

# Glade Run Adventures

# THERAPEUTIC LESSONS



**THE GOAL OF  
OUR LESSONS:  
FUN! FOCUS! FRIENDS!**

## ABOUT US

At Glade Run Adventures, we offer individuals hands-on opportunities to **connect, learn and thrive** through experiences with animals, plants and the natural world. Our programs are designed to support those facing emotional and behavioral challenges, helping them reach their mental health goals in a safe environment.

## INTERESTED IN SIGNING UP?

### Step 1:

Scan the QR Code to fill out our questionnaire.



### Step 2:

Adventures staff will reach out to schedule a tour.



## 12-week or 8-week Sessions (1 lesson per week)

### DATES

**Fall 2025: August 19 – November 6 (12 weeks)**

**Winter 2025/26: January 6 – February 26 (8 weeks)**

**Spring 2026: March 9 – May 28 (12 weeks)**

**Contact [intakes@gladerun.org](mailto:intakes@gladerun.org) for more information**

## EQUINE ASSISTED LEARNING

Enjoy exploring activities with our equine partners: trail rides, obstacle courses, cart driving, in-hand challenges and horsemanship skills. Lessons are led by enthusiastic educators with extensive equine experience. Ages 5 - adult.

Instructor Shannon Pingnot is a lifelong equestrian and accomplished competitor who has always loved teaching kids—from Pony Club and dressage coaching to community education and her current role as head riding instructor at Glade Run Adventures.

### Private Lesson:

1 participant  
30 minute lessons  
8 weeks: \$400  
12 weeks: 600

### Group Lesson:

3 - 4 participants  
60 minute lessons  
8 weeks: \$550  
12 weeks: \$825

### Single Lesson:

1 participant  
30 minute lessons  
\$50

## NATURE BASED LEARNING

The garden, greenhouse, forest, fields and creek of Glade Run offer endless opportunities for learning for a wide range of ages, abilities, interests and goals. Nature based learning builds gross and fine motor skills, awareness of surroundings and risk and reward assessment, responsibility and follow-through, competence, confidence, connection with nature, well-being and more! Topics and focus will depend on the student/parents and their interests and goals. Less screen time, more outside time!

Instructor Holly Schubert has a masters degree in Environmental Education and decades of outdoor and teaching experience in a variety of settings.

### Private Lesson:

1 participant  
30 minute lessons  
8 weeks: \$280  
12 weeks: \$420

### Group Lesson:

3 - 4 participants  
60 minute lessons  
8 weeks: \$200  
12 weeks: \$300

### Single Lesson:

1 participant  
30 minute lessons  
\$35