

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 <a href="mailto:Jackie.Collins@liftmeup.org">Jackie.Collins@liftmeup.org</a> 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 it new at LMU! Go to: <a href="https://www.facebook.com/liftmeup.org/">https://www.facebook.com/liftmeup.org/</a> We also post a calendar of our events as well, as on our website: <a href="https://www.liftmeup.org/">www.liftmeup.org/</a>

If you have any questions, please email me: <a href="mailto:georgia.bay@liftmeup.org">georgia.bay@liftmeup.org</a> or call 703-203-0205.

Regards,

Georgia L. Bay

**Executive Director** 

March   Marc	LESSON SCHEDULI FALL 2020	J TIME	LEVEL	AGE range	×	Level definitions: below Age categories A: 4-8 yrs., 8: 8-13 yrs, C: 14+
990-01130 a.m.   Horsemanship/PE   for achool kids     123-03-00 p.m.   Horsemanship/PE   for achool kids     123-00 p.m.   Horsemanship/PE   for achool kids     123-00 p.m.   Horsemanship/PE   for achool kids     123-00 p.m.   PRIVATE   LESSON     120 a.m.   PRIVATE   LESSON     120	OF THE WEE	<b>V</b>				Level I For riders who are NEW to Lift Me Up! or who require direct assistance at the WALK.
3-30 p.m.   PRIVATE   LESSON	Monday	9:00-11:30 a.m. 12:30-3:00 p.m.	Horsemanship/PE Horsemanship/PE	for school kids for school kids		Riders at Level 1 will TROT minimally and only if deemed appropriate by the instructor.
4.15 p.m.   3   8 A C		3:30 p.m.	PRIVATE	LESSON		
5 p.m.   3   8 & C     6 p.m.   PRIVATE   LESSON     10 a.m12   Weliness     5 p.m.   3   8     5 p.m.   3   8     5 p.m.   3   8     6 p.m.   3   8     11 30 a.m.   PRIVATE   LESSON     12 p.m.   PRIVATE   LESSON     12 p.m.   PRIVATE   LESSON     12 p.m.   PRIVATE   LESSON     13 p.m.   PRIVATE   LESSON     13 p.m.   PRIVATE   LESSON     5 p.m.   3   8     5 p.m.   PRIVATE   LESSON     12 p.m.   PRIVATE   LESSON     13 p.m.   PRIVATE   LESSON     13 p.m.   PRIVATE   LESSON     14 p.m.   PRIVATE   LESSON     15 p.m.   PRIVATE   PRIVATE   LESSON     15 p.m.   PRIVATE   PRIVATE   PRIVATE   PRIVATE   PRIVATE   PRIVATE   PRIVATE		4:15 p.m.	PRIVATE	LESSON		
6 p.m. PRIVATE LESSON  130 a.m12 Weliness   5 p.m. 3 B B B B B B B B B B B B B B B B B B		5 p.m.	6	B & C		
10 a.m. 12   Weliness   B   B   B   B   B   B   B   B   B		6 p.m.	PRIVATE	LESSON		
4 p.m.         3         8           5 p.m.         3         8           5 p.m.         3         8           6 p.m.         3         8           6 p.m.         3         8           10.30 a.m.         3         8           11.30 a.m.         PRIVATE         LESSON           11.30 a.m.         2         C           5.00 p.m.         2         C           5.00 p.m.         2         B           6 p.m.         2         B           6 p.m.         3         B           5 p.m.         4         C           113 p.m.         4         C           5 p.m.         4         C           5 p.m.         4         C <td></td> <td>6:45 p.m.</td> <td>PRIVATE</td> <td>LESSON</td> <td></td> <td></td>		6:45 p.m.	PRIVATE	LESSON		
4 p.m.         4         B           5 p.m.         3         B           6 p.m.         5         B           7 p.m.         9:30 a.m.         BRIVATE           10:30 a.m.         PRIVATE         LESSON           11:30 a.m.         PRIVATE         LESSON           4:00 p.m.         2         C           5:00 p.m.         3         B           6 p.m.         2         C           3:15 p.m.         PRIVATE         LESSON           4 p.m.         3         B           5 p.m.         2         B           5 p.m.         SEMI-PRIVATE         LESSON           1130 a.m.         PRIVATE         LESSON           120 p.m.         SEMI-PRIVATE         LESSON           130 p.m.         PRIVATE         LESSON           5 p.m.         PRIVATE         LESSON           5 p.m.         PRIVATE         LESSON           6 p.m.         2         A/B           5 p.m.         PRIVATE         LESSON           113 a.m.         3         B/C           113 a.m.         3         B/C           113 a.m.         3         B/C	ye	10 a.m12	Wellness			
Sp.m.   3   8	8	4 p.m.	4	æ		
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11:30 a.m.   PRIVATE   LESSON   3 C		7 p.m.	PRIVATE	LESSON		Level 2 For riders who require direct assistance at the WALK and/or TROT.
10:30 a.m. 3 C C 11:30 a.m. PRIVATE LESSON 12 p.m. PRIVATE LESSON 3 p.m. PRIVATE LESSON 4:00 p.m. 2 C C 5:00 p.m. 3 B B 6 p.m. 1 C C 11:30 a.m. 1 C C 3:15 p.m. PRIVATE LESSON 11 a.m. PRIVATE LESSON 12 p.m. PRIVATE LESSON 13:45 p.m. PRIVATE LESSON 13:40 p.m. PRIVATE P.m. P.m. P.m. P.m. P.m. P.m. P.m. P.m	Aepsa	9:30 a.m.	PRIVATE	LESSON		Kiders at Level 2 can TRUI for SMCRI distances with assistance.
113-0 a.m. PRIVATE LESSON 3 p.m. PRIVATE LESSON 4-00 p.m. 2 C 5-00 p.m. 2 C 5-00 p.m. 1 C 113-0 a.m. 1 C 113-0 a.m. 1 C 113-0 a.m. 3 B 5 p.m. 3 B 5 p.m. 3 B 6 p.m. 5EMI-PRIVATE LESSON 113 p.m. PRIVATE LESSON 113 p.m. PRIVATE LESSON 113 p.m. PRIVATE LESSON 113 p.m. PRIVATE LESSON 114 p.m. PRIVATE LESSON 115 p.m. PRIVATE P.M. P.M. P.M. P.M. P.M. P.M. P.M. P.M		10:30 a.m.	m	U		NOTE: Siblings are welcome to participate in lessons at LMU. We welcome the family experience.
13 p.m. PRIVATE LESSON 3 p.m. 2 C 5:00 p.m. 3 B 6 p.m. 13:00 a.m. 1 C 11:30 a.m. 1 C 3:15 p.m. 3 B 5 p.m. 3 B 5 p.m. 3 B 6 p.m. 5EMI-PRIVATE LESSON 11:30 p.m. 5EMI-PRIVATE LESSON 11:30 p.m. PRIVATE LESSON 11:30 p.m. PRIVATE LESSON 11:30 p.m. PRIVATE LESSON 11:30 p.m. PRIVATE LESSON 7:30 p.m. PRIVATE LESSON 7:30 p.m. PRIVATE LESSON 7:30 p.m. 2 A/B 11:30 3 B/C 2:30 4 C C 2:30 4 C C		11:30 a.m.	PRIVATE	LESSON		
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# 4:00 p.m.		3 p.m.	PRIVATE	LESSON		
5:00 p.m.   3   8   8   8   8   8   8   8   8   8		4:00 p.m.	2	U		
9 10:30 a.m. 1 C C 11:30 a.m. 1 C C 11:30 a.m. 1 C C 3:15 p.m. 3 8 8 5 p.m. 2 B 8 6 p.m. 2 B B 6 p.m. 5EMI-PRIVATE LESSON 1130 p.m. PRIVATE LESSON 1:30 p.m. PRIVATE LESSON 5:40 p.m. PRIVATE LESSON 6:30 p.m. PRIVATE LESSON 7:30 p.m. PRIVATE LESSON 7:30 p.m. PRIVATE LESSON 7:30 p.m. 2/3 B B 11 a.m. 3 B/C C 2:30 d d C C C C 2:30 d d C C C C 2:30 d d C C C C C 2:30 d d C C C C C C C C C C C C C C C C C		5:00 p.m.	m	89		Level 3 For riders with emerging independence at the WALK and/or TROT.
11:30 a.m. 1 C C		6 p.m.	2	60		Riders at Level 3 can ride for short distances without a Leader at the WALK but still need assistance at the TROT.
11:30 a.m. 1 C C  3:15 p.m. 3 B B B B B B B B B B B B B B B B B B	8A	10:30 a.m.	1	U		
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4 p.m.         3         B           5 p.m.         2         B           6 p.m.         SEMI-PRIVATE         LESSON           11 a.m.         PRIVATE         LESSON           12 p.m.         PRIVATE         LESSON           3:45 p.m.         PRIVATE         LESSON           6:30 p.m.         PRIVATE         LESSON           7:30 p.m.         PRIVATE         LESSON           7:30 p.m.         PRIVATE         LESSON           8         10 a.m.         2/3         B           11a.m.         3         B/C           2:30         4         C           2:30         4         C		3:15 p.m.	PRIVATE	LESSON		
5 p.m   2 B   6 p.m   SEMI-PRIVATE   LESSON   11 a.m.   PRIVATE   LESSON   12 p.m.   PRIVATE   LESSON   130 p.m.   PRIVATE   LESSON   5 p.m.   PRIVATE   LESSON   5 p.m.   PRIVATE   LESSON   7:30 p.m.   PRIVATE   LESSON   7:30 p.m.   2/3 B   8/C   12:30 p.m.   3 B   8/C   2:30   4 C   C   2:30   4 C   C   C   2:30   4 C   C   C   C   C   C   C   C   C		4 p.m.	m	80		Level 4 For riders with who have become independent at the WALK but still need assistance at the TROT.
6 p.m. SEMI-PRIVATE LESSON  11 a.m. PRIVATE LESSON  12 p.m. PRIVATE LESSON  3:45 p.m. Wellness 5 p.m. Wellness 6:30 p.m. PRIVATE LESSON  7:30 p.m. PRIVATE LESSON  7:30 p.m. 2/3 B  11 a.m. 3 B/C  12:30 p.m. 3 B/C  2:30 4 C  2:30 4 C		5 p.m	2	eŭ.		
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12 p.m. PRIVATE LESSON 1:30 p.m. Wellness 5 p.m. Wellness 6:30 p.m. Wellness 7:30 p.m. PRIVATE LESSON 7:30 p.m. Z A/B 10 a.m. Z/3 B 113.00 3 B/C 2:30 4 C 2:30 4 C		11 a.m.	PRIVATE	LESSON		Level 5 For riders who have become TOTALLY independent at walk and trot. Riders at this level will begin to canter
1:30 p.m. PRIVATE LESSON 3:45 p.m. Wellness 5 p.m. PRIVATE LESSON 6:30 p.m. PRIVATE LESSON 7:30 p.m. PRIVATE LESSON 7:30 p.m. Z A/B 10 a.m. Z/3 B 11 a.m. 3 B/C 12:30 p.m. 3 B/C 2:30 4 C 2:30 4 C		12 p.m.	PRIVATE	LESSON		
3:45 p.m. Wellness   5 p.m. PRIVATE   LESSON   6:30 p.m. PRIVATE   LESSON   7:30 p.m. PRIVATE   LESSON   10 a.m.   2/3		1:30 p.m.	PRIVATE	LESSON		
S p.m.         PRIVATE         LESSON           6:30 p.m.         PRIVATE         LESSON           7:30 p.m.         2         A/B           y         9 a.m.         2         A/B           y         9 a.m.         2/3         B           11 a.m.         3         B/C           12:30 p.m.         3         B/C           2:30         4         C           2:30         4         C		3:45 p.m.	Wellness	espid.		
6:30 p.m. PRIVATE LESSON 7:30 p.m. 2/3 8 8 8/C 8 8 8 8		5 p.m.	PRIVATE	LESSON		
7:30 p.m. PRIVATE LESSON  y 9a.m. 2 A/8  10a.m. 2/3 B  11a.m. 3 B/C  12:30 p.m. 3 B  1:30 3 B/C  2:30 4 C  C  2:30 4 C		6:30 p.m.	PRIVATE	LESSON		idependently at the WALK, TROT and are CANTERING.
Y         9 a.m.         2         A/B           10 a.m.         2/3         B           11 a.m.         3         B/C           12:30 p.m.         3         B/C           2:30         4         C           2:30         4         C           Lessons         10 a.m.         4		7:30 p.m.	PRIVATE	LESSON		
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Lessons 10 a.m.		2:30	4	U		
Lessons Lessons						
10 a.m.						If there is enough interest in Sunday lessons, we may resume offering them.
	herapy	10 a.m.				Please indicate to us if you would prefer Sunday, but make a first oboice among current offerings.
	s ressous					Private lessons are to be scheduled separately.
					Management of the Control of the Con	



## 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) Private lessons: Mon. Sept. 14- Dec. 14 Group lessons: Mon. Sept. 14- Dec. 14 (13 weeks) \$1,105.00/student (13 weeks) \$845.00/student Private lessons: Tues. Sept. 8- Dec. 15 Group lessons: Tues. Sept. 8- Dec. 15 (15 weeks) \$1,275.00/student (15 weeks) \$975.00/student Private lessons: Wed.-Fri. Sept. 9- Dec. 18 Group lessons: Wed.-Fri. Sept. 9- Dec. 18 (14 weeks) \$910.00/student (14 weeks) \$1,190.00/student Private lessons: Sat.-Sun. Sept. 12 - Dec. 20 Group lessons: Sat.-Sun. Sept. 12 -Dec. 20 (13 weeks) \$1,170.00/student (13 weeks) \$910/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.