



Little Bits Therapeutic Riding Association

Program Profile

Little Bits Therapeutic Riding Association for Persons with Disabilities (LBTRA) provides a recreational riding program for persons with disabilities. We are an inclusive, not-for-profit, charitable organization, established in 1975. With an emphasis on the development of riding techniques/skills, our riders gain independence, confidence, ability, physical, emotional and mental wellbeing.

The program is held at the Whitemud Equine Learning Centre Association (WELCA) (12510 - Fox Drive) in the scenic North Saskatchewan River valley of Edmonton. WELCA is serviced by the Disabled Adult Transportation System (DATS) system and is on an Edmonton Transit System (ETS) route.

Little Bits is an independent user group of the WELCA facility and pays significant funds for the use of the arena and lesson horses. Class schedules consist of a 10-week winter session, a 10-week spring session and a 10- week fall session. Classes are run on Monday and Tuesday mornings for adults, Tuesday and Wednesday afternoon/evenings for children, teen and adults and all-day Sunday for children.

Classes are one hour in length and run back-to-back on the hour. We also ride for five days (one week) in July/August for currently enrolled winter session riders only. All safety equipment is provided, and specially selected and trained horses are used in the program. All instructors are certified, understanding the principles of therapeutic riding recognized by the Canadian Therapeutic Riding Association (CanTRA) and the Cheff Centre in Augusta, Michigan.

LBTRA could not operate without the many dedicated volunteers who serve as leaders, side-walkers, and helping in the barn grooming and tacking up the horses. Volunteers are fully trained, and no prior experience is necessary. LBTRA holds a Volunteer Training Session every winter and fall before the start of those riding session. Volunteers must be at least 14 years old to apply, and this can be done through our website at: www.littlebits.ca or by contacting littlebitsvolunteer@gmail.com for information. There are also many other volunteer opportunities in public relations, fundraising, and on committees of the Board of Directors.

Riders must purchase a yearly LBTRA membership, which at the present time is \$15.00. Riding fees are currently \$350.00 for each of the 10-week, winter, spring and fall sessions. A participation service commitment of 5 hours per session (spring, fall and winter) is also required. This is accomplished by having the members submit a post-dated cheque for \$160.00 for each one of the 10-week sessions they may ride in. Each cheque is destroyed when the 5 service hours are completed.

LBTRA hosts several fundraising events throughout the year at which the participation service hours can be satisfied. The riding fees are subsidized by approximately 60% through these LBTRA fund raising efforts. LITTLE BITS THERAPEUTIC RIDING ASSOCIATION a) For persons with Disabilities LBTRA is run by a volunteer board of directors. These dedicated individuals meet the first Tuesday of each month at WELCA.

LBTRA currently accepts riders onto their waiting List using the application from our website: www.littlebits.ca and when an appropriate spot becomes available, riders are then enrolled from the waiting list. The riders are placed according to age and ability. Currently the wait is approximately 18-24 months for children and may be longer for adults.

Donations may be made to Little Bits in a variety of ways.

1. Canada Helps website: <https://www.canadahelps.org/en/dn/9502?v2=true>
2. Shaw Birdies For Kids presented by Altalink run under the Calgary Shaw Charity Classic Foundation at: <https://shawcharityclassic.com/charity/participating-charities/little-bits/>
3. By e-transfer to payments@littlebits.ca
4. By mail

LBTRA is a registered charitable organization. To keep our program affordable for all riders, we rely on donations from individuals as well as corporate donors, and apply for grants to help fund our operations. For more information contact LBTRA at (780) 476-1233 or at: info@littlebits.ca

LBTRA

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