



# VALLEY STREAM PAL PRESENTS



# YOUTH TENNIS



**Includes 5 weeks of Tennis Fun**

**FALL SESSION 2021 (5 Weeks)**

**SATURDAY**

**Oct 2nd Oct 9th Oct 16th Oct 23rd Oct 30th**

**Location: Valley Stream Central High**

**135 Fletcher Avenue, Valley Stream, NY 11580**

**(Outdoor Tennis Courts)**

**Cost: \$ 99 per student**

**Grades: K - 5th**

**Time: 10am - 11am**

**For more information contact:**

**Valley Stream PAL - PO Director: Ray Lajara**

**Email: [r.lajara@nassaucountypal.org](mailto:r.lajara@nassaucountypal.org) To sign up and register, visit us at:**

**<https://vspal.sportssignup.com/site/>**

**Tennis is really an easy game to play, but it has gotten tricky over the years due to choreographed training. As you progress through this guide, you will see that tennis is truly a wonderful and easy game to play and learn.**

**Valley Stream PAL and its staff follow all state regulated covid-19 guidelines  
For a complete list of COVID-19 guidelines, contact VS PAL  
516-450-8343 or visit us at <https://vspal.sportssignup.com/site/>**



NASSAU COUNTY  Presents  
POLICE ACTIVITY LEAGUE

# Valley Stream PAL BASKETBALL CLINIC



FOR BOYS & GIRLS GRADES K - 5th



STARTING  
TUESDAY SEPT. 28TH

Grades - K-2nd: 6:30pm - 7:30pm  
Grades - 3rd - 5th: 7:30pm - 8:30pm  
Sept 28th Oct 5th Oct 12th  
Oct 19th Oct 26th

LOCATION: Valley Stream Central High School  
135 Fletcher Ave, Valley Stream, NY 11580  
(Indoor Basketball Courts)

Registration on:  
<https://uspal.sportssignup.com>

For Questions or Additional Information  
Visit our website at <https://uspal.sportssignup.com>  
Officer Lajara: 718-427-0317

or  
email us @ [ramon.lajara@nassaucountypal.org](mailto:ramon.lajara@nassaucountypal.org)  
<https://uspal.sportssignup.com>

BASKETBALL  
SKILLS &  
DRILLS

REGISTRATION  
FEE

**\$99**

PER CHILD



# Valley Stream PAL Presents.....

# Double Dutch

Boys & Girls

Grades K - 2nd: 6:30pm - 7:30pm

Grades 3rd - 5th: 7:30pm - 8:30pm

Location: Valley Stream Central High School  
(Indoors)

**ONLY  
\$115**



Thursday's  
Sept 30th Oct 7th Oct 14th  
Oct 21st Oct 28th

Must Register Online at


<https://vspal.sportssignup.com/site/>

For more information contact:  
Valley Stream PAL – PO Director: Ray Lajara  
Email: [r.lajara@nassaucountypal.org](mailto:r.lajara@nassaucountypal.org)



NASSAU  COUNTY  
POLICE ACTIVITY LEAGUE

# Hewlett / Woodmere PAL BASKETBALL CLINIC



FOR BOYS & GIRLS GRADES K-5th

STARTING  
MONDAY SEPT. 27TH

Grades K- 5th  
Time: 6:15PM - 7:15pm  
Sept. 27 Oct. 4 Oct. 18  
Oct. 25 Nov. 1

LOCATION: Greis Park  
12 Horton Ave ~ Lynbrook  
(Outdoor Basketball Courts)

Registration on:  
<http://www.uspal.sportssignup.com/site>

For more information, please  
contact us at:

EMAIL:  
[r.lajara@nassaucountypal.org](mailto:r.lajara@nassaucountypal.org)

BASKETBALL  
SKILLS &  
DRILLS

REGISTRATION  
FEE

**\$120**

PER CHILD



# Valley Stream PAL

NASSAU  COUNTY  
POLICE ACTIVITY LEAGUE

*starts*  
**Sept. 26th**

**Grades K - 5th**



*you're in*

# SOCCER Clinic

Come & Learn  
-PASSING  
-KICKING  
-SHOOTING  
-DRIBBLING

**\$99**  
PER Child

FROM  
9:00am - 10:00am

DATES  
Sept 26th Oct 3rd  
Oct 17th Oct 24th  
Oct 31st

**LOCATION:**

**Valley Stream North High School**  
750 Herman Ave, Franklin Square, NY 11010 (Outdoors)

**REGISTER AT**

<https://vspal.sportssignup.com/site/>





NASSAU  COUNTY  
POLICE ACTIVITY LEAGUE

# LACROSSE

# CLINIC

FALL 2021  
REGISTER  
TODAY



**Saturday Lacrosse**

**Time - 9:00am - 10:00am**

**Oct 2nd Oct 9th Oct 16th Oct 23rd Oct 30th**

**Location: Valley Stream Central High School  
135 Fletcher Ave, Valley Stream, NY 11580**

**Cost: \$99 for a 5 week program**

**\*Please bring your own lacrosse stick\***

**Registration on:**

**<https://vspal.sportssignup.com/site/>**

**For more information contact:**

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**Email: [r.lajara@nassaucountypal.org](mailto:r.lajara@nassaucountypal.org)**



**NASSAU COUNTY**  
POLICE ACTIVITY LEAGUE



# FALL TRACK

**SUNDAYS**

**SEPT 26TH OCT 3RD OCT 17TH  
OCT 24TH OCT 31ST**

**GRADES: K - 5TH**

**TIME: 10:00AM - 11:00AM**

REGISTRATION ONLINE AT  
<http://www.vspal.sportssignup.com/site>

For more information email  
[r.lajara@nassaucountypal.org](mailto:r.lajara@nassaucountypal.org)

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**FEE: \$99 PER CHILD**

**LOCATION:  
NORTH HIGH SCHOOL  
750 HERMAN AVENUE  
FRANKLIN SQUARE, NY  
11010**



**NASSAU**  **COUNTY**  
**POLICE ACTIVITY LEAGUE**

**FOOTBALL  
&  
DODGEBALL  
COMBO  
PROGRAM**



**SUNDAYS**

**Sept 26th Oct 3rd Oct 17th  
Oct 24th Oct 31st**

**Location: North High School  
750 Herman Avenue**

**Franklin Square, NY 11010**

**Grades: 2nd - 5th - 9am - 10am**

**Cost: \$99.00**

**Registration on:  
<http://www.uspal.sportssignup.com/site>**

**If you have any question please contact  
[r.lajara@nassaucountypal.org](mailto:r.lajara@nassaucountypal.org)**