

Season	Start	End	Riding Make up week
Winter	Jan 6	March 1	March 3-8
Spring	March 24	May 17	May 19-23
Summer	June 2	July 26	July 28- Aug 2
Fall	Sept 8	Nov 1	Nov 3-8
Holiday Mini	Dec 1	Dec 20	No make up

Together, we help our clients meet their individual wellness goals through proven, experience-based programs. Individually or in small groups, people ages 6 and older learn to build healthy connections and life-changing skills. We offer private equine-assisted psychotherapy and learning sessions and programs for schools and groups.

Session-Based Programming:

Hoofbeats and HeART:

Our signature youth program combines horses and nature with art and rhythm to explore understanding feelings and making friends. Participants will learn about emotions, boundaries, communication skills, transitions and more during this 8-week unmounted group.

Cost Per Session: \$360

Therapeutic Riding Lessons:

Riding lessons at ISWH focus on reaching personal goals such as improved relationships, emotion regulation, increased focus, and self-confidence. Our riding instructors move at your pace for a unique experience developing connection with a horse. Lessons include time to groom and tack-up, engage in mounted instruction, untack and clean-up. Ages 6-adult

*ASTM helmet required.
Cost Per Session: \$450

Veterans Group:

Service in the military instills values, behaviors, and responses. Connecting with horses can do the same! Join our veteran facilitators for an hour of time in the barn learning our horses' stories and telling some of your own.

This group is free of charge thanks to our wonderful funders.

Learn More About Us!

Web: www.instepwithhorses.org

Email: info@instepwithhorses.org

Instagram: @instepwithhorses

Facebook: In Step With Horses

Phone: 440-688-1810

7212 Wilson Mills Rd, Chesterland, OH 44026



PROGRAM SCHEDULE 2025

Teen Helping Hearts:

A fun hands-on educational program for middle and high schoolers who want to build connections while also growing their knowledge about equine care, handling, and horsemanship! This program includes both on-the-ground skill building as well as facilitated group discussions that help participants draw connections between lessons learned at the barn and personal life goals and challenges. This program is ground-based and can be a great way to prepare for or compliment our mounted programming.

Cost Per Session: \$360.

Step Up Vaulting:

A great introduction to mounted work, interactive therapeutic vaulting happens in a group with up to six youth ages 6-17. Students work with a coach directing a horse in a circle around a line (lunging). Students will learn about connection to their bodies, act as mentors and help coach each other in learning basic vaulting movements including sitting at all three gaits, kneeling, and moving around the horse. Movements are first practiced and mastered on the ground before moving to the horse. Vaulting values include a focus on safety for the vaulter and the welfare of the horse.

Cost Per Session: \$450 *ASTM Helmet required.

Dads' Think Tank:

A compassionate community dedicated to empowering fathers navigating the challenges of caring for their families at times of need. Join us as we provide support, share experiences, and foster resilience, ensuring no dad faces this journey alone. Together, we redefine fatherhood with strength and understanding. Open to all male caregivers of children under 18.

Cost Per Session: \$45 per session or \$320 for 8 weeks.

Supportive Parenting:

Supportive Parenting teaches caregivers skills and tools to help their child manage anxiety and related problems. The sessions focus on changes that caregivers can make in their own behavior that will impact their children in a supportive way and reduce stress on the caregiver and child. This group is open to anyone who is a caregiver to children and teens under 18. Open to all caregivers in the family system.

Cost Per Session: \$45 per session or \$320 for 8 weeks.

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