

Learn to build and maintain healthy, connected relationships with people by practicing relationship skills with horses.

ENROLL NOW

2024

AFTER SCHOOL Adventures Club



This club focuses on self awareness, self regulation, social awareness, relationship building and responsible decision making.

Join the club!

Students may join this 8-week long club held during the school year, Monday – Friday afternoons from 4 - 5 p.m., to make friends while building social and emotional skills. Students will partner with our therapy horses in weekly one-hour sessions. Horses are excellent partners for practicing social and emotional skills. Located on the serene campus of Glade Run Adventures, experiences are non-mounted and led by equine professionals.

Cost:

This offering may be a contracted partnership through an agency, organization or school or may be paid for individually.

Individual: \$50/week for 8 weeks (\$400)

All others: Contact program coordinator for pricing

Upcoming Session Dates:

Winter Session: January 22 – March 15

Spring Session: March 25 – May 17

Benefits:

- Be mindful of how you are feeling and what your body is telling you while working around the horses.
- Learning to listen to a horse can make you a better and more focused listener.
- Setting boundaries with your horse can help you to be clear and confident in setting boundaries with people.
- Learn techniques to calm yourself and increase energy.
- Learn about a horse's body language, how they communicate and how to respond appropriately to their communication.



To schedule or for more information:

Contact lesson program coordinator Cindy Skalyo
at cskalyo@gladerun.org



www.gladerun.org