

Riding at CARD for the 2017/2018 Year
Important Information

Fee payment per term:

You may pay the entire term 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. Payment is due once your placement has been confirmed.

WE ARE UNABLE TO HOLD YOUR RIDING SPACE(S) IF PAYMENT IS NOT RECEIVED.

Winter Term Riding

The winter term fees are REDUCED by \$5.00 a class. This fee structure is in place, since we are unable to provide make-up classes or refunds.

NEW Class timeslots

We have added 2 PTA PLUS classes to the Monday Afterschool timeslot
The Tuesday Afterschool PTA class has shifted to Wednesday afterschool
The Therapy 1 Sport Class has moved to Saturday Mornings

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 requested 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

Please ensure that you are familiar with our Rider Policy. By registering for our riding program you have agreed to abide by these policies. It is in your best interest to be familiar with them.

Please let us know if you have any questions!!

Thank you for riding at CARD.

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.

Mounted Physiotherapy	<p>Hippotherapy</p> <ul style="list-style-type: none"> Class format: A PT or PTA-directed class, conducted under a certified riding instructor. Sessions are 30 minutes in duration Goals: Clients have active therapy goals benefiting from direct therapist involvement. This class is open to new and current riders. Prerequisites: Assessment by a CARD staff person prior to entry to the Hippo-therapy program to establish appropriate goals and treatment plans. <p>Cost: \$75/ class for Fall and Spring \$70/class for Winter</p>	ALL AGES
PTA Group	<p>PTA Group</p> <ul style="list-style-type: none"> NOTE: This program is divided into Physical, Cognitive and Sensory units to facilitate cohesive groupings- please look at the schedule carefully when choosing your class Class Format: 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 Goals: strength, postural alignment and range of motion; motor coordination and planning and organization of sensory input. Prerequisites: endurance of 45mins., primarily processing and focus goals, ability to follow 1-2 step directions <p>Cost: \$70/class for Fall and Spring \$65/class for Winter</p>	4-8 YRS
		8-12 YRS
PTA + Group	<p>PTA PLUS Group</p> <ul style="list-style-type: none"> Class Format: A PTA-directed class for clients aging out of regular PTA while still requiring therapist input in a group setting. All other criteria identical to the PTA Classes <p>Cost: \$70/class for Fall and Spring \$65/class for Winter</p>	12 yrs and up
Therapy 1	<p>Therapy 1- physical 8-12yrs Prerequisites: primarily physical diagnosis</p>	8-12 YRS
	<p>Therapy 1- sensory Prerequisites: primarily sensory challenges</p>	
	<p>Therapy 1- cognitive/intellectual Prerequisites: primarily intellectual diagnosis</p>	13-20 YRS
	<p>Therapy 1- sport 8-12 yrs Prerequisites: prepping for Therapy 2</p>	21+ YRS
	<p>Therapy 1- dual diagnosis Prerequisites: equally prevalent physical and intellectual diagnosis</p> <p>Cost: \$55/class for Fall and Spring \$50/class for Winter</p>	
<p>Prerequisites: endurance of 45-60 mins, ability to follow 1-2 step directions</p> <p>Class Format: leader and 1 or 2 sidewalkers providing support or cueing. Mounted activities combined with the horses' movement to achieve therapeutic goals.</p> <p>Goals: strength, postural alignment and range of motion; motor coordination and planning and organization of sensory input and language development.</p> <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>		

Therapy 2	<p>Therapy 2</p> <ul style="list-style-type: none"> • Class Format: 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. • Goals: strength, postural alignment, range of motion, motor planning and coordination and beginner riding skills. • Prerequisites: 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 	8-12 YRS
		13-20 YRS
		21+ YRS
Cost: \$55/class for Fall and Spring \$50/class for Winter		
Therapy 3	<p>Therapy 3</p> <ul style="list-style-type: none"> • Class format: Leader only for safety/cueing at the walk and to assist with trotting. Riders reinforcing independent walk skills and refining trot skills. Focus is on skills-progression but not necessarily competition • Goals: strength, postural alignment, range of motion, motor planning and coordination and refining beginner riding skills, such as graduated riding independence • Prerequisites: 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. 	13-20 YRS
		21+ YRS
Cost: \$55/class for Fall and Spring \$50/class for Winter		
Therapy 4	<p>Therapy 4</p> <ul style="list-style-type: none"> • Class Format: 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 • Goals: improving independent riding skills at the walk/trot, as well as strength, posture, motor planning and coordination • Prerequisites: 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 	13-20 YRS
		21+ YRS
Cost: \$55/class for Fall and Spring \$50/class for Winter		

Class Schedule 2017/18

All Ages	
Mounted Physiotherapy 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
PTA Plus Group	Monday 5:00-5:45pm Monday 6:00-6:45pm

Riders 4-8 yrs	
PTA Group- Cognitive	Wednesday 5:00-5:45pm
PTA Group- Physical	Saturday 1:30-2:15pm Saturday 2:30-3:15pm

Riders 8-12 yrs	
PTA Group- Dual	Wednesday 6:00-6:45pm
PTA Group- Cognitive	Saturday 3:30-4:15pm
Therapy 1- Sensory	Thursday 7:15-8:15pm
Therapy 1 – Sport	Saturday 9:30-10:30am Saturday 10:45-11:45am
Therapy 1- Cognitive	Tuesday 7:15-8:30pm

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

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