



November 20th, 2022

Dear Riders and Families,

We wish you all a wonderful holiday season with family and friends!

We are continuing to follow CDC guidance regarding Covid protocols. Please check the latest CDC updates if you are exposed to the virus and/or contract it. [Link to CDC protocols](#). Riders must have their own helmets, and all tack is wiped down after every ride to help prevent spreading the virus.

This year's Winter Session will begin on Tuesday, January 3rd 2023, and run for 6-9 weeks through Sunday, March 5th, 2023. We will be closed for MLK weekend, January 14-16, and Presidents' Day weekend, February 18-20. The week of March 6-12 is make-up week for winter weather cancellations.

When signing up for Winter, if you need to change your day/time, please reach out to me at Jackie.Collins@liftmeup.org and I will help you schedule the class that is right for you. If your first-choice is full, I will help you to find a good second choice. **Riders who attended the Winter Session will have first priority in the Spring sign-up. All registrations with payment should be received by December 9th to have your best chance of getting the time you want. After this date, we will be opening up registration to our waiting list riders.**

Payments received after January 8th, 2023 will have a \$25 late fee charge added.

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

Attached please find the registration packet for the Winter 2023 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 fun updates on the program and future events. 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 post a calendar of our events as well on our website: www.liftmeup.org We also have a **newsletter - Snapshots from the Barn**; if you are not currently receiving it, please let us know and we can get you on the email distribution.

Our **2023 Calendar** is now available for ordering on-line:
<https://www.yearbox.com/calendarsforgood/liftmeup-2023-calendar/>

Sincerely,

Jackie Collins
Program Director
CTRI and ESMHL