



July 10, 2023

Greetings to Ridin' High Participants!

We are *thrilled* that you have chosen to be part of the Ridin' High community and reap the benefits of Equine Assisted Activities and Therapies.

On behalf of Ridin' High's Board of Directors, I would like to share important and beneficial news with you: **Starting in August, Ridin' High will be moving to 'set' 8-week riding sessions.** The session-based system has become standard for therapeutic riding programs as evidence indicates it leads to better outcomes for the participants.

The First Fall Session at Ridin' High will be held August 7-October 2, 2023. We'll have scheduled breaks between the sessions, which will enable us to hold volunteer training sessions, make-up lessons, and specialized camps.

Scheduling eight-week sessions provides significant advantages to both participants and to nonprofit therapeutic riding centers:

- Riders/parents/guardians can better fit their riding lesson into the overall family schedule, making it easier to arrange transportation and other activities.
- Participants gain consistency--and therefore increased benefits--from regular, weekly therapeutic interventions (lessons).
- Participants/families can make a minimal time/financial commitment which allows them to slot into and out of the 8-week program sessions as their schedule allows. (However, riders who skip a session may lose their 'space' and will have to wait to re-enter the program until there is space available.)
- Horsemanship and Holiday Camps can be held between sessions, providing another opportunity for participants to benefit from equine-assisted therapies and activities.
- Volunteer and staff training can be scheduled in the breaks between sessions, which will further enhance the overall effectiveness of the program.
- Ridin' High can streamline budgeting, payments, and scheduling, leaving more time to provide direct services to participants.

With the move to the session-based system, participants must commit to each eight-week session in advance. This includes committing to a lesson time each week and paying in advance for the lessons—similar to the commitment made when signing up for activities such as team sports or gymnastics. With that in mind, **the First 2023 Fall Session is August 7-October 2, 2023. Payment for all 8 weeks is due by August 3, 2023 to secure a space in the session.**

To gain the most benefit from equine therapy (and from your financial commitment to the session), we encourage each participant to attend all eight sessions. We are not able to provide refunds for cancellations. However, we understand that life happens and people get sick! Therefore, if a rider is sick, let us know asap and just stay home. The good news? Riders are eligible for one make-up lesson between sessions, to be used specifically for a missed lesson due to sickness.

The complete Fall 2023 schedule is included below. Please let me know if you have any questions. We appreciate your participation in Ridin' High's program and look forward to providing even more effective lessons and therapies!

Best,

Linda Bird, Ridin' High Program Director

The following outlines the Fall 2023 Schedule. Please contact Linda if you have specific questions.

Fall 2023 Session #1

8 Weeks: August 7-October 2, 2023

(Off Labor Day; October 2nd replaces Labor Day to provide 8 sessions for the Monday riders)

Registration and Payment is Due by August 3, 2023

Make-up Lessons for Fall Session #1 / Volunteer Training

October 3-6, 2023

Fall 2023 Session #2

8 Weeks: October 9-December 15, 2023

Registration and Payment Due is by October 5, 2023

Exact Schedule (Designed to work around holidays and the rodeo; still 8 weeks total):

October 9-November 3, 2023 (4 weeks)

November 6-8, 16-17, 2023 (1 week total; working around the rodeo)

November 27-December 15, 2023 (3 weeks)

Make-up Lessons for Fall Session #2

December 18-19, 2023

Other Important Dates:

Ridin' High Benefit Rodeo

November 10 & 11, 2023; 7:30 pm each evening

Walters State Expo Center

Holidays with the Horses Camp

November 20-22, 2023

Winter/Christmas Break

December 20, 2023-January 1, 2023