



VALLEY STREAM PAL

2019-2020 FALL/WINTER Activities

PO/Director: Ray Lajara Email: R.lajara@nassaucountypal.org

For additional info and Online Registration visit WWW.VSPAL.NET

Basketball – FEE \$100

Boys only Grades 2-8
Begins Nov 1st
Additional info email
Steve@VSpalbball@gmail.com



Judo FEE \$125

Boys and Girls ages 7 and up.
Starts Oct 2nd
Classes are: Wed & Fri 6:30-8pm
Additional info call/text Tommy (516)313-0096



Multi Sports FEE \$120

8 one hour classes in October
Sign up @Lynbrook @SPORTIME



Gymnastics FEE \$140 Begins Oct 2nd

Boys & Girls grades 1-6 Two sessions available
Wednesday or Fridays A: 6:30-7:30pm
B: 7:40-840pm ONLINE REGISTRATION ONLY

ICE SKATING FEE \$140 5 Sessions

Begins Saturday Sept 21 or Sunday Sept 22nd
@1050am-1150am
Location: 3345 Hillside Ave New Hyde Park
Call 516 746-1100
ONLINE REGISTRATION ONLY!

TENNIS FEE \$120

BOYS AND GIRLS AGES 5-11
8 WEEK SESSION OF 1 HOUR CLASSES ON SUNDAYS
Beginning in October 2019 Sign up at Lynbrook
Sportime for additional info call Vicki 516 887-1330

REGISTRATION TIMES & LOCATIONS

**THURSDAY SEPTEMBER 19 &
TUESDAY SEPTEMBER 24 @**

Memorial Junior HS Cafeteria 630pm-830pm

Only Checks and money orders accepted

Contributions to Nassau County PAL are tax deductible

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IT'S BETTER TO BUILD YOUTH THAN MEND ADULTS

Not a school sponsored event

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8/29/19 tkm Supt. Office