

Spring 2024 Course Catalogue- Riders

Class Type	Day	Time
4-8 Therapy 1 PREP	Tuesday	5:30-6:15pm
	Saturday- fast pace	1:30-2:15pm
	Saturday- slow pace	2:30-3:15pm
8-12 Therapy 1 PREP/Sport	Saturday	9:30-10:15am
	Saturday	3:30-4:15pm
8-12 Therapy 1 Sport	Monday	5:45-6:45pm
	Thursday	5:30-6:30pm
	Saturday	10:30-11:30am
13-20 Therapy 1 Cognitive	Wednesday	7:15-8:15pm
13-20 Therapy 1 Cognitive/Sport	Thursday	7:15-8:15pm
21+ Therapy 1 Cognitive	Wednesday	1:30-2:30pm
	Wednesday	2:45-3:45pm
	Wednesday	8:30-9:30pm
21+ Therapy 1 Dual	Tuesday	1:30-2:30pm
	Tuesday	2:45-3:45pm
	Wednesday	10:30- 11:30am
	Thursday	8:30-9:30pm
21+ Therapy 2 Physical	Thursday	10:30-11:30am
Therapy 3	Monday	7:15-8:15pm
	Monday	8:30-9:30pm
	Tuesday	10:30-11:30am
Friends of CARD	Friday	1:30-2:30pm