

Weekly Schedule Winter Session 2010 ~ January 25 – March 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15-2:00 Sylvia Memorial Adult/Adolescent Rehab HPOT	8:30 – 1:00 Nancy Memorial Hospital Pediatric Rehab HPOT	9:30-10:15 Sylvia Semi-private Level 3 Adult	8:30– 1:00 Julie Memorial Hospital Pediatric Rehab HPOT	9:00 – 1:00 Donna Private Hippotherapy	9:00-10:00 TBA Level 1 Child
		10:30 – 11:15 Sylvia Semi-Private adult level 4			10:30-11:30 TBA Level 2 Child
2:00 – 2:45 Deb Adult or Youth semi private	1:30-2:30 Sue Level 3 Adult	11:45-12:45 Sylvia Level 2 Adult	1:15 – 5:00 Sylvia Memorial Hospital Pediatric Rehab HPOT Donna – Private HPOT	1:30 – 2:30 p.m. Stefanie Level 2-3 Military	12:00-1:00 TBA Level 3 Youth
3:30 – 4:40 TBA Level 2-3 Adult	3:30 –4:30 TBA Semi-Private EFL	1:00 – 4:00 Susanne 4:00 – 4:45 Nancy Memorial Adult/Adolescent Rehab HPOT		3:00 – 4 p.m. Stefanie Level 2-3 Military	1:30 – 2:30 TBA Level 4 Youth/Adult
5:00 – 6:00 TBA Level 2 child	5:00 – 6:00 Sue Level 1-2 child	5:00- 7:00 Schooling Team			3:00 – 4:00 TBA Volunteer lessons

** Any class that does not fill may be subject to cancellation or combined with another class.**

New Class Groupings: Please keep in mind that we group by ability foremost; therefore, these age and skill levels are somewhat flexible. If you are not sure which age or skill level to choose, please contact your instructor or Program Manager for clarification.

Suggested age level breaks –

12 and under = Child

13-18 = Youth

18 and up = Adult

Level 1: needs maximum support to sit up, not able to hold objects or reins, not able to influence horse other than verbally, needs help processing/following directions and participating in activities/games.

Level 2: sits with moderate to little support at walk, able to participate in cueing horse, able to follow simple directions and participate in games and exercises, trots with support. Able to participate in a ground lesson.

Level 3: sits without support, reliable balance, able to stop, go and turn with minimum prompts at walk, able to process 3-step directions, stand in stirrups with minimal support, trot with minimal support.

Level 4: rides independently at walk (leader/companion may be at arms length). May progress to trot, canter and higher skills with little or no direct support.

Special Classes : EFL (Equine Facilitated Learning) – Class focused on horsemanship for personal growth – please call for details.