

# *Star Galaxy Stables*

Sharon Niles, Head Trainer  
850 Babler Park Drive  
Wildwood, MO 63005  
sharon@stargalaxystables.com  
314-606-9761  
www.stargalaxystables.com

## **Rider FAQ's**

### **Q: What style of riding will I do at Star Galaxy Stables?**

A: Star Galaxy Stables specializes in Saddle Seat riding, which is a discipline that strives to highlight the horse's beauty and style. You will learn to ride with grace and poise, communicating as clearly as possible with your horse so you and the horse work together as a team. For a more in-depth discussion of the Saddle Seat discipline, please see our document "Saddle Seat Riding: A Brief History and Summary."

### **Q: How safe is Saddle Seat riding?**

A: Saddle Seat riding is one of the safest yet most exciting disciplines of riding. It emphasizes control and clear communication between horse and rider, and the horses themselves are intelligent, responsive and thoughtful. Helmets are worn at all times, and all riding is done *on the flat* (it involves **no jumping** over obstacles.) Students are required to progress at a safe, conservative pace that caters to a thorough knowledge of horsemanship. Lastly, all the riding instructors have undergone training in CPR and First Aid and have the knowledge and experience to respond to any and every situation that may arise.

### **Q: What ages of riders does Star Galaxy Stables teach?**

A: Almost every age! Children as young as 8 years old are welcome, as well as adults over the age of 80. We currently have many older riders that will be happy to tell you that even an old dog can learn new tricks.

### **Q: How do I schedule a lesson?**

A: Please email [sharon@stargalaxystables.com](mailto:sharon@stargalaxystables.com) or call 314-606-9761. We will do our best to accommodate your schedule!

### **Q: What should I wear to my riding lesson?**

A: For a first lesson you may wear jeans, leggings, or riding breeches; any boots with flat tread and at least half an inch heel; and a tucked-in shirt with sleeves (we will provide a riding helmet.) If you decide to continue coming for lessons, it may be wise to invest in jodhpurs, paddock boots, riding gloves, and your own riding helmet; we can advise you on where to obtain these items.

### **Q: What will I do at my first lesson?**

A: Your first lesson introduces you to the world of riding, or, if you've already ridden before, assesses your abilities so that your instructor knows what challenges you're ready to face. For first-time riders, after learning how to mount the horse, the lesson will start with a quiet walk on the lead line as the instructor walks beside you. You will get used to the motion of the horse underneath you as you learn how to properly position your body so both you and the horse are comfortable. Finally, you'll learn how

to safely dismount the horse and lead him back to the barn. First lessons usually only spend around 20-30 minutes on the horse, but your muscles will be able to endure longer riding sessions once you're stronger.

**Q: Will I get the opportunity to show at a horse show?**

A: Yes, Star Galaxy Stables attends many horse shows in the Saint Louis area throughout the year. You will have the opportunity to discuss classes and mount preferences with your riding instructor, as well as learning the ins and outs of show grooming. Special attire may be required for showing at larger shows.

**Q: What is your cancellation policy for lessons?**

A: Lessons must be cancelled with at least 24 hours' notice before the lesson, or you pay half the cost of the lesson. However, we will make every effort to give you the opportunity to have a make-up lesson. Star Galaxy Stables reserves the right to cancel a riding lesson with at least 3 hours' notice in cases of inclement weather, emergencies, etc.

**Q: How can I pay for a lesson?**

A: We accept cash or personal checks; sorry, at this time we do not accept debit or credit cards. All lesson fees must be paid prior to the lesson.

**Q: Can a friend or parent come watch me ride?**

A: Yes! We are happy to provide a ringside chair for those who accompany our riders, and visitors are welcome to visit in the barn as you get ready for your lesson to pet the horses.

**Q: Can I feed the horses treats?**

A: Yes, our horses love treats! Healthier treats include apples and carrots, but our horses will also beg for a peppermint or a sugar cube. However, please feed in moderation to keep the horses from getting a stomach ache.

**Have a question you don't see the answer to? Please email [sharon@stargalaxystables.com](mailto:sharon@stargalaxystables.com) or call us at 314-606-9761 and we will be happy to fill you in!**