



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 2018

Classes Begin the week of September 23rd, 2018 & run for 8 weeks

TENNIS – Fee: \$90

Mondays at 4:00pm OR 5:00pm
 Boys and Girls 2nd - 6th grade
 LIMITED SPACE AVAILABLE
 Racquet and 3 tennis balls required.
 Professional instruction at PAL prices!

SUPER SPORTS TUESDAY – Fee: \$90

Tuesdays 5:00pm – 6:00pm
 Boys and Girls 2nd – 6th grade
 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. This class is filled with recreational activities & various sports.

HIP HOP – Fee: \$90

Mondays 4:00pm – 5:00 pm, 1st-3rd grade
Mondays 5:00pm – 6:00 pm, 4th-6th grade
 Boys and Girls
 Hip Hop is the perfect class for children who love to dance, learn new styles, and have fun! Dancers will learn techniques from this style of street dance, while also experimenting with other styles, such as jazz and zumba.

BOYS BASKETBALL – Fee: \$50

Classes start October 15, 2018
Monday at 6:00pm-7:00pm, 3rd-4th grades
Monday at 7:00pm-8:00pm, 5th-6th grades
 Grades 3rd -12th Early Registration Available
 Come and join a league to learn and practice playing basketball on a team.

CHEERLEADING – Fee: \$90

Tuesdays at 6:00pm – 7:00 pm
 Girls and Boys 4th-6th grade
 Learn the basics of cheer, including chants, minor stunts and dance. This is a great introduction for joining your high school cheer squad.

KARATE – Fee: \$90

Tuesdays at 4:00pm OR Thursdays at 5:00pm
 Boys and Girls Ages 7 – 16 years old
 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.

GIRLS INSTRUCTIONAL BASKETBALL Fee: \$50

Classes start October 16th, 2018
Tuesdays 6:00 pm- 7:00 pm
 Girls will be grouped 3rd - 4th grade and 5th – 6th grade
 Simulated games and in-depth instruction will be offered.

SOCCER CLINIC – Fee: \$90

Tuesdays at 4:00pm – 5:00pm
 Boys and Girls K – 2nd grade
 Learn the basics including shooting, ball handling, passing, and offensive and defensive drills.
 Get the ball rolling right here in New Hyde Park!

BASKETBALL CLINIC – Fee \$90

Wednesdays at 4:00pm – 5:00pm
 Boys and Girls 2nd – 6th grade
 Learn the basics including shooting, ball handling, rebounding, passing, and offensive and defensive drills.

KIDS-A-SIZE – Fee: \$60

Wednesdays at 4:00pm – 5:00pm
 Boys and Girls Pre-K – 1st grade
 Join the movement! We are taking initiative to make exercise fun for young children. Some activities include relay races, running drills, parachute, scooter games & various sports.

“IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS”

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FALL 2018

Bounce your way into our new and exciting program!

BOUNCE BOOT CAMP – Fee: \$175

Thursdays at 4:00pm- 5:00 pm and/or 5:00pm- 6:00pm

Boys and Girls 1st-6th Grade

Children will be grouped by age

This program uses inflatable obstacle courses and slides for an excellent source of exercise. Children can better develop their core strength, speed, agility, hand-eye coordination, and footwork, all while still having fun!

For details call: (516)-902-6192

****Class runs for 8 weeks****

FITNESS AND INFLATABLES, LET'S HAVE SOME FUN...



NHP PAL BIRTHDAY PARTIES

BOOK YOUR PARTY TODAY!!



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.

CLUBHOUSE HOURS

Monday through Friday from 4:00 pm to 8:00 pm - Weekend hours vary. Please call in advance.

CHECKS ONLY - PAYABLE TO NHP PAL

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