



Services

- Therapeutic/Adaptive Riding
- Carriage Driving
- Unmounted/Ground Work
- Equine Assisted Learning



Contact

- 🌐 ridingtothetop.org
- 📞 207-892-2813, x10
Maine Relay Service: 711
- 📍 14 Lilac Drive, Windham, ME 04062



Volunteers

Your help is vital and most appreciated

- Lessons
- Barn Chores
- Office Work
- Special Events and Fundraising



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**Enhancing health and
wellness through Equine
Assisted Services**

About Us

Founded in 1993, Riding To The Top Therapeutic Riding Center (RTT) is dedicated to enhancing the health and wellness of children and adults with disabilities through equine assisted services. We operate year-round at our 50 acre farm in Windham, Maine that includes:

- Dedicated staff and volunteers
- A heated indoor arena
- Fully accessible attached program space
- Outdoor arena and round pen
- Miles of wooded trails
- Diverse herd of ponies and horses



Professional

Riding To The Top Therapeutic Riding Center is a PATH Intl. (Professional Association of Therapeutic Horsemanship International) Premier Accredited Center having met or exceeded PATH Intl.'s industry standards for safety and quality. All of our instructors are certified by PATH Intl.

Why Equine Assisted Services?

For many who do not respond well in traditional therapy, medical or classroom settings, time spent with horses at RTT is life changing. The farm is a lively natural environment full of opportunities for experiential learning. By seeing, listening and doing, the brain and body connect in unique ways to improve:

- Balance, strength, coordination and motor control
- Sensory processing, attention and problem solving, sequencing and planning
- Self-control, motivation, self-confidence and self-esteem
- Development of important life skills such as trust, responsibility and commitment

We Serve

- Individuals, school groups, social service agencies, veterans, seniors
- Children and adults (ages 3 to 80+) with a wide range of disabilities and challenges
- People from southern/central/midcoast Maine
- Individuals regardless of ability to pay

