



# Glade Run Adventures

## Empowering Individuals Through Experiences

Glade Run Adventures offers fun, therapeutic experiences for individuals with mental health challenges, including autism. 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 instruct therapeutic riding are trained through certifying organizations in horseback riding 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.

#### Six Week Session —

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

#### Private Session - \$270

#### Semi-Private Session (2 riders) - \$210/rider

#### Group Lesson Session (3 riders) - \$180/rider

#### Single Lesson —

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

**\$45/hr./person**

### Equine Assisted Learning (EAL)

Participants attending Glade Run Adventures EAL will receive programming designed to elicit a variety of established therapeutic outcomes with the goal of helping individuals learn about themselves. This experiential learning experience engages a person's whole body, not just their mind. EAL uses 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**

### 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 specially 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 18 - 29 and July 30 - August 10**

**\$1,000/camper**

**Sign up for your adventure today!**

**Contact us at 724-452-4453 x1249.**



### Volunteer Opportunities

If you have a passion for animals and nature, Glade Run Adventures may be the perfect fit for you. Training sessions will teach you how to care for our gardens as well as the animals that reside at Glade Run. Adult volunteers may share this experience with their children, age 8 and up and children age 12 and up may participate without parental supervision. Individual, family and group opportunities available. **Apply online at: <http://gladerun.org/volunteer-application>**



**GLADE RUN**  
ADVENTURES

70 W. Beaver Road | Zelienople, PA 16063



[www.gladerunadventures.org](http://www.gladerunadventures.org)