



Balanced Beings Outdoor Recreation
2148 East Desert Lane, Phoenix, AZ, 85042
KelseyBauman@BBORrecreation.com
(623) - 210 - 2803

Small Flock Adventures: Private Lessons Information

Balanced Beings Outdoor Recreation creates space for both independent reflection and meaningful group experiences. Small Flock Adventures offer children and adults hands-on opportunities to explore outdoor and nature-based activities such as foundational ranch skills, introductory archery, equine and animal experiences, creative projects, games, paddlesports (seasonally), gentle hikes, and community service. Sessions are held individually or in small groups and are thoughtfully customized to support each participant's interests, abilities, and personal goals.

Sessions may include and not limited to:

- Beginner's archery lessons under NASP BAI guidelines
 - Horsemanship experiences
 - Farm arts and crafts
 - Games
 - Micro-walks
 - Build on social skills, emotional regulation, and vocational skills
 - Gardening
 - Mini service projects
 - Scavenger hunts
 - Adventure and nature based play
 - ...and more
- **Maximum weight of participant 210lbs. for mounting WCR horses*
 - **Riding is not guaranteed every session**

Purpose Summary:

Small Flock Adventures offers personalized, one-on-one and small-group sessions for both children and adults, thoughtfully adapted to each participant's individual goals, interests, and needs. Rooted in the same holistic philosophy as our group programs, sessions are facilitated within NCTRC's scope of practice and may range from recreational skill-building — such as a basic riding lesson or nature-based activity — to more specialized experiences like Equine-Assisted Services or therapeutic riding, depending on participant needs and available resources.

Whether the goal is building confidence, developing a new leisure skill, improving overall functioning, or simply finding joy in an activity that feels personally meaningful, Small Flock Adventures meets each participant exactly where they are. These intimate sessions provide a supportive, low-pressure environment where individuals can learn, heal, and flourish at their own pace.

Ages:

7 years of age to adult

All participants must be restroom independent and willing to cooperate in their own self care, without assistance

Price:

\$50 per session, per child, paid in full before every session

Location:

2148 East Desert Lane, Phoenix, AZ, 85042

Duration:

1 hour, 15 minutes

When:

See "book online" for upcoming dates

By appointment only

Horseback

Minimum and Maximum attendance:

1 participant

Archery

Minimum attendance:

1 participant

Maximum attendance:

4 participants

Terms and Conditions of Deals:

Children of veterans, active duty, and first responders receive \$15 off first session, valid for one per person (one use only)

Active military, first responders, and veterans receive \$25 off 2 sessions (50% discount)

Things to know:

If you have more than one child attending, please register them each individually. Thank you for your time!

Documentation preferences may affect assessment requirements. Insurance billing is in transition of being offered. Program structure, documentation requirements, and pricing may change in the future if insurance options become available. All required registration, assessment documentation, waivers, and in-person in-take interview must be completed and received no less than **five days** prior to booking and participation, as well as paid in full prior to participation. This information is required to allow sufficient time for review and to develop appropriate protocols, safety considerations, and individualized session planning.

Contact:

Kelsey Bauman

Email: KelseyBauman@BBORrecreation.com

Business Cell: (623) - 210 - 2803