

## **Jamestown New Horizons**

*Helping children with disabilities sit up tall since 1985*

Jamestown New Horizons provides three 12-week riding sessions each year to children with disabilities.

### **Riding Sessions:**

Spring Session: March, April, May

Summer Session: June, July, August

Fall Session: September, October, November

### **Class Times:**

5:30 – 6:30 p.m.

6:30 – 7:30 p.m.

7:30 – 8:30 p.m.

## **JNH volunteers should always be in uniform!**

### (1) JNH red shirt/logo

T-Shirt (\$10)

Long-sleeve T-Shirt (\$15)

Sweatshirt (\$20)

### (2) Tan, beige, khaki or taupe slacks or shorts

(Do not wear blue jeans, but tan jeans are fine.)

### (3) Well-padded tennis shoes, hiking boots or riding boots

Please choose *a minimum of two hours* to volunteer and plan to come on the same day and at the same time each week. Should it be necessary to miss a day, or to arrive later than expected, please call the JNH office and leave message at: **314. 741. 5816**

To quote one of the JNH volunteers who has been with the program since its inception, "Jamestown New Horizons is a gift. It's a gift you give and a gift you receive."

***Please know that your help can make a huge difference in the lives of the JNH riders by helping them to find new friends, new abilities and new horizons.***

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15350 Old Jamestown Rd.

Florissant, MO 63034