



THERAPEUTIC Horseback Riding and VAULTING



A Vaulting Connection llc:

AVC is a Vaulting Club in **Grand Rapids** and a member of the AVA (American Vaulting Association). Our home is at Stonehill Stable in the Grand Rapids area. We offer competitive, recreational, and therapeutic vaulting. A Vaulting Connection is fully insured.

Safety is our highest priority.

Karin Schmidt, Director and Instructor:

Karin has over 35 years of experience in many different horse disciplines. She is a qualified horse trainer and a certified instructor for handicapped horseback riding (NARHA, 4H PEP) and vaulting (through Germany and CHA).

THERAPEUTIC Horseback Riding and Vaulting:

In our program we use a comfortable, non-slippery pad on the horse's back, and a surcingle with two big handles, instead of a traditional saddle. This allows the rider to feel the horse closer, to move around in different positions (backwards, knees, e.g.), and to hold on when ever wished so. The lungeur or leader controls the horse, which doesn't only make it very safe, but also allows the riders to totally focus on what they are doing on the horse. In addition we use sidewalkers as needed and occasionally a backrider for safety and instruction.

Therapeutic Vaulting can be done at the halt, walk, trot or canter. Most students quickly relax and harmonize with the horse, gaining balance, coordination, and body strength through the constant stimulation of countless muscles. All sorts of different exercises provide a variety and sense of achievement, which is a great boost for the rider's self-esteem, not to mention the **Fun!**

Horses:

We have several very well trained ponies and horses that love kids and attention, and that are used to work with whatever special needs are required. Riding on horses of different sizes and breeds give the kids the benefit of great experiences.

Where do we ride:

STONEHILL STABLE is located in the **Grand Rapids area** on 5770 Alaska Ave. SE, Alto, MI 49302. (Corner Alaska Ave. and 60th Street, one block of Whittneyville) At Stonehill Stable we can either ride in an indoor arena, outdoor arena, or we enjoy little trail rides in a beautiful setting. Classes are offered year round.

What to wear:

Riders/ Vaulters dress according to the season. For pants have leggings or other stretchable pants; shorts are ok when it is hot, since we use a soft vaulting pad to ride on. Close toed soft gymnastic shoes. No boots or heels. Helmets are provided. **Side walkers** need close toed shoes. No sandals!

A Vaulting Connection



Nathan standing up on Charley, Here with a back rider.



Our competitive team, and helpers



Lillian on Charley with her dad sidewalking



Ballerina on the horse (recreational vaulting)

A VAULTING CONNECTION

Karin Schmidt
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Grand Rapids area
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Alto, MI 49302
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- **Therapeutic Vaulting and Riding**
“One On One” for individuals with special needs
(All ages and abilities)
By appointment
\$25 per 1/2 hour session
- **Special Occasion Vaulting**
(Birthdays, family, parties...)
Open to individual requests
- **Recreational Vaulting**
“Drop-In / Try-out”
Saturdays 1 hour \$15.
Please call in advance
- **Competitive Vaulting Team**
Ask Karin for more info

**** AVC will host a **HORSE GAMES FUN SHOW** on **October 10, 2008** ****
Among other things we will offer lead classes for handicapped kids. Make sure you are going to check out our website for details.

Website: www.avaultingconnection.com