

Riding at CARD for the 2018/2019 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

- The Wednesday Afterschool PTA class has shifted to Tuesday Afterschool and will be a Therapy 1 prep class
- The Thursday Afternoon Classes have shifted to Wednesday afternoons
- A skills-based class has been added to Monday Afterschool

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.

Rider Lateness Policy

Please note that the policy has been clarified to read:

'Riders arriving after mounting is concluded, and the arena gates closed, will not be mounted.'

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: 115/ class for Fall and Spring \$110/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. 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
Therapy 1 PREP	<p>Therapy 1 Prep</p> <ul style="list-style-type: none"> • Class Format: A 45 min class for clients leaving the PTA program and not yet ready for a longer class. Riders have a leader and up to 2 side walkers to provide physical or cueing assistance. 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: \$55/class for Fall and Spring \$50/class for Winter</p>	4-8 YRS 8-12 YRS

Class Descriptions Continued

Therapy 1	<p>Therapy 1- physical 8-12yrs</p> <ul style="list-style-type: none"> NOTE: This program is divided into Physical, Cognitive, Sensory and Sport units to facilitate cohesive groupings- please look at the schedule carefully when choosing your class Prerequisites: endurance of 45-60 mins, ability to follow 1-2 step directions Class Format: leader and 1 or 2 sidewalkers providing support or cueing. Mounted activities combined with the horses' movement to achieve therapeutic goals. Goals: strength, postural alignment and range of motion; motor coordination and planning and organization of sensory input and language development. <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>Cost: \$55/class for Fall and Spring \$50/class for Winter</p>	8-12 YRS
		13-20 YRS
		21+ YRS
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 <p>Cost: \$55/class for Fall and Spring \$50/class for Winter</p>	8-12 YRS
		13-20 YRS
		21+ YRS
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. <p>Cost: \$55/class for Fall and Spring \$50/class for Winter</p>	13-20 YRS
		21+ YRS
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 <p>Cost: \$55/class for Fall and Spring \$50/class for Winter</p>	13-20 YRS
		21+ YRS

Class Schedule 2018/19

All Ages	
Mounted Physiotherapy 1:1 with a therapist	Monday 1:30-2:15pm Monday 2:15-3:00pm Monday 3:00-3:45pm

Riders 4-8 yrs	
PTA Group- Physical	Saturday 1:30-2:15pm Saturday 2:30-3:15pm

Riders 8-12 yrs	
PTA Group- Cognitive	Saturday 3:30-4:15pm
Therapy 1- PREP	Tuesday 5:00- 5:45pm Tuesday 6:00-6:45pm
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 7:15-8:15pm (COGNITIVE) Wednesday 1:30-2:30pm (DUAL DIAGNOSIS)
Therapy 2/3	Monday 6:00-7:00pm
Therapy 3/4	Monday 7:15-8:15pm Monday 8:30-9:39pm

Riders 21+ yrs	
Therapy 1	Tuesday 8:30-9:30 pm (COGNITIVE) Wednesday 8:30-9:30pm (DUAL DIAGNOSIS) Wednesday 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