



P.O. Box 475  
Abingdon, MD 21009  
443.528.7793  
[ctrchanginglives.org](http://ctrchanginglives.org)

**Attention Active Seniors!  
Chesapeake Therapeutic Riding  
Introduces**

# **Silver Saddles at CTR**

Horseback riding lessons on CTR's gentle horses

\$30 per lesson  
for ages 55+

(Lessons are billed in sessions of 2 to 5 weeks of lessons, depending on CTR's Session Calendar)

Two choices for lesson times available on Wednesdays

9:30 a.m. to 10:45 a.m.

11:00 a.m. to 12:15 p.m.

(CTR will add additional days and times as interest warrants)

4 people minimum per lesson – 5 people maximum

Participants will learn basic horsemanship skills: grooming, tacking, untacking, horse care, as well as riding lessons (riding helmets MUST be worn and are provided by CTR)

*Since 2003, CTR has provided therapeutic riding lessons, hippotherapy, Equine Assisted Learning, Equine Experiences, and Horse Powered Learning to children and adults with special needs, veterans, senior citizens, and at-risk youth. For more information, please visit our website at [www.ctrchanginglives.org](http://www.ctrchanginglives.org).*



**Lesson Interest Form**  
*Please complete and mail original to:*  
**CTR**  
**P.O. Box 475**  
**Abingdon, MD 21009**

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Allergies or Health Concerns: \_\_\_\_\_

Mobility Status: \_\_\_\_\_ Independent      \_\_\_\_\_ Needs Assistance      \_\_\_\_\_ Dependent

Equipment: \_\_\_\_\_

Describe any past experience with horseback riding or horses in general: \_\_\_\_\_

Are you available now? **Y/N** \_\_\_\_\_ If no, when? \_\_\_\_\_

How did you hear about CTR? \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

*Thank you! We will contact you once your form has been received.*