

Riverwood Therapeutic Riding Center Summer Session

Riverwood's summer session will take place from the week of June 10th – the week of July 29th. Please read the following class descriptions carefully before completing the attached registration form. All summer programs are open to everyone in the community for therapeutic and able-bodied riding as well as many different non-riding opportunities and weekly programs.

Therapeutic/Adaptive and Able-Bodied Riding Sessions:

Riverwood's Summer Riding Program is the 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 beginner to intermediate riders interested in forming a deeper connection with our horses. All classes are goal-oriented and taught by certified therapeutic riding instructors. **Cost: \$288 for 8 week session.**

Due to safety parameters for our horses, we must limit the weight of riders to 180 lbs. or less. Mounted program spaces are limited and filled on a first come-first served basis –we encourage you to register ASAP to guarantee a space.

Unmounted Session Opportunities

Unmounted lessons at Riverwood focus on strengthening the horse-human relationship and providing learning opportunities that are unique from those in riding lessons.

Traditional Unmounted Lessons

Lesson topics are customizable to the group or individual and great for those who want to be a more confident horse person, or simply desire to learn about the horses in a different capacity. Some beginner topics include grooming, leading, horse behavior, ground work exercises, and horse care. Intermediate to advanced topics include more in-depth leading techniques, horse massage, desensitization/confidence-building, liberty work, and more! **Cost: \$288 for 8 week session.**

Natural Lifemanship Sessions

If you feel depleted from being a parent or caregiver, struggle with anxiety, or are simply seeking a sense of wholeness, consider participating in Natural Lifemanship sessions with a horse this summer! Using the principles of Natural Lifemanship, Riverwood can offer a healing place to work on self-care, emotional regulation, and a pathway toward emotional healing and connection. Instructor Susan Wood will be facilitating these one-on-one groundwork sessions, which will be individually tailored for your needs. (To learn more about Natural Lifemanship, visit naturallifemanship.com). **Cost: \$288 for 8 week session**

Living & Learning Class

This program is an unmounted learning opportunity for adolescent and adult students who are interested in building meaningful connections with horses while gaining unique hands-on experiences on the farm. Students will learn leading skills, grooming, horse behavior, horse care, and more while practicing life and social skills. Living and Learning class sessions provide accessible opportunities to work on independence and communication skills in an interactive learning environment with our herd. This program is best suited for students 12 and up. This class will take place on **Thursdays from 10-11:30. Cost: \$320 for 8 week session.**

An Education in the Language of Equus Introductory Level:

How to More Effectively Understand Your Horse and Better Your Communication- Participants in this 8-week session will take an introductory look into horse psychology, behavior, and communication. Some topics include developing mutual respect and trust, how to be a good leader for a horse, understanding horse vision, smell, and touch, and how they work differently from ours, understanding horse body language, as well as human body language and intention, and working through various groundwork exercises. This class is a great opportunity for volunteers, horse-loving community members, and independent Riverwood students. This class is offered for participants who are interested in growing their horsemanship knowledge. The minimum skills required to participate in this class include being able to halter a horse and must be comfortable leading a horse. This class will take place on **Tuesdays from 10-11 AM**. Spots are limited to 4 participants. **Cost: \$288 for 8 week session.**

An Education in the Language of Equus Advanced Level:

How to More Effectively Understand Your Horse and Better Your Communication- This 8-week session will take a deep-dive into horse psychology, behavior, and communication. Some topics include working towards developing a horse's physical and mental strength using various groundwork exercises and challenges, developing lightness in the shoulder and haunches from the ground, and taking a deep dive into understanding horse body language. We are excited for you to join us for this opportunity to connect with our horses through this unique and interactive curriculum. This class is offered for participants who have previous experience doing groundwork with horses and are interested in learning more. The minimum skills required include previous experience with lunging and a basic understanding of how to read horse communication. This class will take place on **Wednesdays from 10-11:30 AM**. Spots are limited to 4 participants. **Cost: \$320 for 8-week session.**

Summer Intensive Learning Sessions:

Our intensives have changed!!! Instead of scheduling weeklong intensive programs, we are now offering weekly intensive sessions as our summer timeline has changed due to the WSFCS new calendar. We are excited to offer this fun and engaging program as part of our weekly schedule. **Read below for more details.**

Elementary School Age Intensive:

This weekly intensive program is best suited for students who are ready to learn more about taking care of horses and improving their riding skills. Students will have their "own" horse every week, and each day will involve grooming, riding, learning about horse care, and enjoying fun and creative equine assisted learning activities around the farm. Spaces are filled on a first come first served basis and are limited to 6 participants. This intensive runs **weekly on Fridays from June 14th – July 5th from 3:00 – 6:00 PM**. **Cost: \$300 for the 4 week session**

Middle/High School Age Intensive:

This weekly intensive program is best suited for students who ride independently or with minimal assistance and are interested in advancing their riding skills. Students will have their "own" horse every week, and activities and topics will include riding and groundwork curriculum, grooming, general farm care and education, trail riding, equine health care, and an in depth and interactive look at horse/human partnership and equine communication. Spaces are filled on a first come first served basis and are limited to 6 participants. This intensive runs **weekly on Fridays from July 12th – August 2nd from 3:00 – 6:00 PM**. **Cost: \$300 for the 4 week session.**

Summer 2024 Registration Form

Participant Name: _____ Age: _____ Approximate Height: _____
Approximate Weight _____ Typical _____ Diagnosis _____
Parent or Guardian Name: _____
Address: (please include city and zip code) _____
Phone: _____ Email: _____

Have you been a student 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 riding session.

I am registering for an 8-week unmounted session:

____ Traditional Groundwork ____ Natural Lifemanship ____ Language of Equus Introductory Level (Tues. 10 – 11 AM)

____ Language of Equus Advanced Level (Wed. 10 – 11:30 AM) ____ Living & Learning Class (Thurs. 10 – 11:30 AM)

Circle your preference: 1 hr. Group Class AM 1 hr. Group Class PM 30 min. Private AM or PM

Circle days available: Mondays Tuesdays Wednesdays Thursdays Fridays

Language of Equus and Living & Learning Class already have set times.

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

____ Elementary Age Intensive (Weekly on Fridays from June 14th – July 5th 3:00 – 6:00 PM)

____ Middle & High School Age Intensive (Weekly on Fridays from July 12th – August 2nd 3:00 – 6:00 PM)

Important Information:

- The deadline for registration is May 10th - **please return your registration form as soon as possible to receive your preferred riding day and time.**
- **A deposit of \$100 will be required to hold a spot and the final payment is due by May 17th.**
- All riders must have a completed packet of forms and medical release, regardless of age or diagnosis.
- Paperwork will be emailed to you upon registration and is due no later than one week prior to your first class.
- If you are a new student, you will be required to pay a \$15 registration fee per family to cover paperwork and administrative fees.
- Class schedules with your weekly session day/time will be emailed to you by May 17th.
- If you must cancel registration after May 17th, 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.**

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

Signature: _____