



LiftMeUp!

September 1, 2020

Dear Riders and families,

Hope this finds you all doing well in this strange time of COVID. We are doing our best to accommodate as many riders as possible while still keeping things safe.

We are entering Phase 3 of our COVID 19 protocols. Masks are still required, riders must have their own helmets, and for those who require a great deal of assistance, we ask that a family member or close care-giver plan to sidewalk with them and facilitate mounting and dismounting with the instructor. We do have lovely volunteers willing to lead horses for the lessons. And you may have noticed, all tack is cleaned after every ride to insure cleanliness and safety.

**This year's Fall Session will begin on Tuesday, Sept. 8 and runs for 15 weeks through December 20. We will have breaks for the Columbus Day weekend, Oct. 10-12; and Thanksgiving Holiday, Nov. 25-29.**

We are going to be offering Hippotherapy on Sundays with Physical Therapist, Tori Patterson. On Mondays we will also be offering programs for School Children who are looking for outdoor/physical education programs, that include learning in areas of equine anatomy, equine care, learning about vegetation that is beneficial and harmful and other topics. These will be offered from 9-11:30 a.m. or afternoons 12:30 p.m. to 3 p.m. They will be offered in 6-week blocks. Please check our website or Facebook page for a listing of these events and more as we add them.

When signing up for Fall, if you have not already made arrangements with Jackie, please reach out to her at [Jackie.Collins@liftmeup.org](mailto:Jackie.Collins@liftmeup.org) so she can help you schedule the class that is right for you. She will also help you if your first-choice time is full to find a good second choice. Riders who attended the Spring/Summer Session will have first priority in the Fall sign up. **All registrations with payment should be received NO LATER than September 14 or a \$25 late charge will be added.**

LMU is considering offering Sunday classes if there are enough riders, who wish to choose that day. Let Jackie know if that is a time you would like, however, please make an alternative choice within the current offerings.

We will do all we can to help you find a suitable time to ride. As part of our inclusion component, siblings, family members, and friends are also welcome to ride in lessons. If you have any questions, please reach out to us and we will give you more information.

**Attached please find the registration packet for the Fall 2020 Session.**

Please note, that if there are fewer than two riders signing up for a group lesson slot, we reserve the right to withdraw that lesson time and may ask the single rider to choose another time. For a group lesson that may have a single rider, for any reason, the lesson may be shortened to reflect the unneeded mounting and dismounting time for the riders that did not come that day.

**Watch our Facebook page, for future events in 2020.** It is a public page, you do not need a Facebook page of your own to see it and anyone may visit it to see what is new at LMU! Go to: <https://www.facebook.com/liftmeup.org/> We also post a calendar of our events as well, as on our website: [www.liftmeup.org](http://www.liftmeup.org)

If you have any questions, please email me: [georgia.bay@liftmeup.org](mailto:georgia.bay@liftmeup.org) or call 703-203-0205.

Regards,

Georgia L. Bay  
Executive Director



Rider Name:				Level definitions: below Age categories A: 4-8 yrs., B: 8-13 yrs, C: 14+			
LESSON SCHEDULE				Level 1 For riders who are NEW to LHM. LHM or who require direct assistance at the WALK. Riders at Level 1 will TROT minimally and only if deemed appropriate by the instructor.			
FALL 2020				NEW Private lessons on MONDAY may be schedule anytime from noon to 4:15 p.m. or after 6:45 p.m.			
DAY OF THE WEEK				Level 2 For riders who require direct assistance at the WALK and/or TROT. Riders at Level 2 can TROT for SHORT distances with assistance.			
Monday				NOTE: Siblings are welcome to participate in lessons at LHM. We welcome the family experience.			
9:00-11:30 a.m.				Level 3 For riders with emerging independence at the WALK and/or TROT. Riders at Level 3 can ride for short distances without a Leader at the WALK but still need assistance at the TROT.			
12:30-3:00 p.m.				Level 4 For riders with who have become independent at the WALK but still need assistance at the TROT. Riders at Level 4 can ride the entire lesson without a Leader at the WALK, but still need assistance at the TROT			
3:30 p.m.				Level 5 For riders who have become TOTALLY independent at walk and trot. Riders at this level will begin to canter			
4:15 p.m.				Wellness sessions are full with pre-scheduled groups. If you are interested, please ask us about them.			
5 p.m.				Level 6 For riders who can ride independently at the WALK, TROT and are CANTERING. All ages			
6 p.m.				Please don't hesitate to ask about class placement and times. We can sometimes be flexible and make adjustments.			
6:45 p.m.				If there is enough interest in Sunday lessons, we may resume offering them. Please indicate to us if you would prefer Sunday, but make a first choice among current offerings.			
Tuesday				Private lessons are to be scheduled separately. If you know the time of your lesson and have already scheduled it with your instructor you may put that down on this registration. If you want to schedule new private lesson, please indicate that and you will be contacted.			
10 a.m.-12							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
Wednesday							
9:30 a.m.							
10:30 a.m.							
11:30 a.m.							
12 p.m.							
3 p.m.							
4:00 p.m.							
5:00 p.m.							
6 p.m.							
Thursday							
10:30 a.m.							
11:30 a.m.							
3:15 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
Friday							
11 a.m.							
12 p.m.							
1:30 p.m.							
3:45 p.m.							
5 p.m.							
6:30 p.m.							
7:30 p.m.							
Saturday							
9 a.m.							
10 a.m.							
11 a.m.							
12:30 p.m.							
1:30							
2:30							
Sunday							
Hippotherapy							
Private Lessons							
Day of Private Lesson							
Would like private lesson							





LiftMeUp!

## 2020 Fall Session Registration

The Lift Me Up! Fall 2020 therapeutic horseback riding session will begin **Tuesday, September 8, 2020 and run through Sunday, December 20, 2020**. It will be a fifteen-week session. **Also remember that LMU is an inclusion program.** Siblings, family, friends, and neighbors are welcome to take lessons as well. **Lift Me Up will be closed Oct. 10-12 for the Columbus Day holiday and Nov. 25-29 for the Thanksgiving holiday.**

**Register for Fall Session by September 7, 2020.** Payment should accompany registration. Payments received after September 14, 2020 will accrue a \$25 late fee. **NOTE: If you have a credit from the Spr/Sum Post Covid Session, it will be deducted from the Fall Session cost.**

Rider(s) \_\_\_\_\_

- |   |   |
|---|---|
| <input type="checkbox"/> Group lessons: Mon. Sept. 14- Dec. 14<br>(13 weeks) \$845.00/student     | <input type="checkbox"/> Private lessons: Mon. Sept. 14- Dec. 14<br>(13 weeks) \$1,105.00/student       |
| <input type="checkbox"/> Group lessons: Tues. Sept. 8- Dec. 15<br>(15 weeks) \$975.00/student     | <input type="checkbox"/> Private lessons: Tues. Sept. 8- Dec. 15<br>(15 weeks) \$1,275.00/student       |
| <input type="checkbox"/> Group lessons: Wed.-Fri. Sept. 9- Dec. 18<br>(14 weeks) \$910.00/student | <input type="checkbox"/> Private lessons: Wed.-Fri. Sept. 9- Dec. 18<br>(14 weeks) \$1,190.00/student   |
| <input type="checkbox"/> Group lessons: Sat.-Sun. Sept. 12 -Dec. 20<br>(13 weeks) \$910/student   | <input type="checkbox"/> Private lessons: Sat.-Sun. Sept. 12 - Dec. 20<br>(13 weeks) \$1,170.00/student |



Financial Aid is available; for consideration, please submit a Financial Aid/Scholarship Application, available on our web site, and the first page of your most recent Federal tax return. Applications should be received by September 1, 2020.

For payment by check, please provide enclosed check(s) number:

Check number \_\_\_\_\_ October 20 \_\_\_\_\_

For payment by VISA or MASTERCARD, please complete ALL the information below:

Card Type (V or M) \_\_\_\_\_ Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Zip Code \_\_\_\_\_ Security Code\* \_\_\_\_\_

Split pay? Yes \_\_\_\_\_ No \_\_\_\_\_ Split pay will be charged ½ up front and second half Oct. 20, 2020

Amount \$ \_\_\_\_\_ Signature \_\_\_\_\_

\* The Security Code is the 3 digit number to the right of the signature block on the back of your card.