



**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](mailto:nhppal@optonline.net)  
 Or check out our website at [www.newhydeparkpal.com](http://www.newhydeparkpal.com)



# UPDATED FALL 2017 FLYER

**Note: Classes Begin the week of October 16<sup>th</sup>, 2017 & run for 8 weeks**

**BOYS BASKETBALL CLINIC – Fee \$50**

Program Runs for 8 sessions. – **BEGINS OCT 30<sup>th</sup>, 2017**  
 Grade: 3<sup>rd</sup> to 4<sup>th</sup> – 6:00 pm – 7:00 pm  
 Grade: 5<sup>th</sup> to 6<sup>th</sup> – 7:00 pm – 8:00 pm  
 Each Participant Receives a Basketball Tank Top Shirt.  
 Learn from Experienced Coaches Along with Former College & High School Players.

**CHEERLEADING – Fee \$120**

Mondays K-2 grade at 6:00pm – 7:00pm  
 2<sup>nd</sup> – 3<sup>rd</sup> grade at 7:00pm – 8:00pm  
 Introduction course of beginner cheerleading skills and drills taught by a former National Champion Hofstra Cheerleader!  
 Course will provide an age appropriate environment while also teaching children progression and proper technique to ensure safety.

**MARTIAL ARTS Pre-K - K – Fee \$120**

Boys and Girls  
 Saturdays 10:00am – 11:00am  
 Our Martial Arts program provides children with physical and mental training to further their health and confidence.  
 Our instructors keep the children motivated with fun classes 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 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!

**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.

**GIRLS INSTRUCTIONAL BASKETBALL Fee: \$50**

Grades 3<sup>rd</sup>-4<sup>th</sup> & 5<sup>th</sup>-6<sup>th</sup>  
 -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.

**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.

**YOGA– Fee \$120**

Boys and Girls – K – 2<sup>nd</sup> 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  
 1<sup>st</sup> – 4<sup>th</sup> Grade – Sunday, 10:30 am – 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.

**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!

**OFFICE HOURS:**

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

**CHECKS ONLY - PAYABLE TO NHP PAL**

**“IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS”**