

Glade Run Adventures

Empowering Individuals Through Experiences



Glade Run Adventures offers fun, therapeutic experiences. Tailored to individual goals, participants of all ages can enjoy and benefit from these unique interactive animal, horticulture and sensory park experiences.

All staff who facilitate equine activities are trained through certifying organizations and have a minimum of 15 years of horsemanship experience.

Therapeutic Riding Lessons

Participate in horseback riding designed to meet your needs! Balance, coordination and muscle control are just a few of the numerous physical benefits of riding which go hand in hand with the numerous social and emotional benefits! Trained staff will pair you to the right horse and create lessons designed to meet goals that you set. Lessons may take place in our indoor arena, covered outdoor arena, or on trail.

10 Week Session —

Lessons are scheduled in convenient ten week sessions, one hour per week.

Private Session - \$500

Semi-Private Session (2 riders) - \$400/rider

Group Lesson Session (3 riders) - \$350/rider

Single Lesson —

Single lessons can be scheduled to explore rider interest or to extend sessions.

\$50/hr./person

Specialized Adventures Camp

Our Specialized Adventures Summer Camp is a fun summer camp experience for special kids! This two-week social skills development day camp is specifically designed for children with moderate to high functioning autism spectrum disorders. However, any child ages 8 to 18 in need of social skill development is considered.

M-F., 9am-3pm

June 15 - 26 & August 3 - 14, 2020

\$1,200/camper*

* Scholarship funding available

Equine Assisted Team Building

This program focuses on strengthening team interactions. Effective for all levels, participants will learn to work cohesively to strengthen the team as a whole. They will identify ways to improve communication, problem solve, strengthen individual relationships and experience renewed energy.

Morning or Afternoon Session

\$500 (up to 10 participants)

Full Day Session

\$900 (up to 10 participants)

Equine Assisted Learning (EAL)

Experiential learning engages a person's whole body, not just their mind. EAL partners with horses to help individuals better understand their own thoughts, beliefs, relationships, life circumstances and challenges.

Benefits of EAL include:

- increased self-awareness, self-esteem and mindfulness
- reduced anxiety and depression
- social skill development
- increased trust, personal responsibility and communication skills
- increased distress tolerance and physical movement

\$150/1 hr./group of up to 10 participants

\$75/1 hr./group of 1-2 participants

Equine Assisted Wellness Workshops

Practice established techniques to reduce stress, re-energize, engage your senses, and connect with the natural world around you in two hours of guided wellness activities while partnering with our therapy horses. These workshops are for anyone interested in overall wellness or looking to manage the stress of daily life.

Two Hour Session

\$25/person

Maximum of 12 and minimum of 6 participants/workshop



Sign up for your adventure today!

For more information about Glade Run Adventures and the services we provide, please contact us at **724-452-4453, ext. 1236.**



GLADE RUN
ADVENTURES

Serving Our Communities Since 1854

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