



VALLEY STREAM P.A.L. UNIT

PO/DIRECTOR CHRIS INNACE

WWW.VSPAL.NET

CINNACENCPAL@GMAIL.COM

WWW.NASSAUCOUNTYPAL.ORG

**REGISTRATIONS TO BE HELD AT MEMORIAL JR HIGH ON MON & TUES
SEP. 25 & 26TH —6:30-8:00 PM IN THE CAFETERIA. WE WILL BE ACCEPTING
REGISTRATIONS AT THE VALLEY STREAM STREET FAIR ON SATURDAY SEPTEMBER
23RD ON ROCKAWAY AVE AT 10AM**

JUDO: MARTIAL ART AND OLYMPIC SPORT INVOLVING THROWING AND GRAPPLING TECHNIQUES. ALSO CONSIDERED THE JAPANESE YOGA. FOR BOYS & GIRLS 7 YEARS AND UP. FALL SEMESTER STARTS ON **SEP 26TH** AND RUNS THROUGH JANUARY. SPRING SEMESTER WILL BEGIN IN FEBRUARY AND RUN THROUGH MID JUNE. **CLASSES ARE ON TUES & WEDS 6:30-8 PM AT MEMORIAL JR HIGH. FOR MORE INFO PLEASE CALL/TEXT TOMMY AT 516-313-0096. FEE \$100**

BASKETBALL: BOYS GRADES 2-8. FREE CLINICS DURING SEASON. MORE PRACTICE TIME FOR TEAMS. EVERYONE PLAYS !!! AND PARENTS COME HELP OUT AND COACH !!!! PRACTICES START IN LATE OCT. GAMES BEGIN IN NOV. **FOR MORE INFO EMAIL DIRECTOR STEVE @ VSPALBALL@GMAIL.COM FEE: \$100**

TENNIS: BOYS & GIRLS AGES 5 –6 AND 6-7 SUNDAYS 5-6PM. AGES 9-11 WILL BE HELD 6-7PM. **FEE: \$120. PLEASE CONTACT PO CHRIS INNACE OR GO TO OUR WEBSITE FOR MORE INFO. CLASSES BEGIN ON SEPT 25TH. THIS IS A 8 WEEK SESSION OF 1 HOUR CLASSES. SIGN UP ONLY AT PLACE OF ACTIVITY.**

ICE SKATING LESSONS: PROGRAM HELD ON THURSDAYS FROM 4-5PM OR SATURDAYS FROM 10:50-11:50 AM. CHOOSE ONE SEESION. PROGRAM IS 5 WEEKS AND BEGINS IN SEP..**DATE TBD.** HALF HOUR OF LESSONS AND HALF HOUR OF PRACTICE TIME. AGES 5-14.. FOR MORE INFO GO TO WEBSITE OR EMAIL PO. **FEE:140 (INCLUDES SKATE RENTAL) ... ONLINE SIGN UP ONLY !!!!!**

GYMNASTICS: BOYS & GIRLS GRADES 1-6. PROGRAM INCLUDES FLOOR EXERCISE, TUMBLING,BALANCE BEAM. LIMITED SPACE SO 1ST COME 1ST SERVE BASIS. THERE ARE 4 SESSIONS TO CHOOSE FROM : **SESSION A: WEDS 6:30-7:30 PM SESSION B: WEDS 7:40-8:40PM SESSION C: FRI 6:30-7:30PM SESSION D: FRI 7:40-8:40PM. H.** FOR MORE INFO GO TO WEBSITE. WEDS SESSION STARTS OCT 11TH. FRI BEGINS ON OCTOBER 13TH. **FEE: \$140 ONLINE SIGN UP ONLY !!!! LIMITED AVAILABILITY !!!!!**

FOR YOUR CONVICIENCE WE NOW HAVE ONLINE REGISTRATIONS.

YOU MAY ALSO REGISTER BY MAIL BY DOWNLOADING APPLICATION FROM WWW.VSPAL.NET AND MAIL TO PO BOX 343 VALLEY STREAM, N.Y. 11582. FOR FURTHER INFO VISIT OUR WEBSITE WWW.VSPAL.NET or EMAIL FOR INFO TO CINNACENCPAL@GMAIL.COM. WE NOW CAN ONLY EXCEPT CHECKS OR MONEY ORDERS FOR PAYMENT. NO MORE CASH!!!

IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS

Contributions to Nassau County Police Activity League, Inc. are tax-deductible

We also have activities being given at SPORTIME. Flyer can be seen online at www.vspal.net.

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