



P. O. Gary Biggers
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 "It's better to build youth
 than mend adults"

VALLEY STREAM POLICE ACTIVITY LEAGUE MULTI-SPORT PROGRAM

SPRING 2017 (8 weeks)

Starts Monday, April 3, 2017

(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	4/3	4/10, 5/29	6/5
Tues	4/4	4/11	5/30
Wed	4/5	4/12	5/31
Thur	4/6	4/13	6/1
Fri	4/7	4/14	6/2

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

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.

SOCCER

Ages 7-12: Mondays, 5:00pm - 6:00pm

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

BASKETBALL

Ages 6-8: Thursdays, 5:00pm - 6:00pm
 Ages 9-12: Thursdays, 6:00pm - 7:00pm

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

MULTI-SPORT PROGRAM

Ages 6-10 : Monday, 4:00pm - 5:00pm
 Ages 5 -7: Fridays, 4:00pm - 5:00pm
 Ages 8-12: Fridays, 5:00pm - 6:00pm

SPORTS MAY INCLUDE
 soccer, baseball, floor hockey, basketball

FLAG FOOTBALL (Turf)

Ages 9-12: Fridays, 4:00pm - 5:00pm

Enjoy playing flag football games and developing skills such as passing, catching, controlled blocking, kicking and running.

ACTIVITIES ARE OPEN TO EVERYONE