

# 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.

**Private Lessons - \$350 for 30 minute lessons**

**Group Lessons (3 riders) - \$350/ rider for 50 minute lessons**

#### 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 20 - July 1 &  
August 1 - 12, 2022**

**\$1,400/camper\***

\* Scholarship funding available



### Adventures Experiential Lessons

Tailored to the needs and interests of each participant, these lessons are focused on gaining the social, emotional and mental health benefits of working with both plants and animals. Lessons are provided by trained and experienced Adventures Program staff who can utilize all Adventures program resources including the greenhouse, gardens, kitchen, miniature horse/donkey/cow, arts and crafts, equicizer and horses to their fullest. These lessons may be structured to provide horseback riding instruction up to half of the sessions.

#### 10 Week Session —

Lessons are scheduled in convenient ten week sessions.

**Private Lessons - \$350 for 30 minute lessons**

**Group Lessons (3 participants) - \$350/person for 50 minute lessons**

### 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 Counseling

Equine Assisted Counseling is an experiential form of psychotherapy that involves horses in the process of healing. A licensed mental health professional works with you and the other partners in your therapy team including the horses and an equine specialist, to help you achieve your mental health goals. This counseling service may be covered by your insurance. Individual and group counseling available.

**For more information, contact Julie at [jwahlenmayer@gladerun.org](mailto:jwahlenmayer@gladerun.org) or 724-452-4453, ext. 1236.**

### 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 and the natural environment. 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



**GLADE RUN  
ADVENTURES**

*Serving Our Communities Since 1854*

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724-452-4453, ext. 1236 | [www.gladerunadventures.org](http://www.gladerunadventures.org)