



Rein in a Dream

Building upon each individual's inner strength!



OUR PROGRAMS

**Therapeutic Riding | Ages 4 and up |
Private ½ Hour | \$55/lesson**

The focus of therapeutic riding is to improve physical strength, flexibility, and cognitive abilities as well as communication skills, self-confidence and self-esteem. Because the movement of the horse mimics the human gait, research indicates that riders will often show development in muscle strength, coordination, balance, postural alignment, increased range of motion as well as improved speech. The powerful connection to the horse is often a motivator to complete therapeutic activities/exercises on horseback. Participants must complete an assessment lesson.

**Therapeutic Horsemanship | Ages 6 and up |
Private 1 Hour | \$75/lesson | Semi-Private 1 Hour | \$55/lesson**

In addition to building riding skills, participants learn how to safely work with horses as they develop and build a mutually beneficial relationship with members of our herd. Mounted and un-mounted instruction is provided. Topics covered include appropriate horse handling, grooming, tacking, equine behaviors, and safety working with equines along with learning the building blocks of riding. Lesson plans include activities that meet the specific therapeutic needs of the participant. Participants must complete an independent riding skills assessment. Semi-private lessons require instructor approval.

**Recreational Horsemanship | Ages 6 and up |
Private 1 Hour | \$65/lesson | Semi-Private 1 Hour | \$50/lesson**

Participants are introduced to the building blocks of riding while developing strong horsemanship. Traditional riding skills are taught based on English, western, dressage, and natural horsemanship disciplines. Participants are involved in the entire riding experience including un-mounted activities, grooming, tacking and caring for their horse after the lesson. Lessons are taught in a non-competitive environment. Levels: Beginner to Intermediate. Semi-private lessons require instructor approval. Participants must demonstrate that lesson support is not required.

**Critter Care | Ages 5 and up |
Private 1 Hour | \$55/lesson | Semi-Private 1 Hour | \$35/lesson**

This program focuses on teaching responsibility and compassion through learning about and interacting with our herd of horses, small farm animals and nature. The curriculum includes activities that teach the fundamentals of good character; kindness, citizenship, fairness, respect, responsibility and integrity. Participants enjoy opportunities to work directly with small farm animals including Nigerian goats, miniature horses, chickens, rabbits, guinea pigs and a therapy dog.

**Minis and Me | Ages 3-5 | 4 Students | 1 Hour | \$25/lesson |
Wed 10-11am**

While working with the miniature horses, children engage in interactive games and activities to develop and practice: sequencing skills; letter and number recognition; and listening and communication. Children also learn about safety, body awareness, and develop fine motor skills. This program is un-mounted and must have 4 participants enrolled to offer.

**Animals + Art | Ages 5-7 | 4-6 Students | 1 Hour | \$35/lesson |
Wed 4-5pm**

During this class, your child will engage in critter-inspired art projects using a variety of media. Lessons include time getting to know and observe our friendly ponies, horses, rabbits, cats, guinea pigs, sheep, goat, and chickens. Our barnyard is a great place to get inspired! All students will be encouraged to add their favorite artwork to display in our Fall Art Show.

**Job Skills Development | Ages 16-22 | 3-4 Students |
1.5 Hours | \$35/lesson**

This program provides participants with the opportunity to develop a strong work ethic and to learn appropriate job-related skills, including time management, reporting to a supervisor, appropriate interactions with co-workers and job productivity. Participant enrollment must be approved. Please contact the Program Director for additional information. This program is un-mounted and must have 3 participants enrolled to offer.