

HOOFBEATS



Monthly Newsletter from the Jester Park Equestrian Center

August 2015 • Issue VII

www.polkcountyiowa.gov/equestriancenter

HARDY

LESSON HORSE OF THE MONTH

Meet Hardy, JPEC's August Therapy Horse of the Month. Hardy is a tall, gray gelding who's larger than life personality makes him a favorite around the barn. Joining the THP program in 2014, Hardy has become an extremely versatile member of the equine staff team. Hardy also works in our public trail rides, Team Building and with the At-Risk Youth helping young people learn life lessons through horsemanship. His quiet, inquisitive nature tends to draw people in. Stop by and visit Hardy in stall 13.



AUGUST

SUN	MON	TUES	WED	THURS	FRI	SAT
		Summer Camp - "Horse'n Around"				1 JPEC Barn Show
2	3	4	5	6	7	8 JPEC Open Show
	Summer Camp - "Horses in the Natural World"					
9 TTR Event	10 Summer Camp - "Let's Go To The Fair"	11	12	13	14	15 ACTHA Trail Event
16 TTR Event	17	18	19	20	21	22 Trail Camp Out
VT 30	24	25	26	27 "Ladies Night Out"	28	29 TTR Event
	31					

• Special JPEC Sponsored Events

- TtR: Time to Ride Event
- Overnight Trail Ride Series
- JPEC Barn and Open Show
- ACTHA Trail Challenge
- VT = Volunteer Training

Find a detailed calendar of events of all the happenings at JPEC on our facebook page!

"Our riders don't need perfect, they just need possible."

JPEC Therapeutic Horsemanship Program Motto

Share Your Talents!

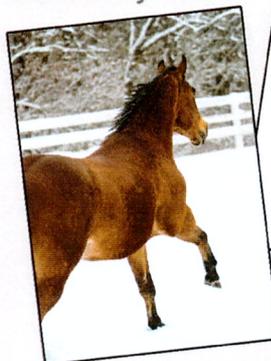
We love when our students get involved! We would love for our students to be a part of our Hoofbeats articles by submitting drawings, poems, pictures, or anything else that they love about JPEC.

These pictures could be featured throughout the year so keep your eyes peeled for your artwork in our Hoofbeats articles!

Please submit artwork to

Molly.Mellinger@polkcountyiowa.gov

or you can hand it in during lessons!



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Therapeutic Horsemanship What are the Benefits?

PHYSICAL

The three-dimensional motion of the horse provides the rider hip, back and core action that simulates natural walking. Riding relaxes and strengthens muscles and improves body tone, posture, balance, joint mobility, and coordination. Grooming and tacking horses works on fine motor skills, strength and flexibility.

EMOTIONAL

Contact with horses and horsemanship training provides a non-competitive setting for learning. New abilities, self-discipline, and improved concentration build self-confidence and emotional well-being. Participation in our programs can also foster a foundation of trust and emotional connection between both animals and humans alike.

SOCIAL

Horsemanship nurtures a positive self-image. Students may, for the first time in their lives, experience some independence and a sense of being part of a team. It is an opportunity for them to interact with other students and their team building relationships that will further enhance their positive self-image.

