



2024

423 DUNMORE ROAD  
PORT HOOD  
902-870-1583  
[WWW.REACHINGSTRIDES.COM](http://WWW.REACHINGSTRIDES.COM)

OUR RSEC  
SUMMER RIDING  
CAMPS ARE OPEN  
TO AGES 6 AND  
UP. BEGINNER TO  
ADVANCED TO  
RIDERS.  
NO EXPERIENCE  
NECESSARY.  
BRING YOUR OWN  
HORSE OR USE  
ONE OF OURS.  
TWO LESSONS  
PER DAY.  
HORSEY  
ACTIVITIES &  
GAMES.  
COMBINED WITH  
LOTS OF  
LEARNING OF  
FUN. BRING A  
LUNCH AND  
SNACKS AND JOIN  
US FOR SOME  
MAGICAL HORSE  
TIME THIS  
SUMMER.

REACHING STRIDES AND LUCY EQUINE THERAPY  
**SUMMER HORSE CAMPS**

REACHING STRIDES EQUESTRIAN CENTRE  
RIDING CAMPS

JULY 16/17 AND AUGUST 13-15  
10AM-4PM \$150 PER DAY

LUCY EQUINE THERAPY CAMPS

JULY 24 AND AUGUST 7 10AM-2PM \$80 PER DAY

OUR NEURODIVERGENT CAMP DAYS ARE  
DESIGNED WITH INCLUSIVITY AT THE  
FOREFRONT. WELCOMING AGES 6-10, OUR  
DAYS WILL BE FILLED WITH HORSEY  
ACTIVITIES, INCLUDING CRAFTS, GAMES,  
GROOMING, LEADING AND FINISHING THE  
DAY WITH PONY AND CART RIDES. SEND  
ALONG A LUNCH AND SNACKS.





# REACHING STRIDES EQUESTRIAN CENTRE 2024 PROGRAMS



## LUCY EQUINE THERAPY



RSEC is also the home of our Not for Profit LUCY (Let Us Carry You) Equine Therapy program where we offer EAL equine therapy and Therapeutic riding sessions. Stay tuned for info on our Youth depression/anxiety/self esteem programs, due to launch in April. You can find more info on our website under the LUCY tab, which can be found under the services tab.

(Please note this portion of our website is currently under construction, we will add more info soon)

## VOLUNTEER OPPORTUNITIES

WOULD YOU LIKE TO VOLUNTEER? We have volunteer opportunities within our LUCY program as well as RSEC. Ask us how you can help.

## MORE PROGRAMS AND SERVICES

Summer Riding camps, May will see the launch of our Rookie Riders pilot program, for ages 4-7. April will see the start of ground work lessons, competition leases and coaching, birthday parties, cart driving lessons, horse training in starting horses, conditioning and fine tuning, further educating horses in their training, Liberty training, harness/driving training, problem 'horses'(we specialize in rescues and trauma cases) and boarding for your horse.

## BEGINNER LESSON PROGRAM

We currently have three spots remaining open in our Introduction to Horses for Beginners program, which will launch mid April for six weeks. Absolutely no experience necessary. This program runs three times a year!

This program runs two times a week, for six weeks, with one lesson on the ground learning all about safety and stable management topics, and the other is an introduction to riding. Once beginners go through this program, they can move forward with Private lessons once a week, until they are ready in ability to join our regular program, providing there is space.

## REGULAR LESSON PROGRAM



(To sign up for this one, experience is a must) Our regular lesson program is a commitment that consists of 10 lessons per month, 8 riding and 2 ground work. You have the option to choose between group or private sessions. All lessons are set at the start of each month and will run at the same time every week. If weather is not cooperative for riding, we substitute with stable management seminars, as we do not offer cancellations.

## CASUAL RIDING SPOTS

Depending on how full our schedule gets, we can offer some casual private/group lessons throughout the month for those that can not commit to our lesson programs. These however are not guaranteed, as it depends on if there are spaces available. Those in our regular lesson program have seniority of the schedule, so unfortunately if the program fills, we may not have availability for casual riders every month.

## ADULT LESSON PROGRAM

Our adult program is designed for our busy lives with two lessons a week to give you your horsey fix. One riding lesson and one ground work lesson, all at a set time every week, so you can add it into your busy adulting schedule. Visit our website for further details.

We are located at 423 Dunmore road in Port Hood  
contact us @ 902-870-1583 [reaching\\_strides2000@hotmail.com](mailto:reaching_strides2000@hotmail.com)  
[www.reachingstrides.com](http://www.reachingstrides.com)