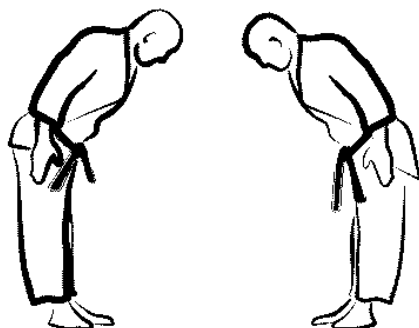




Valley Stream Police Activity League (VSPAL)

# 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 Wednesday October 11th. 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.