

# EAAT Program

## Equine Assisted Activities and Therapies

### Thank You for Your Interest

Thank you for your interest in the Equine Assisted Activities and Therapies (EAAT) Program at Natural Valley Ranch. The following contains more information regarding the program.



*North American Riding for the Handicapped Association  
Standards ensure high quality  
and safe instruction*

### EAAT Program

- North American Riding for the Handicapped Association (NARHA) Standards are met and abided by during all lessons
- Lessons are taught by Molly Barnes, a NARHA Registered Instructor with a four-year degree in Mild Disabilities from Indiana Wesleyan University. (resume upon request)
- One-on-one lessons are created with specific goals and objectives for each individual student such as:
  - Sensory integration
  - Stretching tight or spastic muscles
  - Increased range of motion
  - Improved self-confidence
  - Expansion of focus and control
  - Sequencing
  - Improved hand-eye coordination
  - Problem-Solving
  - And more

### Session Highlights

- Private lessons
- Focus on IEP goals, if applicable
- End-of-Session Evaluations and summaries
- Participant does not need a specific diagnosis to participate

### Session Fees and Dates



- Each EAAT Program run 8-weeks in duration, consisting of weekly, ½ hour lessons
- Cost is \$280 per session and payment for the entire session is due in full at the first lesson. (check or credit cards are accepted)
- Dates
  - May 10- July 3- *Wednesday and Thursday afternoons and early evenings*
  - July 17-September 10- *TBA*
  - September 27- November 20- *TBA*

### What to Wear

- Long pants and boots or shoes with a heel
- Lessons are conducted inside and outside. Please wear appropriate layers and stay away from loose fitting jackets or coats.
- ASTM-SEI certified helmet- helmets are provided for use during the lesson by Natural Valley Ranch, however, if you have one you are welcome to wear it if it is ASTM-SEI certified.

### Horse Leaders and Sidewalkers

- Caregivers are required to serve as horse leaders and/or sidewalkers during the lesson, if needed. Training will be provided by the instructor during the first lesson.
- If a caregiver is unavailable or unwilling to sidewalk or lead the horse during the lesson, the rider will not be able to ride and the lesson will not be rescheduled or refunded.
- All participants in a lesson must complete and sign the [Volunteer Application](#).

### Cancellation Policy

- If Natural Valley Ranch cancels the lesson, the lesson will be rescheduled (lessons are canceled at the discretion of the instructor and are due to severe weather, horse lameness, and other uncontrollable circumstances)
- If Brownsburg Schools cancel due to weather Natural Valley Ranch EAAT Program Lessons will also be cancelled and rescheduled
- If the participant cancels a lesson it will not be rescheduled
- Lessons will proceed rain or shine



### How to Get Started

- Fill out [Participant Application Form](#)
- Print the [Physician's Statement](#) document if participant has ANY physical disability. Have the participant's doctor sign and return the form to:  
Natural Valley Ranch  
c/o Molly Barnes, NARHA Instructor  
6240 E County Road 350 N  
Brownsburg, IN 46112
- Natural Valley Ranch's NARHA Instructor will review the Participant Application, Physician's Statement along with resources at Natural Valley Ranch (horse, tack, sidewalkers and horse leaders needed) to determine if the EAAT Program at Natural Valley can accommodate the participant.
- Email Molly Barnes, instructor, at [horsesineducation@gmail.com](mailto:horsesineducation@gmail.com) to set up lesson time and/or to answer any questions you may have

Natural Valley Ranch looks forward to working with you to meet your goals through the EAAT Program. Thank you for the opportunity!

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