



## Achievement Centers for Children Camp Cheerful Therapeutic Horsemanship Services

### Adapted Horseback Riding Program

This program provides adaptive recreational horseback riding lessons for individuals with and without special needs, with an emphasis on proper riding position and reining skills. Sessions run year-round in 10-week increments, and classes are a weekly 45-minute group lesson.

<u>Participants</u>	<u>Duration</u>	<u>Max # participants</u>	<u>Cost</u>
Ages 4+	45 minutes	5	\$40.00 per person per week x 10 weeks

### Equine Assisted Leadership, Team Building, and Mental Health Groups

These equine-assisted sessions are hands-on, experiential, and unmounted (no riding). Using the unique abilities of horses and their natural herd dynamics, participants experience self-awareness, mindfulness, and effective communication. Activities motivate through common goals, creativity, and distributed ownership as everyone has a role in participation. Professionally facilitated by EAGALA & PATH Certified Equine Specialists. **Call for customized packages.**

<u>Participants</u>	<u>Duration</u>	<u>Max # participants</u>	<u>Cost</u>
Non Profit/School/Clinic	1 hour	10 (minimum 5)	\$35.00 per person
Corporate	1 hour	15 (minimum 5)	\$75.00 per person
*Mental Health Groups	1 hour	10 (minimum 5)	\$35.00 per person - *plus therapist fees

### Pony Pals Program

This program is for typically developing children. Classes are 1 hour, and participants will spend 30 minutes participating in each activity listed below.

- Riding Lesson Activity - This group will learn basic riding skills and participate in an obstacle course or a trail ride (weather permitting). All riders must meet eligibility requirements including age, physical ability, weight limit, etc.
- Ground Lesson Activity - This group will tour the barn, review rules & safety, and participate in ground lessons.

<u>Participants</u>	<u>Duration</u>	<u>Max # participants</u>	<u>Cost</u>
Ages 4 - 14	1 hour	10 (minimum 5)	\$40.00 per person

### Scout Groups

This is a 1 ½ hour combination activity/ride package. Participants rotate through each 30-minute activity listed below. This program is designed for a 1-time visit.

- Ground Lesson Activity - This group will tour the barn, review rules & safety, learn how to groom a horse, and hear about the important job the horses & ponies have as service animals here at Camp Cheerful.
- Riding Lesson Activity - This group will learn basic riding skills as they ride their horse through an obstacle course or go out on a trail ride! (All riders must meet cognitive, physical ability, and weight limit requirements).
- Art & Craft Activity or Service Project Activity. This group will make a take-home horse-related craft OR choose a service project to learn about volunteering in the community by helping to clean pastures and perform general care & clean up.

<u>Participants</u>	<u>Duration</u>	<u>Max # participants</u>	<u>Cost</u>
Non Profit/School	1 ½ hours	15 (minimum 10)	\$40.00 per person
Private Group	1 ½ hours	15 (minimum 10)	\$50.00 per person

### Barn Tours

Barn tours are offered to participants of all ages. This tour is an excellent introduction to horses as participants will be invited to pet the horses as well as take pictures with their favorite horse or pony! Groups may choose to also include a hands-on activity such as grooming, leading, etc. This program is designed for a 1-time visit.

<u>Participants</u>	<u>Duration</u>	<u>Max # participants</u>	<u>Cost</u>
All ages	30 minutes	15 (minimum 10)	\$10.00 per person
With hands-on activity included	45 minutes	15 (minimum 10)	\$25.00 per person

\*Programs are available for individuals with and without special needs. Dates & frequency may be customized based on availability. For more information please contact Cory Ramsey at 440-238-6200 x225 or [cory.ramsey@achievementctrs.org](mailto:cory.ramsey@achievementctrs.org) or visit our website at [www.achievementcenters.org](http://www.achievementcenters.org)