# VALLEY STREAM PAL

## 2019-2020 SPRING Activities

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

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Fee</th>
<th>Grades/ Ages</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basketball</strong></td>
<td>$100</td>
<td>Grades 2-8</td>
<td>Additional info email: <a href="mailto:vspalbball@gmail.com">vspalbball@gmail.com</a></td>
</tr>
<tr>
<td><strong>Judo</strong></td>
<td>$125</td>
<td>Ages 7 &amp; Up</td>
<td>Wednesday &amp; Friday 6:30PM-8PM</td>
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</tbody>
</table>
| **Multi-Sport**   | $145  | Ages 6-8  
Ages 9-12  
Fridays 4PM-5PM  
Fridays 5PM-6PM | Sign up at Lynbrook SportTime, 175 Merrick Rd                         |
| **Tennis**        | $145  | Ages 5-8  
Ages 9-11  
Sat 2PM-3PM  
Sat 3PM-4PM  
Sun 5PM-6PM  
Sun 6PM-7PM | Sign up at Lynbrook SportTime, 175 Merrick Rd                         |
| **Gymnastics**    | $140  | Grades 1-6              | Location: 3345 Hillside Ave, New Hyde Park  
Call 516-746-1100                                                         |
| **Track**         | $80   | Ages 5 - 12             | March 17 to June  
When: Tuesdays & Thursdays  
Time: 6:30-7:30 PM                                                        |
| **Hip Hop/Dance** | $90   | All Ages                | Mondays 7PM-8:30PM  
10 sessions                                                             |
| **Ice Skating**   | $140  | ONLINE REGISTRATION ONLY! | Location: 3345 Hillside Ave, New Hyde Park  
Call 516-746-1100                                                         |

## REGISTRATION TIMES & LOCATIONS

- Online Registration Available: [www.vspal.net](http://www.vspal.net)

**Only Checks and money orders accepted**

Contributions to Nassau County PAL are tax deductible.

**IT'S BETTER TO BUILD YOUTH THAN MEND ADULTS**

Approved for Distribution & Posting  
1/31/20  
**tkm** Supt. Office