



VALLEY STREAM P.A.L. UNIT

P.O. Christopher Innace
cinnacencpal@gmail.com
www.vspal.net
www.nassaucountypal.org

FALL 2017 SPORTS PROGRAMS

JUDO: MARTIAL ART AND OLYMPIC SPORT INVOLVING THROWING AND GRAPPLING TECHNIQUES. ALSO CONSIDERED THE JAPANESE YOGA. FOR BOYS 7 YEARS AND UP. FALL SEMESTER STARTS ON SEPTEMBER 26TH AND RUNS THROUGH JANUARY. SPRING SEMESTER WILL BEGIN IN FEBRUARY AND RUN THROUGH MID JUNE. **CLASSES ARE ON TUES AND WED 6:30PM-8:00PM AT MEMORIAL JR HIGH. FOR MORE INFO PLEASE CALL/TEXT TOMMY 516-313-0096. FEE: \$100**

BASKETBALL: BOYS GRADES 2-8. FREE CLINICS DURING SEASON. MORE PRACTICE TIME FOR TEAMS. EVERYONE PLAYS!!! PARENTS COME HELP OUT AND COACH! PRACTICES START IN LATE OCT. GAMES BEGIN IN NOV. **FOR MORE INFO EMAIL DIRECTOR STEVE: vspalbball@gmail.com FEE: \$100**

TENNIS: BOYS & GIRLS AGES 5-6 AND 6-7 SUNDAYS 5-6PM. AGES 9-11 WILL BE HELD 6-7PM. **PLEASE CONTACT P.O. INNACE OR GO TO OUR WEBSITE FOR MORE INFO. CLASSES BEGIN ON OCT 1ST. THIS IS A 8 WEEK SESSION OF 1 HOUR CLASSES. SIGN UP ONLY AT PLACE OF ACTIVITY. FEE: \$120**

ICE SKATING LESSONS: PROGRAM HELD ON THURSDAYS FROM 4-5PM OR SATURDAYS FROM 10:50AM-11:50AM. CHOOSE 1 SESSION. PROGRAM IS 5 WEEKS, DATE TBD. HALF HOUR OF LESSONS AND HALF HOUR OF PRACTICE TIME. AGES 5-14. **FOR MORE INFO GO TO WEBSITE. ONLINE REGISTRATION ONLY!!! FEE: \$140 (INCLUDES SKATE RENTAL)**

GYMNASTICS: BOYS & GIRLS GRADES 1-6. PROGRAM INCLUDES FLOOR EXERCISE, TUMBLING, BALANCE BEAM. LIMITED AVAILIBLITY. 1ST COME 1ST SERVE BASIS. **4 SESSIONS TO CHOOSE FROM: SESSION A: WED 6:30PM-7:30PM; SESSION B: WED 7:40PM-8:40PM; SESSION C: FRI 6:30PM-7:30PM SESSION D: FRI 7:40PM-8:40PM. SESSIONS START OCTOBER 11TH. FOR MORE INFO GO TO WEBSITE. ONLINE REGISTRATION ONLY!!! FEE: \$140**

SOCCER, FLOOR HOCKEY AND MULTI SPORTS PROGRAMS: PROGRAMS BEING GIVEN AT SPORTIME. FLYER CAN BE SEEN AT www.vspal.net. **8 ONE HOUR CLASSES. STARTS SEPT 25TH. FEE: \$120**

IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS

REGISTRATION: TO BE HELD AT MEMORIAL JR. HIGH SCHOOL ON MONDAY & TUESDAY SEPTEMBER 25TH & 26TH IN THE CAFETERIA FROM 6:30PM-8:00PM. WE WILL BE ACCEPTING REGISTRATIONS AT THE VALLEY STREAM STREET FAIR ON SATURDAY SEPTEMBER 23RD ON ROCKAWAY AVENUE AT 10:00AM.

ONLINE REGISTRATION: WWW.VSPAL.NET

MAIL: YOU MAY ALSO REGISTER BY DOWNLOADING APPLICATION AND MAIL TO PO BOX 343, VALLEY STREAM, NY 11582.

WE ONLY ACCEPT CHECKS OR MONEY ORDERS. NO MORE CASH.

Contributions to the Nassau County Police Activity League Inc. are tax deductible.

Neither this material, nor the contents hereof, are endorsed by or distributed under the auspices of school authorities.