



196 Auney Way
Granville NY 12832

**FOR LESSON INFORMATION
PHONE: 518-642-2252**

Email: nipperknolls@yahoo.com

Facebook/ [nipperknolls](https://www.facebook.com/nipperknolls)

nipperknolls.com



OUR HORSES

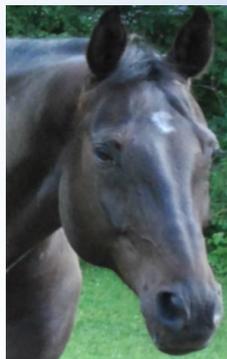
Horses are truly magical animals. They have patience, understanding, trusting and acceptance of who we are. That being said, our horses in the equine assisted activities and therapy program are special!!! These trusty equines demonstrate those special traits during every encounter and lesson. They do not judge and make people feel special.



Cool Hand Luke



Max



Quincy

Frankie Laine



Therapeutic Riding Programs

A 501c3 organization



Mission Statement:

Nipper Knolls Equine Center will:

Promote the benefits of Equine Assisted Activities and Therapies (EAAT)

Provide the facility, equipment, horses and support personnel required to perform EAAT

Provide assistance for retraining of abused/neglected horses and integrate them into the EAAT whenever possible

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Benefits of Horsemanship and Riding:

All participants, regardless of the focus of the lesson, experience the unique effects of equine assisted activities in a safe, supportive and fun environment.

Physical Benefits:

Participants develop a greater body awareness with improved balance, coordination, core strength and flexibility.

Social Benefits:

Participants develop a sense of working as a team member with improved self-confidence, self-esteem and reduced anxiety while having fun.

Cognitive Benefits:

Participants have the opportunity to improve focus, listening skills and apply problem solving skills while working with their friends.

Equine Assisted Activities and Therapies promotes improved confidence, self esteem, sense of accomplishment, focus, motor skills, tactile skills, balance, strength, socialization, verbal communication, teamwork, concentration and friendship.

Interested in Volunteering?
We provide training
Contact Cathy
nipperknolls@yahoo.com
518-642-2252
or visit nipperknolls.com



Cathy Lamando

**MSPT, HPCS
PATH Int'l Certified Riding Instructor**

Founder and Lead instructor

Cathy Lamando and her husband David Lamando started Nipper Knolls Therapeutic Riding program to merge her passion of helping others, as a Physical Therapist, with her love of horses. Cathy is a board certified Hippotherapy Clinical Specialist, as well as, a certified PATH International Certified Riding instructor.



Therapeutic (adaptive) Riding

Therapeutic riding and horsemanship skills provide benefits in areas of education, sport and recreation. Riding skills are taught with adaptive methods.

Physical Therapy (hippotherapy)

Hippotherapy is a treatment strategy incorporating the multidimensional movement of the horse, to promote functional outcomes. Riding skills are not the focus of this intervention, although contact with the horse has its unique benefit for the patient.

Wagon Driving

The driving discipline offers an alternative horse experience for those who prefer to be in a cart.

Alfred Z. Solomon Veterans Program

This 8 week program is designed to introduce Veterans to the world of horses. We provide 1:1 individualized instruction for ground skills and introduction to driving, without charge to the Veteran.

Community Class

This service is open to the general public and offers beginner level riding and horsemanship lessons.