



# Common Questions about Therapeutic Riding

## What is Therapeutic Riding?

Therapeutic Riding is mounted horseback riding that contributes to the cognitive, physical, emotional and social well-being of individuals with disabilities as they learn to ride horses!

## Do they ride in saddles?

Everyone starts out on a bareback pad. Saddles are not used very often

## Would this help build confidence?

YES!

## Who can ride?

Anyone ages 2 years & up that has a diagnosed disability and permission from their doctor!

## How much do they ride?

An hour a week for six weeks. STARS has 5 six week sessions in a year. Riders can participate in as many sessions as they would like.

## Do you accept debit/credit cards?

We can and have Venmo but prefer check or cash due to processing fees.

## Do you accept insurance?

We do not accept insurances but we do work with other funding options as needed such as Children at Home, Veridian, etc.

## When are classes?

Classes take place in the evenings Monday-Thursday at 5:30 pm & 7:00 pm but each sessions availability changes depending on the number of riders signed up.

## What do the volunteers do?

Every rider starts with at least one person walking next to them as they ride and a volunteer leading their horse.

## How much does it cost?

\$180 for a 6 week session after each rider gets a 75% discount.

## Does ADHD qualify?

YES! Absolutely!

## How many are in a class?

4 riders per class.

## How do we get started?

Contact Samantha to get set up for the next orientation and talk about paperwork!  
Phone: 712-239-5042 or email: [samantha@scstars.org](mailto:samantha@scstars.org)