



PEGASUS

Pegasus Therapeutic Riding
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Founded in 1975, Pegasus is a PATH International Premier Accredited Center



About Pegasus Therapeutic Riding

OUR MISSION

Pegasus Therapeutic Riding's mission is to enhance the lives of individuals with disabilities and challenges through equine-assisted activities and therapies.

OUR HISTORY

In the fall of 1974, a small group of equestrian women began exploring the effectiveness of therapeutic riding, which had a long and successful history in Europe. They decided to establish a similar program to serve people with special needs in Fairfield County.

In September 1975, the first Pegasus therapeutic riding sessions began at Ox Ridge Hunt Club in Darien, Conn. Today Pegasus is an accredited PATH International Premier Center with chapters in Putnam and Fairfield counties, including Pegasus Farm, our 20-acre permanent facility in Brewster, N.Y.

OUR PARTICIPANTS AND OUR PROGRAMS

Our PATH International-certified instructors provide equine-assisted activities to people with special needs and individuals at risk, including disadvantaged youth and trauma survivors. Soon we will launch Pegasus Patriots, an equine-assisted program for veterans.

Serving more than 200 participants ages four and up each year, Pegasus provides both therapeutic horseback riding and unmounted horsemanship programs on a weekly basis.

Therapeutic riding can produce remarkably improved mobility, balance, posture, coordination, language development, behavior control and concentration. Lessons include instruction in basic riding skills as well as opportunities for social interaction, recreation, sport, therapy, and work with developmental concepts.

Unmounted activities take place in the barn, classroom and arena. Students progress through sequenced activities adapted to their abilities. Lesson topics may include grooming, equine nutrition and first aid, ground training, basic equine anatomy, barn and stall maintenance, and how to tack up and lead a horse.

