



P. O. Ray Lajara  
 R.Lajara@nassaucountypal.org  
 "It's better to build youth than mend adults"

# VALLEY STREAM POLICE ACTIVITY LEAGUE MULTI-SPORT PROGRAM

Winter 2019 (8 weeks)

Starts Sunday, February 24, 2019

(Please note specifics of the schedule in the box below, on the left.)

Class schedule for this session:

	<u>1st Day</u>	<u>Off Day(s)</u>	<u>Last Day</u>
Mon	2/25		4/15
Thurs	2/27		4/17
Fri	2/28		4/18
Sun	2/24		4/14

**P.A.L. REGISTRATION**

Register at SPORTIME Lynbrook:  
 175 Merrick Rd., Lynbrook,  
 weekdays from 5am to 11pm  
 and on weekends from  
 7am to 9pm.

All classes will be held at:

SPORTIME Lynbrook  
 175 Merrick Road  
 Lynbrook NY 11563  
 tel: 516.887.1330

If you have any questions regarding the sports program, please contact Vicki Weiss by phone: 516-887-1330 or by email: [Vweiss@sportimeNY.com](mailto:Vweiss@sportimeNY.com)

The distribution of this flyer is a courtesy extended by the school district. These programs are not sponsored by the school district, nor does the school district accept responsibility for any of these activities.

**NASSAU COUNTY P.A.L. OFFERS INDOOR SPORTS AT SPORTIME LYNBROOK  
 EIGHT (8) ONE-HOUR CLASSES: \$120**

**SOCCER**

Ages 6-8: Mondays 4:00pm - 5:00pm

Ages 9-12: Mondays 5:00 pm - 6:00pm

Enjoy playing soccer games and developing skills such as dribbling, passing and shooting.

**FLOOR HOCKEY**

Ages 6-8: Thursdays 4:00pm - 5:00pm

Ages 9-12: Thursdays 5:00pm - 6:00pm

Enjoy playing floor hockey and developing skills such as handling, passing and shooting

**MULTI-SPORT PROGRAM**

Ages 5 -7: Fridays, 4:00pm - 5:00pm

Ages 8-12: Fridays, 5:00pm - 6:00pm

SPORTS MAY INCLUDE  
 soccer, baseball, floor hockey, basketball

**TENNIS**

Red One

Ages 5 - 8

Sunday 5pm -6pm

Orange

Ages 9 - 11

Sunday 6pm -7pm

SPORTIME U10 Tennis is comprised of Red and Orange levels and trains our U10 players to become well-rounded, competitive athletes. Using appropriate sized courts, rackets, and low-compression

**ACTIVITIES ARE OPEN TO EVERYONE**

Approved for Distribution and Posting  
 2/14/19 tkm Supt. Office