



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 Monday, December 2, 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	12/2	12/30	1/27
Fri	12/6	12/27	1/31
Sat	12/7	12/28	2/1
Sun	12/8	12/29	2/2

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

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: \$145**

MULTI-SPORT PROGRAM

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

Ages 9 - 12: Fridays, 5:00pm - 6:00pm

SPORTS MAY INCLUDE
 soccer, baseball, floor hockey, basketball

TENNIS

Red

Ages 5 - 8
 Saturday 2pm – 3pm
 Sunday 5pm—6pm

Orange

Ages 9 -11
 Saturday 3pm – 4pm
 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 balls, our young athletes learn to play the game of tennis quickly.

ACTIVITIES ARE OPEN TO EVERYONE

Approved for Distribution & Posting
 11/20/19 tkm Supt. Office