

Who We Are

Breaking down barriers and building up confident, skilled equestrians.

Solid Strides is a 501c3 Non-Profit Organization. We strive to create a welcoming and inclusive space by actively inviting Black, Indigenous, People of Color, LGBTQIA+ and other historically underrepresented populations into our program and by reducing financial barriers to entry. We believe that the benefits of a life with horses should be accessible to everyone with a passion to participate. Please contact us for information on how we can help create a pathway for you or your child.

Focus Areas

- Create a space where historically excluded youth and families can feel safe and welcome and share their love of horses with each other.
- Help reduce the financial impact of training and competition.
- Teach the methodology, meaning and application of an evidence-based horse welfare-oriented, multi-disciplinary training program.
- Create professional pathways for historically excluded people in the equine industry.
- Celebrate underrepresented equestrians in our program and around the world.
- Explore the relationship between training and horse welfare.



We offer a safe and welcoming environment where riders can explore their passion and gain a holistic equestrian experience

Get in Touch

Facebook: @Solid Strides
Instagram: @solidstrideseq
<https://solidstrides.org>
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Building an inclusive community of welcoming, supportive, and empowered equestrians.



Est. 2021

Programs

Our program options include our Redefining Equestrian Introductory Day Camps, our Summer Camps, and our Weekly Lessons

Redefining Equestrian Introductory Day Camps



Our one-day Redefining Equestrian Intro camps provide a low-barrier point of entry for students of color who are curious about horses. Camps are 4 hours and include a broad introduction to horses. We focus on self-observation and learn about horse behavior as a foundation for safe handling. We learn safe handling and grooming techniques, some basic parts of the horse, and the basics about our equipment and how to use it. We watch horses in motion and discuss use of the body language as the horse's language. Ultimately those students who are interested ride with ground support.

Cost

These camps are \$5 each and are available for sponsorship

Programs



Summer Camps

Our summer camps run Monday -Thursday, 9-1 and offer an in-depth equestrian experience. In addition to self-observation and horse behavior curriculum, we dive into holistic horse welfare information, including lifestyle, housing, nutrition, parts of the horse, biomechanics, how to be a good ground support person, and introduce riders to more in the saddle skills as appropriate.

Cost

These camps are \$10 each and are available for sponsorship



Programs

Year-Round Lessons



Our program is unique in the equestrian community, as we focus on the latest evidence-based research to direct our methodology. From the lifestyle our horses live to our hoof care, dentistry, and nutrition, all of our practices are informed by cutting-edge research from industry leaders. We teach a dressage foundation as a base for all equestrian sports, emphasize the importance of cross-training for wellbeing and have the background to support riders with hunter/jumper and eventing aspirations as well. Regular Lessons are available Monday - Friday

Cost

1 Hour Private Lesson: \$80
1 Hour Semi-Private Lesson: \$50

We offer scholarships to any family who is eligible for their school's free and reduced lunch program. There is a question on our registration forms asking if families qualify for this program and if they would like to be considered for a scholarship. Families who qualify are offered a 50% discount. If this does not allow a family to participate, we can discount further.