



P. O. Chris Innace
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 "It's better to build youth
 than mend adults"

VALLEY STREAM POLICE ACTIVITY LEAGUE MULTI-SPORT PROGRAM

FALL 2017 (8 weeks)

Starts Monday, September 25, 2017

(Please note specifics of the schedule in the box below, on the left.)

Class schedule for this session:

	<u>1st Day</u>	<u>Off Day(s)</u>	<u>Last Day</u>
Mon	9/25		11/13
Tues	9/26		11/14
Wed	9/27		11/15
Thur	9/28		11/16
Fri	9/29		11/17
Sun	10/1		11/19

P.A.L. REGISTRATION

Register at SPORTIME Lynbrook:
 175 Merrick Rd., Lynbrook,
 weekdays from 5am to 11pm
 and on weekends from
 7am to 9pm.

All classes will be held at:

SPORTIME Lynbrook
 175 Merrick Road
 Lynbrook NY 11563
 tel: 516.887.1330

If you have any questions regarding the
 sports program, please contact Vicki Weiss
 by phone: 516-887-1330 or by email:
 Vweiss@sportimeNY.com

The distribution of this flyer is a courtesy
 extended by the school district. These
 programs are not sponsored by the school
 district, nor does the school district accept
 responsibility for any of these activities.

NASSAU COUNTY P.A.L. OFFERS INDOOR SPORTS AT SPORTIME LYNBROOK
EIGHT (8) ONE-HOUR CLASSES: \$120

SOCCER

Ages 7-12: Mondays, 5:00pm - 6:00pm
 Enjoy playing soccer games and developing skills such as
 dribbling, passing and shooting.

FLOOR HOCKEY

Ages 6-8: Thursdays, 5:00pm - 6:00pm
 Ages 9-12: Thursdays, 6:00pm - 7:00pm
 Enjoy playing floor hockey and developing skills such as handling
 passing and shooting

MULTI-SPORT PROGRAM

Ages 5 -7: Fridays, 4:00pm - 5:00pm
 Ages 8-12: Fridays, 5:00pm - 6:00pm
 SPORTS MAY INCLUDE
 soccer, baseball, floor hockey, basketball

Tennis

Red One/Red Two
 Ages 5 - 6/ Ages 7-8
 Sunday 5pm - 6pm

Orange
 Ages 9 - 11
 Sunday 6pm -7pm

SPORTIME U10 Tennis is comprised of Red and Orange levels and
 trains our U10 players to become well-rounded, competitive ath-
 letes. Using appropriate sized courts, rackets, and low-compression
 balls, our young athletes learn to play the game of tennis quickly.

ACTIVITIES ARE OPEN TO EVERYONE