

## **Programming Information for the 2016/17 Year**

### **Term/fee structure:**

The term fee is based on the number of classes in the program you are attending x the cost of the program you are attending.

You may pay the entire session fee up front by the date in the fee schedule (located on the left hand side of your Enrolment Form), or split your payment into two installments also according to the fee schedule.

Please ensure that payments for ALL TERMS are submitted when your placement has been confirmed.

**SPACES WILL NOT BE HELD WITHOUT PAYMENT.**

### **Fee changes**

We are pleased to share that the fees will remain the same for the coming year, our third year of being able to offer this to our clients. As you are aware, our costs rise each year, but we work hard year-round to cover those costs with grant and proposal writing, as well as our Annual Fundraiser, so that we can keep the riding fees as reasonable as possible.

### **Reminder: Winter Term Policy**

The Winter term fees are REDUCED by \$5.00 a class. Please note however, as a result the winter term will not qualify for make-up classes or refunds. This means you will effectively pay for 1 week less than the term is running because of the reduced rate.

### **NEW Class timeslots**

We have added a Hippotherapy class to the Afternoon schedule and removed the Afterschool timeslot. We have also scheduled sport classes to run on Sunday afternoons this year.

### **PTA Class Policy Reminder**

Due to the involvement of the therapist and the insurance letter provided at the end of the term, PTA classes will NOT be split in the event that there are insufficient volunteer numbers to run the class. Parents will be asked to assist in class as a first option, but if that is still not sufficient to run the class, the class will be cancelled and refund/make up class policy in the Rider Policy will be followed.

### **Rider Policy Changes/Clarifications**

We have updated the Rider Policy document to further answer your questions and concerns. Updated copies will be sent with your Program Confirmation Email. Please make sure you review it each year to stay on top of changes.

Please let us know if you have any questions!!

Sincerely,

Penny Smith  
Executive Director

Seana Waldon  
Director of Therapeutic Riding Services

## Class Descriptions

Please review the classes listed below and select the class best suited to your needs.  
Requests for placement in classes outside a rider's chronological age will be considered on an individual basis.

<b>Hippotherapy</b>	<p><b>Hippotherapy</b></p> <ul style="list-style-type: none"> <li><b>Class format:</b> A PT or PTA-directed class, conducted under a certified riding instructor. Sessions are 30 minutes in duration</li> <li><b>Goals:</b> Clients have active therapy goals benefiting from direct therapist involvement. This class is open to new and current riders. <b>Prerequisites:</b> Assessment by a CARD staff person prior to entry to the Hippotherapy program to review physical status and establish appropriate goals and treatment plans. Placement is on a term by term basis and subject to the discretion of the therapists, upon review of client information.</li> </ul> <p><b>Cost: \$75/ class for Fall and Spring                      \$70/class for Winter</b></p>	ALL AGES						
<b>PTA Group</b>	<p><b>PTA Group</b></p> <ul style="list-style-type: none"> <li><b>NOTE:</b> This program has now been subdivided into <b>Physical, Cognitive and Sensory</b> units to identify the primary focus of the class and facilitate cohesive groupings- please look at the schedule carefully when choosing your class</li> <li><b>Class Format:</b> A PTA-directed class for clients leaving the Hippotherapy program OR clients needing or desiring therapist input. Riders have a leader and up to 2 side walkers to provide physical or cueing assistance. NOTE: This class does not work on riding skills though some equestrian activities may be incorporated for their therapeutic value</li> <li><b>Goals:</b> strength, postural alignment and range of motion; motor coordination and planning and organization of sensory input.</li> <li><b>Prerequisites:</b> endurance of 45mins., primarily processing and focus goals, ability to follow 1-2 step directions</li> </ul> <p><b>Cost: \$70/class for Fall and Spring                      \$65/class for Winter</b></p>	4-8 YRS						
<b>Therapy 1</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 45%; padding: 5px;"> <p><b>Therapy 1- rehab 8-12yrs</b> <b>Prerequisites:</b> equally prevalent physical and intellectual diagnosis, focus on therapy skills</p> </td> <td rowspan="5" style="padding: 5px; vertical-align: top;"> <ul style="list-style-type: none"> <li><b>Prerequisites:</b> endurance of 45-60 mins, ability to follow 1-2 step directions</li> <li><b>Class Format:</b> leader and 1 or 2 sidewalkers providing physical assistance or cueing. Mounted activities combined with the horses' movement to achieve therapeutic goals.</li> <li><b>Goals:</b> strength, postural alignment and range of motion; motor coordination and planning and organization of sensory input and language development.</li> </ul> <p>**Only the Sport Class works on riding skills for their athletic purpose. The other classes may incorporate equestrian activities for their therapeutic value</p> <p><b>Cost: \$55/class for Fall and Spring \$50/class for Winter</b></p> </td> </tr> <tr> <td style="padding: 5px;"> <p><b>Therapy 1- sport 8-12 yrs</b> <b>Prerequisites:</b> focus on Riding Skills development, recommendation of past instructor</p> </td> </tr> <tr> <td style="padding: 5px;"> <p><b>Therapy 1- physical</b> <b>Prerequisites:</b> primarily physical diagnosis</p> </td> </tr> <tr> <td style="padding: 5px;"> <p><b>Therapy 1- cognitive/intellectual</b> <b>Prerequisites:</b> primarily intellectual diagnosis</p> </td> </tr> <tr> <td style="padding: 5px;"> <p><b>Therapy 1- dual diagnosis</b> <b>Prerequisites:</b> equally prevalent physical and intellectual diagnosis</p> </td> </tr> </table>	<p><b>Therapy 1- rehab 8-12yrs</b> <b>Prerequisites:</b> equally prevalent physical and intellectual diagnosis, focus on therapy skills</p>	<ul style="list-style-type: none"> <li><b>Prerequisites:</b> endurance of 45-60 mins, ability to follow 1-2 step directions</li> <li><b>Class Format:</b> leader and 1 or 2 sidewalkers providing physical assistance or cueing. Mounted activities combined with the horses' movement to achieve therapeutic goals.</li> <li><b>Goals:</b> strength, postural alignment and range of motion; motor coordination and planning and organization of sensory input and language development.</li> </ul> <p>**Only the Sport Class works on riding skills for their athletic purpose. The other classes may incorporate equestrian activities for their therapeutic value</p> <p><b>Cost: \$55/class for Fall and Spring \$50/class for Winter</b></p>	<p><b>Therapy 1- sport 8-12 yrs</b> <b>Prerequisites:</b> focus on Riding Skills development, recommendation of past instructor</p>	<p><b>Therapy 1- physical</b> <b>Prerequisites:</b> primarily physical diagnosis</p>	<p><b>Therapy 1- cognitive/intellectual</b> <b>Prerequisites:</b> primarily intellectual diagnosis</p>	<p><b>Therapy 1- dual diagnosis</b> <b>Prerequisites:</b> equally prevalent physical and intellectual diagnosis</p>	8-12 YRS
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		13-20 YRS						
		21+ YRS						

Therapy 2	<p><b>Therapy 2</b></p> <ul style="list-style-type: none"> <li>• <b>Class Format:</b> leader only or 1 sidewalker providing physical assistance or cueing. Focus on therapy but also on developing riding skills. Class uses various mounted activities combined with the horses' movement to achieve therapeutic and equestrian goals, such as increased control of horse at the walk. Class may include assisted trot work if appropriate.</li> <li>• <b>Goals:</b> strength, postural alignment, range of motion, motor planning and coordination and beginner riding skills.</li> <li>• <b>Prerequisites:</b> endurance of 45-60 mins., ability to follow 2-3 step directions, focus on developing equestrian skills in a supported environment, must have the recommendation of previous instructor</li> </ul>	8-12 YRS
		13-20 YRS
	<p><b>Cost: \$55/class for Fall and Spring                      \$50/class for Winter</b></p>	21+ YRS
Therapy 3	<p><b>Therapy 3</b></p> <ul style="list-style-type: none"> <li>• <b>Class format:</b> Leader only for safety/cueing at the walk and to assist with trotting. Riders reinforcing independent walk skills and learning to trot. Focus is on skills-progression but not necessarily competition</li> <li>• <b>Goals:</b> strength, postural alignment, range of motion, motor planning and coordination and refining beginner riding skills, such as graduated riding independence</li> <li>• <b>Prerequisites:</b> Riders are able to be independent at the walk <u>circumstances permitting</u>, and they are increasing their control over the horse at the trot.</li> </ul>	13-20 YRS
		21+ YRS
	<p><b>Cost: \$55/class for Fall and Spring                      \$50/class for Winter</b></p>	
Therapy 4	<p><b>Therapy 4</b></p> <ul style="list-style-type: none"> <li>• <b>Class Format:</b> Leaders only at horses' head or on hand in the ring. Focus is on riding skills and arena figures. Class will include trot work with a focus on becoming independent at the trot, refining arena figures at the trot and mastering posting diagonals. Focus is on skills-progression</li> <li>• <b>Goals:</b> improving independent riding skills at the walk/trot, as well as strength, posture, motor planning and coordination</li> <li>• <b>Prerequisites:</b> Riders have sufficient focus/skills experience to focus on figures and riding concepts outside of a games environment, sufficient balance, control and organization to be off the lead at the walk and have been working on riding skills at the trot, though not necessarily off the lead at trot</li> </ul>	13-20 YRS
		21+ YRS
	<p><b>Cost: \$55/class for Fall and Spring                      \$50/class for Winter</b></p>	
Therapy 5	<p><b>Therapy 5</b></p> <ul style="list-style-type: none"> <li>• <b>Class Format:</b> Class focus is refining riding techniques, figures of the ring, and schooling the horse</li> <li>• <b>Goals:</b> learning warm up techniques and increasing ability to manipulate horse's body and movement to improve their way of going.</li> <li>• <b>Prerequisites:</b> Riders with a moderate to high level of initiative and accountability is expected. Riders are required to be fully independent at the trot.</li> </ul>	13-20 YRS
		21+ YRS
	<p><b>Cost: \$55/class for Fall and Spring                      \$50/class for Winter</b></p>	
Friends of CARD	<p><b>FRIENDS OF CARD and Friends of CARD (modified)</b></p> <ul style="list-style-type: none"> <li>• <b>Class format:</b> No ground assistants. This class is open to the general public. Where appropriate, this class may be integrated.</li> <li>• <b>Goals:</b> Riders will be refining riding techniques, figures of the ring, working the horse, and learning warm up techniques and increasing ability to manipulate horse's body and movement to improve their way of going. Class may include canter work, if appropriate.</li> <li>• <b>Prerequisites:</b> Riders must have sufficient strength and attention span to control a horse with minimal assistance and be able to groom and tack without assistance</li> </ul>	13-20 YRS
		21+ YRS
	<p><b>Cost: \$60/class for Fall and Spring                      \$55/class for Winter</b></p>	

## Class Schedule 2016/17

All Ages	
Hippotherapy 1:1 with a therapist	Monday 1:30-2:00pm Monday 2:10-2:40pm Monday 2:50-3:20pm Monday 3:30-4:00pm Monday 4:10-4:40pm

Riders 4-8 yrs	
PTA Group- Cognitive/Sensory	Tuesday 5:00-5:45pm
PTA Group- Physical	Saturday 9:30-10:15am Saturday 10:30-11:15am Saturday 1:30-2:15pm

Riders 8-12 yrs	
PTA Group- Physical	Tuesday 6:00-6:45pm
PTA Group- Sensory	Saturday 2:30-3:15pm
PTA Group- Cognitive	Saturday 3:30-4:15pm
Therapy 1- Rehab	Wednesday 7:15-8:15pm
Therapy 1 – Sport	Sunday 1:30-2:30pm
Therapy 2	Sunday 2:45-3:45pm

Riders 13-20 yrs	
Therapy 1	Tuesday 7:15-8:30pm (COGNITIVE) Tuesday 8:30-9:30pm (DUAL DIAGNOSIS) Thursday 1:30-2:30pm (DUAL DIAGNOSIS)
Therapy 2/3	Monday 7:15-8:15pm
Therapy 4/5	Monday 8:30-9:30pm
Friends of CARD	Wednesday 1:30-2:30pm Wednesday 2:45-3:45pm

Riders 21+ yrs	
Therapy 1	Tuesday 10:45-11:45am (COGNITIVE) Wednesday 8:30-9:30pm (DUAL DIAGNOSIS) Thursday 2:45-3:45pm ( DUAL DIAGNOSIS )
Therapy 2	Thursday 10:45-11:45am
Therapy 2/3	Thursday 7:15-8:15pm
Friends of CARD (modified)	Thursday 8:30-9:30pm
Friends of CARD	Wednesday 1:30-2:30pm Wednesday 2:45-3:45pm