



Balanced Beings Outdoor Recreation
2148 East Desert Lane, Phoenix, AZ, 85042
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Farm Helpers: After - School Adventures Information

Overview:

Balanced Beings Outdoor Recreation's Farm Helpers: After-School Adventures is designed for kids who need an after-school activity but don't connect with traditional organized sports. Balanced Beings Outdoor Recreation offers a program that provides a slice of adventure—perfect for children interested in nature conservation, outdoor games, animal interactions, and trying their hand at archery. While still engaging in physical activity, they're getting so much more out of a ranch adventure.

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, 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:

Similar to Farm Helpers: Day Adventures, Farm Helpers: After-School Adventure offers a condensed yet equally enriching experience. While centering enjoyment and fun, each session is thoughtfully designed with overlapping, evidence-based interventions that incorporate physical education, leisure education, mindfulness, adventure therapy, stress and anger management, and the therapeutic use of humor, play, nature, art, and animals — alongside other meaningful developmental skill-building opportunities.

Through games, peer interactions, and purposeful interventions, participants develop confidence, problem-solving skills, impulse control, and meaningful friendships — while our specialists identify and build on each individual's social, cognitive, and personal strengths to support overall functional growth.

Together, these modalities are designed to provide participants with opportunities for meaningful choice-making, skill acquisition, and improved overall functioning — with the deeper goal of helping each individual discover a hobby or recreational interest that resonates with them long term. Recognizing that many enriching activities are financially inaccessible to families, Balanced Beings offers these experiences on a rotating schedule, ensuring every participant has the opportunity to explore a wide variety of activities, find what excites them, and return to what feels like theirs.

For families seeking a more personalized experience, Balanced Beings Outdoor Recreation's Small Flock Adventures: Private Lessons offers an intimate small-group setting tailored to individual goals and interests.

Ages:

7 - 15 years of age

Price:

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

Location:

2148 East Desert Lane, Phoenix, AZ, 85042

Duration:

2 hours

When:

See “book online” for upcoming dates

By appointment only

Minimum attendance:

1 child

Maximum attendance:

10 children

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, releases, 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.

Los documentos están disponibles en español. Contáctenos.

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