



Xenophon Therapeutic Riding Center is a 501(c)3 nonprofit organization located in Orinda that provides therapeutic horseback riding, hippotherapy and related activities to children with mental and physical disabilities in a safe and secure environment. In a beautiful rural setting, we offer life-changing experiences for children with a wide range of disabilities. Focusing on enhancing each student's unique abilities and using the motion of the horse to improve specific skills, our children achieve goals that they never dreamed possible. With a horse as their guide, they gain self-esteem, confidence, mobility and balance. All of this takes place in a friendly, supportive atmosphere where students can make great strides, not only on horseback but also in the world outside the arena.



Xenophon's staff includes eight therapeutic riding instructors registered by the Professional Association of Therapeutic Horsemanship International. Along with a cadre of enthusiastic volunteers, they work with Xenophon's five horses—all trained to accept the adaptive equipment necessary for our children's success.



While there is no "typical" lesson, as all are tailored to the unique needs and abilities of each student, all lessons comprise a certified instructor, horse handler and two sidewalkers who assist with balance and ensure that the student is safe. Through a range of equine-assisted activities, we help students build core muscle strength, improve fine and gross motor skills, develop attention spans and cognition, and improve socialization skills.

In 2010, Xenophon gave a total of 764 lessons to 49 students. Over three six-week sessions offered five days a week, more than 60 volunteers donated 2,500 hours of service. In 2011, thanks to the construction of a new covered arena, we expanded our season to year-round, allowing us to accommodate more students and offer more sessions. With this expansion we hope to winnow down our waiting list—which we have always had due to the popularity of our program.



For additional information, visit [www.xenophontrc.org](http://www.xenophontrc.org) or contact our Executive Director, Mari Parino, at [mparino@xenophontrc.org](mailto:mparino@xenophontrc.org) or (925) 212-8788.

# Xenophon Therapeutic Riding Center

## Fact Sheet

**Mission Statement:** To enrich the lives of disabled children through a high-quality program of therapeutic horseback riding, hippotherapy and related activities.

**Disabilities served:** Autism, Cerebral Palsy, Down syndrome, Multiple Sclerosis, Noonan Syndrome, Asperger Syndrome (similar to autism), Developmental Delay, and other disabilities.

**Sessions:** Through 2010, we offered three six-week sessions per year between June and October. Beginning in the Fall of 2011, thanks to the completion of a new covered arena, we extended our operating season. In 2012, we plan to run five six-week sessions, from February through November.

**Lessons:** Each weekly lesson is 30 minutes long; and each is tailored to the individual needs of the student, with instructors working with parents, teachers and medical professionals to develop custom lesson plans.

**Fees:** The fee for each therapeutic riding lesson is \$45; hippotherapy lessons are higher but are often covered by health insurance. We offer a scholarship program for those families in need of financial assistance.

**Students served:** In 2011, Xenophon served 48 students per week; typically, an additional 20+ students are wait-listed.

**Volunteers:** More than 125 volunteers generously give their time in various capacities, from sidewalker to horse handler.

**Accreditation:** Xenophon is accredited by the Professional Association of Therapeutic Horsemanship International, a national governing body that regulates therapeutic riding programs in the United States. Xenophon is the only Premier Accredited Center of its kind in Alameda and Contra Costa Counties, and is considered one of the highest-quality therapeutic riding centers of its size in the country. In the accreditation process, centers are evaluated on 78 criteria to ensure a safe and meaningful program. In its most recent review, Xenophon earned a perfect score.

**Instructors:** Xenophon's eight part-time instructors are registered by PATH International. The registration process is lengthy and comprehensive to ensure knowledgeable and competent therapeutic riding instructors. Two of our instructors have masters degrees in counseling. Our hippotherapy instructors are licensed physical therapists. All participate in industry conferences and continuing education.

**Horses:** We currently have five horses of various breeds. All our horses undergo extensive training that ensures their reliability and enables them to do the job required of a therapeutic riding horse.

**Operations and Governance:** Xenophon is run day-to-day by a paid part-time Executive Director, Program Director and Horse/Barn Manager. It is overseen by a volunteer Board of Directors comprising parents, professionals, and community and philanthropic leaders.



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Xenophon is a 501(c)3 non-profit corporation.  
Tax ID: 94-3188164

Insured through the Professional Association of Therapeutic Horsemanship International, Xenophon is the only Premier PATH-accredited Center in Alameda and Contra Costa Counties.