## Location

Glade Run Adventures 30 Glade Run Dr. Zelienople, PA 16063

# **Cost & Application**

Independent Riders camp - \$460 per week / Discounted rate of \$1,155 for those taking all 3 weeks

All campers must complete an online application at https://link.zixcentral.com/u/612ecbec/RI5\_Vd7 U7xGHpgLMYFsSiw?u=https%3A%2F%2Fforms.gle %2FWRZfC8YPrSxuvc738

Payment is due in full two weeks prior to the start of camp and can be completed online at <a href="https://gladerun.org/purchase-services/">https://gladerun.org/purchase-services/</a>

## For More Information

If you would like more information about Glade Run's Independent Rider Camps, please call **Shannon**Pingenot, Therapeutic Lesson Program Coordinator, at 724-452-4453 x1249 or email at spingenot@gladerun.org

\*\*Eligibility contingent upon approval of application. Space is limited, so please register early. Completion of an application does not imply acceptance. A confirmation will be sent to all campers.





**Serving Our Communities Since 1854** 

30 Glade Run Drive Zelienople, PA 16063 724-452-4453 x1236

# **Glade Run Adventures**

# **Independent Rider Camps**





www.gladerunadventures.org

## Who is this camp for?

Glade Run Adventures Independent Rider Camps are summer horse camps specially designed for riders in need of some social skills support. Most campers have a diagnosis on the autism spectrum and/or have other mental health challenges, however, the camp is open to anyone in the community. A variety of camps are available for riders between the ages of 8 and 29 years.

#### **Campers should have:**

- Some basic horseback riding experience
- The ability to participate in camp activities in a group of peers at a 5:1 rider to staff ratio
- No history or current high levels of aggression or dangerous behavior

# What camps are available?

Independent Rider Adventures Camps are located on the main campus of Glade Run Lutheran Services in Zelienople, PA.

All Independent Rider Adventures Camps will include at least 45 minutes of riding time each day and over 3-1/2 hours per day of hands on time with the horses. The remaining time will be spent learning about other horse related topics (confirmation/horse parts, nutrition, lameness and first aid, competitive disciplines, working with horses)

#### **Independent Riders Camp - 2025 Dates**

For ages 8 and up

July 7-11 from 12:30-4:30pm - Music & Dressage Focus July 14-18 - 12:30pm-4:30pm - Obstacle Focus July 21-25- 12:30pm-4:30pm - Trail Focus

Riders should be able to steer and control their horse independently at the walk and trot in a group setting.

## What will my camper be doing?

These are horse focused camps with a goal of improving mental health and social skills.

#### Your camper will:

- Ride a horse for at least 45 minutes a day
- · Learn about ground handling
- Practice horse care skills
- Gain other knowledge about horses including horse sports, nutrition, vet care, tack and more!

### These activities are designed for:

- · Socialization and leadership
- · Improving self-esteem and decision making
- Reducing anxiety
- · Emotional/behavior management
- Improving concentration
- · Sensory integration
- Exploring and expressing feelings and emotions
- Learning group work to accomplish tasks

