

## Riverwood Therapeutic Riding Center Summer Session

Join us for 8-weeks of summer fun –Riverwood’s summer session takes place from June 14<sup>th</sup>-August 6<sup>th</sup>! Please read class descriptions carefully before completing the attached registration form.

### Class Descriptions

#### Therapeutic and Able-Bodied Riding Lessons:



This program is open to both exceptional and typically developing individuals and is a perfect opportunity for siblings, families, or friends to ride together! Riders will be grouped together based on age and ability, with the minimum age starting at 3. Adult lessons are also available, and perfect for those interested in forming a deeper connection with our horses. All classes are goal-oriented and taught by certified therapeutic riding instructors. **Due to safety parameters for our horses, we must limit weight of riders to 180 lbs. or less. Cost: \$272.**

#### Groundwork & Therapeutic Horsemanship:

Unmounted lessons at Riverwood focus on strengthening the horse-human relationship and provide learning opportunities that are unique from those in mounted lessons. Lesson topics are customizable to the group or individual and include but are not limited to grooming, leading, horse care, horse massage, and so much more! This program is open to both exceptional and typically developing individuals. **Cost: \$272**

#### “Stable Moments” Mindfulness Class:

“Stable Moments” consists of two 4-week sessions of unmounted classes in which participants will learn breathing, stretching and mindfulness techniques along with intentional time in partnership with Riverwood horses. Weekly Equine Assisted Learning sessions will provide students the opportunity to develop relationship skills, confidence, and self-awareness while building relationships with the horses. This program is open to both exceptional and typically developing individuals. Classes will take place on Monday afternoons from 6-7 PM, and students can enroll in one or both sessions.

**Cost: \$136 per 4-week session**

#### Community Based Learning for Teens and Young Adults:

CBL is an ideal learning opportunity for teens (age 14 and up) and adults with special needs who are seeking employment or higher education as a part of their future. Although this program is unmounted, it will involve consistent interactions with the horses. In addition, students will plan a farmer’s market and have multiple opportunities to practice customer service and interacting with the public in The Coop, Riverwood’s farm store. Job skills developed in CBL include but are not limited to, working with a supervisor to learn and understand how to do certain farm and equine related tasks, learning to adhere to expectations within a timeframe, following a list of tasks, interacting with the public at Riverwood, and learning new skills both physical and educational. Although this is an unmounted class, some sessions may require students lifting items as large as 20 pounds and/or being on their feet for 30 minutes or more. Special accommodations will be made for individuals who use a wheelchair, or with physical special needs. Students may choose between Tuesdays from 4:30-6:30 PM or Wednesdays from 9:30-11:30 AM. **Cost: \$360 for 8 weeks. Space is limited to 6 students per group.**



#### Summer Intensive Learning Sessions:

Summer Intensives are multi-day courses for students who are interested in learning more about horses and riding by being fully immersed in the farm life.

**Elementary Aged Children:** For students who are ready to learn more about taking care of horses and improving their beginner riding skills. Students will have their “own” horse for the week, and each day will involve grooming, riding, learning about horse care, and enjoying fun and creative activities around the farm. Spaces are filled on a first come first served basis and are limited to 6 participants. **Cost: \$300 This session is full –please contact us if you wish to be added to the waitlist.**

**Middle/High School Youth:** For students who ride independently or with minimal assistance and are interested in advancing their riding skills. Students will have their “own” horse for the week, and activities and topics will include riding, feeding, grooming, general farm care and education, trail riding, equine health care, farm exploration and environmental awareness, and fun educational games. Spaces are filled on a first come first served basis and are limited to 6 participants. **Cost: \$300.**

*Due to smaller class sizes as an effect of COVID-19 spaces will fill quickly. You will receive an email notice when your registration is received. Student’s riding schedules will be emailed on May 21<sup>st</sup>. If you have any questions, feel free to contact us at (336)-922-6426 or [info@riverwoodtrc.org](mailto:info@riverwoodtrc.org)*

## Summer 2021 Registration Form

Participant Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Typical \_\_\_ Special Needs \_\_\_ Diagnosis \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_

Address: (please include city and zip code) \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Have you ridden at Riverwood in the past 12 months? Y N

**Due to safety parameters for our horses, we must limit weight of riders to 180 lbs. or less.**

**Please list the program you are registering for in the boxes below:**

\_\_\_ I am registering for the 8-week summer riding or groundwork session

*\*Riverwood will place riders in a class most appropriate for their social, physical, and emotional well-being. Group lessons On Monday, Wednesday, and Friday mornings will not start before 9 AM. Group lessons on Tuesdays and Thursdays will start at 8:30 AM.*

**Circle your preference:** 1 hr. Group Class AM    1 hr. Group Class PM    30 min. Private Lesson (limited) AM or PM

**Circle days NOT available:** Mondays Tuesdays Wednesdays Thursdays Fridays

\_\_\_ I am registering for the "Stable Moments" class **(Circle Session Choice):** June 14<sup>th</sup> -July 5<sup>th</sup> or July 12<sup>th</sup> -August 2<sup>nd</sup>

\_\_\_ I am registering for the 8-week Community Based Learning Program. **(Circle Session Choice)**

Tuesdays 4:30-6:30 PM (Farmer's Market on August 3<sup>rd</sup>)

Wednesdays 9:30-11:30 AM (Farmer's Market on August 4<sup>th</sup>)

I am registering for the Summer Intensive Learning Session. Please check the correct session:

\_\_\_ Elementary Age **Waitlist** (August 9<sup>th</sup>-13<sup>th</sup> from 9 AM- 2 PM)

\_\_\_ Middle/High School Age (August 16<sup>th</sup>-20<sup>th</sup> from 9 AM- 2 PM)

If you have never ridden at Riverwood before, you will be required to pay a \$15 registration fee per family to cover paperwork and administrative fees.

A deposit of \$100 will be required to hold a spot and the final payment is due by May 21<sup>st</sup>

My payment is included: Cash (amount) \_\_\_\_\_ or Check (Number and amount) \_\_\_\_\_

Signature: \_\_\_\_\_

**ALL RIDERS MUST HAVE A COMPLETED PACKET OF FORMS AND MEDICAL RELEASE, REGARDLESS OF AGE OR DIAGNOSIS. Upon receipt of registration and payment, you will receive the necessary paperwork needed for riding to take place.**

Deadline for registration is May 14<sup>th</sup> and final payment due on May 21<sup>st</sup>, however, please return your **registration form** as soon as possible to receive your preferred riding day and time. If you must cancel registration, after May 21<sup>st</sup>, an 80% refund will be given only if the spot can be filled off the waiting list. **Please mail your registration form and payment to:**

**Riverwood Therapeutic Riding Center, 6825 Rolling View Drive Tobaccoville, NC, 27050.**