



NASSAU COUNTY POLICE ACTIVITY LEAGUE
NEW HYDE PARK UNIT
375 DENTON AVENUE, NEW HYDE PARK, NY 11040
 Any Questions Call 516-248-2442 or e-mail us at nhppal@optonline.net
 Or check out our website at www.newhydeparkpal.com



FALL 2017

All Classes Begin the week of September 24th, 2017 & run for 8 weeks

TENNIS – Fee \$90

Boys and Girls Ages 7 – 10 years old
 Mondays at 4:00pm OR 5:00pm
 LIMITED SPACE AVAILABLE
 Racquet and 3 tennis balls required.
 Professional instruction at PAL prices!

KARATE – Fee \$90

Boys and Girls Ages 7 – 16 years old
 Tuesdays at 4:00pm OR Thursdays at 4:00pm OR
 Thursdays at 5:00pm
 -Advanced class meets Tuesday at 5:00pm (Available by appointment only)
 Give your kids an opportunity to study martial arts and self-defense with this karate class. The class also focuses on building self-confidence.
 -Uniform gi required; may be purchased through the instructor.

SOCCER CLINIC – Fee \$120

Boys and Girls Ages 6 – 11 years old
 Tuesdays at 4:00pm – 5:00pm
 Learn the basics including shooting, ball handling, passing, and offensive and defensive drills.
 Get the ball rolling right here in New Hyde Park!

GIRLS INSTRUCTIONAL BASKETBALL Fee: \$50

Grades 3rd-4th & 5th-6th
 -3rd-4th grade for **Girls** on Tuesday at 6:30pm–7:30pm,
 -5th-6th grade for **Girls** on Tuesday at 6:30pm–7:30pm,
 Simulated games and in-depth instruction will be offered.

BASKETBALL CLINIC – Fee \$80

Boys and Girls Ages 6 – 10 years old
 Wednesdays at 4:30pm – 5:30pm
 Learn the basics including shooting, ball handling, rebounding, passing, and offensive and defensive drills.

KIDS-A-SIZE – Fee \$60

Boys and Girls Ages 4 – 6 years old
 Wednesdays at 4:30pm – 5:30pm
 Join the movement! We are taking an initiative to make exercise fun for young children. Some activities include relay races, running drills, parachute & scooter games & various sports.

SPORTS FITNESS CLUB SATURDAY – Fee \$90

Boys and Girls 1st – 5th Grade
 Saturdays 9:30am – 10:30am
 Super Sports Saturdays will provide a safe, fun, innovative environment that promotes health and wellness for young people. We focus on improving the overall of self-esteem and mindset of kids through good sportsmanship, leadership and teamwork skills. Participants will complete a wide-range of fitness and sport related activities. We believe that a healthy child is a happy child.

BOYS BASKETBALL—COMING WINTER 2017
Fee: \$50

Class start the beginning of January, 2018
 Grades 3rd -12th Early Registration Available
 -3rd-4th grade for **Boys** on Monday at 6:00pm-7:00pm-Jan 8
 -5th-6th grade for **Boys** on Monday at 7:00pm-8:00pm-Jan 8
 -7th-8th grade for **Boys** on Tuesday at 6:00pm-7:00pm- Jan 9
 -9th-12th grade for **Boys** on Saturday at 7:30pm- Jan 6
 Come and join a league to learn and practice playing basketball on a team.



“IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS”

ADDITIONAL PROGRAMS THIS FALL

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CHEERLEADING – Fee \$120

Mondays K-2 grade at 6:00pm – 7:00pm

2nd – 3rd grade at 7:00pm – 8:00pm

Introduction course of beginner cheerleading skills and drills taught by a former National Champion Hofstra Cheerleaders!

Course will provide an age appropriate environment while also teaching children progression and proper technique to ensure safety.

FLAG FOOTBALL – Fee \$120

Boys and Girls 2nd – 5th Grade

Thursday 5:00pm – 6:00pm

Flag football is a growing alternative to full contact football that teaches basic skills and concepts of the game. This program is designed to introduce young athletes to the game while providing a safe environment to grow in the sport.

MARTIAL ARTS Pre-K - K – Fee \$120

Boys and Girls

Saturdays 10:00am – 11:00am

Our Martial Arts program provides children with proven physical and mental training to further their health and confidence. Our instructors keep the children motivated with fun classes with both group and personalized one-on-one instruction that will give them basic knowledge of Karate moves, discipline, and balance.

SUPER SPORTS TUESDAY – Fee \$120

Tuesdays K – 5th Grade at 5:00pm – 6:00pm

A class of non-stop activity and fun where kids will be able to play a wide variety of sports related activities with other children. The one hour class is filled with recreational activities including: GaGa Ball, Kickball, Tag Games, Dodgeball, Kickball, Soccer, Basketball, Running Bases and more!

YOGA– Fee \$120

Boys and Girls – K – 2nd Grade

Saturdays 9:00am - 10:00am

Our yoga class will help participants get stronger, calmer, and more flexible. With the help of our instructors, this course will introduce children to Yoga and will improve their ability to achieve their own personal goals.

HIP HOP – Fee \$120

Boys and Girls:

Prep- K Grade – Sunday, 9:30am-10:30am

1st – 4th Grade – Sunday, 10:30am – 11:30am

Hip Hop is the perfect class for children who want to dance, stay active, and learn how to freestyle!

Musicality, rhythm, and creative movement are key components of this fun, dance class that teaches boys and girls alike to step, stomp, and shake it out.

FUN FOR ALL AGES – FEE \$300

The gymnasium is yours for the duration of your party. The party room is accommodated with tables & benches, restrooms & a view of the gymnasium. You have the choice to play different games/sports while a trained instructor is there to run activities; we also provide ALL of the equipment.



BOOK YOUR PARTY TODAY

REGISTRATION DATES AND TIMES:

375 DENTON AVENUE, NEW HYDE PARK, NY 11040

Monday thru Friday from 4pm to 8pm - Weekend hours vary. Please call in advance.

CHECKS ONLY - PAYABLE TO NHP PAL

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The distribution of this flyer is a courtesy extended by the school district. These programs are not sponsored by the school district.