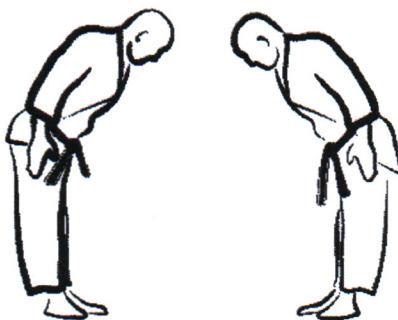




Valley Stream Police Activity League (VSPAL)

Judo

Martial Art and Olympic sport
For boys and girls ages 7 and up



Wednesdays and Fridays, 7:00-8:30 PM

At Memorial Junior High School (320 Fletcher Ave, Valley Stream NY). Please note, we follow the school schedule and are off when Memorial Junior High School is closed for holidays or other reasons.

The Fall semester begins on Monday October 2nd. Students can register the first day they come to class.

Registration is \$200 for the Fall semester (October - January), which comes out to \$50 per month. Registration will be prorated if you join after October (if you join in November it would be \$150, in December \$100, and in January \$50). The Spring semester will be from February - May.

Registration is payable by check or money order to VSPAL.

Judo is a grappling art that develops mental, emotional, and physical resilience, promotes humility, and exposes students to a respectful environment.

If you have any questions please text the instructor (Tommy), at 516-313-0096.

Thank you.