SCHEDULE

Veteran and active duty 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

Co-Ed Horsemanship Classes - 5 pm and 7:30 pm
Psychoeducational Classes - 1x each 8 weeks
Visitors' Horse Grooming Time
Fellowship Meal served between classes
If you are a first time visitor contact veterans@rockride.org.

Friday Evening*

Veteran Women Only Ground Horsemanship Classes or Riding Classes for two or more eight Weeks sessions. Meal included after class.

* Contact ROCK to verify current class day/time

Veteran Family Programs

ROCK has opportunities for family members throughout the year. Camp Courage is a one-week summer horsemanship leadership camp for children of veterans and active duty service members. Contact veterans@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.

Embree Group · H-E-B Helping Here · Sport Clips Haircuts · Ideal Signs SignsForSports.com · American Legion Robert J. Becky Post 328 · Central Texas Community Foundation · Georgetown VFW Veterans of Foreign Wars · Greater Fayette Community Foundation · Insurance Industry Charitable Foundation · Georgetown Texas · Rotary Club of Georgetown Foundation · Field Of Honor · Round Rock Texas · M/Sgt Ben D. Snowden VFW Post 8587 · Texas Veterans Commission

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

PATH International Professional Association of Therapeutic Horsemanship International Premier Accredited Center

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

Veterans & Active Duty Service Members EQUINE-ASSISTED PROGRAMS

ROCK ON VETERANS

ROCK On Veterans (ROV) is an equine assisted services program for active duty service members and veterans. ROCK dedicates Tuesday nights to veteran programming. On this evening at ROCK veterans, service members, and families across generations come together to learn how to work with horses in a structured and effective way while also building community with fellow veterans and civilians. This serves to help integrate our veterans into the civilian community. Veterans are partnered with both veteran and civilian volunteers for support. A licensed mental health professional is also available to support veterans as needed. Each class is designed to support any veteran who wishes to move forward in their life through learning valuable life lessons from the horse.

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, PTS/PTSD, TBI, depression and anxiety)
- building connections and community in a comfortable environment

The ultimate goal of this program is to enhance and improve the quality of life for service members and veterans in partnership with the horse.

HISTORY

ROCK began serving Veterans in 2005 when the 1st Cavalry Division at Ft. Hood, 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.

Ground Horsemanship Class

Required for all new veteran participants.

This ground horsemanship class begins with material and information that is rooted in research and best practice giving us a better understanding of the horse's perspective. This portion consists of eight weekly 90-minute lessons. During this time, participants will be introduced to ROCK's horses, safety procedures, grooming, tacking/saddling, leading, and groundwork exercises. In teaching these horsemanship skills, the goal is to build a unique partnership between the veteran and a horse.

Continuing Horsemanship Riding Classes

After veterans complete their initial 8 weeks of ground horsemanship classes they may continue building skills in an additional 16 weeks of classes.

Riders must be no more than 220 lbs. in riding clothes to be eligible to ride.

* Veteran participants at ROCK are offered 24 weeks of 90-minute Horsemanship Classes at no cost. These classes are available thanks to generous donors, fundraising, and grants, which we are grateful for.

ROCK Veteran Women Only Class

The ROCK Veteran Women Only Class creates a safe environment among female service members and veterans to build fellowship in their community. Classes consist of eight (8) weeks of 90 minute lessons.

Veterans Volunteering!

ROCK is very grateful that MANY of our veteran participants choose to volunteer in classes with not only fellow veterans but also in support of our adaptive riding classes for children and adults with disabilities. We have veterans here at ROCK in volunteer positions feeding horses, leading horses and keeping children safe by walking next to them as they ride! There are many opportunities to get involved in the ROCK Community on Tuesdays and throughout the week. Contact rockateers@rockride.org to sign up to volunteer!

Depending on horse availability and curriculum, classes may be ground only during some eight week sessions.

Contact Heidi Derning at veterans@rockride.org for more information about the ROCK On Veterans Program