



# CHICAGO CHILDREN EQUESTRIAN

[www.chicagochildrenequestrian.com](http://www.chicagochildrenequestrian.com)

- ✓ Youth Development
- ✓ Violence Prevention
- ✓ Youth Services
- ✓ Agriculture Education
- ✓ Employment Education
- ✓ Veterans & Senior Programs

## Foundational Riding Program:

- Introduction to basic horsemanship principles.
- Learn how to mount, dismount, & maintain balance while riding.
- Develop confidence and trust in handling horses.
- Introduction to grooming and basic horse care techniques.

## Intermediate Riding Program:

- Advancing riding skills (ex. trotting and cantering).
- Refining techniques for controlling the horse.
- Introduction to jumping techniques.
- Safety and proper horse-handling procedures.

## Adult Riding Lessons:

- Tailored instruction based on individual goals and skill levels.
- Beginner classes for adults with little to no prior riding experience.
- Focusing on specialized disciplines (ex. dressage or trail riding.)



## Rodeo Classes

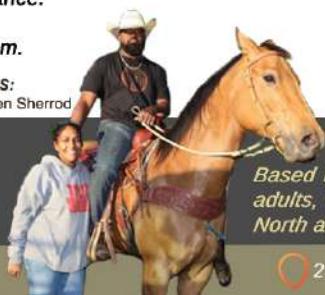
Designed for young enthusiasts, this class teaches rodeo events such as barrel racing, roping, and pole bending, under the guidance of experienced instructors.

## Summer Round-Up Program

This job skills training and work program offers participants seasonal employment for 10 youths and young adults (ages 17-24). This opportunity provides work while learning skills in the following:

- Horse care.
- Stables & ranch maintenance.
- Working with livestock.
- Learning to work as a team.

CO-FOUNDERS:  
Vincent & Kirsten Sherrod



*Based in Crete, IL, we are dedicated to providing equine programs for more than 3,700 youth, young adults, veterans, seniors, and individuals with physical, developmental, or intellectual disabilities across North and South Side Chicago and surrounding communities.*

# OUR PROGRAMS

## After-School / Summer Riding Program

Our programs provide participants ages 7 to 35 with the opportunity to experience the joy of horseback riding in a supportive environment. Led by our experienced instructors, youths will learn the fundamentals of riding, horse care, and stable management while developing confidence, responsibility, and teamwork skills.



## Equine Assisted Therapy

*Our customized Equine Assisted Therapy serves youths, young adults, and Veterans of all physical and cognitive abilities.*

Equine Assisted Therapy is a specialized therapeutic approach that uses guided interaction with horses to support emotional, behavioral, physical, and developmental healing. Our program serves youth, adults, United States veterans, senior citizens, and individuals with physical, developmental, and intellectual disabilities who benefit from the grounding, trust-building, and calming effects horses provide. Certified professionals lead each session to help participants strengthen confidence, communication, emotional regulation, social skills, and healthy boundaries.

EAT supports individuals facing challenges such as anxiety, depression, autism, developmental delays, traumatic brain injuries, past trauma, and a range of mental health conditions. Horses mirror human emotion with sensitivity, allowing clients — including veterans processing trauma or reintegration — to form a healing partnership that fosters growth, resilience, and long-term well-being.

## CCEC's Petting Zoo Experience

Experience fun and hands-on learning in our welcoming petting zoo, a program enjoyed by children, seniors, and individuals with developmental, physical, or intellectual disabilities. Our gentle animals create a joyful and therapeutic environment where visitors of all ages can connect, explore, and learn. In addition to hosting groups at our facility, we also bring the petting zoo directly into Chicago communities, especially on the South Side, ensuring that families who may not otherwise have access to these enriching experiences can enjoy them.

