



P. O. Gary Biggers
gbiggerspal@yahoo.com
"It's better to build youth
than mend adults"

VALLEY STREAM POLICE ACTIVITY LEAGUE MULTI-SPORT PROGRAM

FALL 2016 (8 weeks) Starts Monday, Sept. 19th

(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	9/19	10/3	11/14
Tues	9/20	10/4	11/15
Wed	9/21	10/12	11/16
Thur	9/22	NONE	11/10
Fri	9/23	NONE	11/11

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 Tara
Werner by phone: 516-887-1330 or by
email: twerner@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 4-6: Mondays, 4:00pm - 5:00pm

Ages 7-9: Mondays, 5:00pm - 6:00pm

Enjoy playing soccer games and developing skills such as
dribbling, passing and shooting.

BASKETBALL

Ages 7-9: Thursdays, 6:00pm - 7:00pm

Enjoy playing basketball games and developing skills such
as dribbling, passing and shooting.

FLAG FOOTBALL (turf)

Ages 9-12: Fridays, 4:00pm - 5:00pm

Enjoy playing flag football games and developing skills
such as passing, catching, controlled blocking, kicking and
running.

MULTI-SPORT PROGRAM

SPORTS MAY INCLUDE

Ages 5-7: Fridays, 4:00pm-5:00pm
soccer, flag football, floor hockey, basketball

MULTI-SPORT

Ages 9-12: Fridays, 5:00pm - 6:00pm
SPORTS MAY INCLUDE
soccer, flag football, floor hockey, basketball

ACTIVITIES ARE OPEN TO EVERYONE