



**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



WINTER 2018

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!
Classes Begin Monday, January 22nd

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
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.
Classes Begin Tuesday, January 16th

SUPER SPORTS TUESDAY – Fee \$120

Tuesdays 1st – 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!
Classes Begin Tuesday, January 23rd

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!
Classes Begin Tuesday, January 23rd

Lacrosse League

\$185 for Grades: 1st through 6th
\$125 for Grades: 7th through 8th
Log on to nhplacrosse.com for further information.

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.
Classes Begin Wednesday, January 24th

BOYS BASKETBALL

Fee: \$50
Grades 3rd -12th
-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.

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.
Classes Begin Saturday, January 27th

BASKETBALL CLINIC – Fee \$80

Boys and Girls Ages 6 – 10 years old
Wednesdays at 4:00pm – 5:00pm
Learn the basics including shooting, ball handling, rebounding, passing, and offensive and defensive drills.
Classes Begin Wednesday, January 24th

“IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS”

HOLIDAY BIRTHDAY COUPON

Receive \$30 OFF
Your "2018" Birthday Party

Must book your party by
January 31, 2018

Mention this coupon at the Clubhouse when
you book your party.

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.



MORNING SESSIONS:

GRADES: 1-6
TIME: 9AM-12PM

DATES AVAILABLE:

DECEMBER 26, 27, 28, 29
FEE: \$20 PER SESSION
(Email Registration by
Thurs. 12/21)
FEE after 12/21: \$30



CELEBRATE WITH US AT PAL!

BOOK YOUR SPORTS PARTY TODAY!

***Extended Hours Available upon request at an additional fee
Reservation preferred via email response by Thursday, Dec. 21ST***

REGISTRATION DATES AND TIMES:

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"