 501 (c)(3) Nonprofit Organization and PATH Intl. Premier Accredited Center



Equine-Assisted Programs for Veterans and Service Members

ROCKride.org





ROCK ON VETERANS

ROCK On Veterans (ROV) is an adaptive riding program for Service Members and Veterans partnering with horses and volunteers. The goal of this program is to enhance and improve the quality of life of Service Members and Veterans in partnership with the horse. Each classes is designed to support any veteran who wishes to move forward in their lives through learning valuable life lessons from the horse. Through funding provided by a grant from the Texas Veterans' Commission, a licensed mental health counselor is also available to veterans to support veterans in the area of mental health in various ways as needed.

ROV classes promote growth in the following areas:

- physical needs (improving balance and coordination)
- cognitive needs (improving memory and concentration)
- social needs (relationships and connections)
- common challenges (physical and emotional injuries, PTSD, TBI, depression and anxiety)
- building connections and community in a comfortable environment

HISTORY

ROCK began serving Veterans in 2005 when the 1st Cavalry Division at Ft. Hood, Texas requested ROCK's assistance to help put veterans with amputations on Cavalry horses for rehabilitation at Brooke Army Medical Center in San Antonio. The program model was adopted by PATH Intl. and has led to many programs nationwide.

ROCK FACILITIES

ROCK is located on 60 acres in Georgetown, Texas. ROCK has two 100' x 200' lighted, covered arenas and outdoor riding opportunities.



Intro to Horsemanship Class

Required for all new veteran participants.

The Intro to Horsemanship Class consists of eight (8) weekly 90-minute lessons. This class is specifically designed to introduce participants to ROCK's horses, safety procedures, grooming, tacking/saddling, leading, groundwork exercises and basic riding skills. In teaching these horsemanship skills, our goal is that a unique partnership will emerge between the veteran and horse.*

Continuing Horsemanship 1

Prerequisite: Intro to Horsemanship

Continuing Horsemanship 1 consists of eight (8) weekly 90- minute lessons. This class is specifically designed to expand rider knowledge and understanding of horses. Skills learned in the Intro to Horsemanship class continue to grow and be refined in this class. Riders focus on maintaing a balanced position at the walk and have an understanding of balanced position at the trot. Participants also demonstrate how to saddle and bridle their horse with limited assistance and mount independently or with limited modifications as needed.



Continuing Horsemanship 2

Prerequisite: Continuing Horsemanship 1

Continuing Horsemanship 2 consists of eight (8) weekly 90-minute lessons. Participants apply their newfound lessons in trust and leadership developed in the two previous classes. Riding and communication skills are refined while learning new purpose and direction.

Participants continue building skills needed to be a balanced rider both at the walk and the trot. In addition, participants work on basic skills needed to ride outside the arena in groups as well as skills needed when participating in an independent trail ride.

ROCK Women Veterans Program

ROCK offers a women-only Intro to Horsemanship Class that consists of eight (8) weekly 90-minute lessons. This class is designed to reach out to female Veterans and Service Members that may have experienced trauma while serving our country.

* Depending on horse availability and curriculum some Intro Classes may be a ground only during some eight week sessions.

Contact Heidi Derning at Heidi@ROCKride.org or call (512) 930-7625 for more information on the ROCK On Veterans Program

