



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



Spring 2019

Classes run for 8 weeks

TENNIS – Fee: \$90*

Mondays at 4:00pm OR 5:00pm
Boys and Girls 2nd - 6th grade

Racquet and 3 tennis balls required.
Professional instruction at PAL prices!

Begins Monday, April 8th, 2019

HIP HOP – Fee: \$90*

Mondays 4:00pm – 5:00 pm, 1st-3rd grade

Hip Hop is the perfect class for boys and girls who love to dance, learn new styles, and have fun!

Begins Monday, April 8th, 2019

KARATE – Fee: \$90*

Tuesdays at 4:00 pm OR Thursdays at 5:00 pm
Boys and Girls grades 2nd-10th

Give your kids an opportunity to study martial arts and self-defense with this karate class. Uniform Gi required; may be purchased through the instructor.

Begins Tuesday and Thursday, April 2nd & 4th, 2019

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.

Begins Tuesday, April 9th, 2019

SUPER SPORTS & FITNESS – 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.

Begins Tuesday, April 9th, 2019

KIDS-A-SIZE – Fee: \$60*

Wednesdays at 4:00 pm – 5:00 pm
Boys and Girls Pre-K – 1st grade

We are taking initiative to make exercise fun for young children; activities include relay races, running drills, parachute, scooter games & various sports.

Begins Wednesday, April 10th, 2019

BASKETBALL CLINIC – Fee \$90*

Wednesdays at 4:00 pm – 5:00 pm
Learn the basics including shooting, ball handling, passing, and offensive and defensive drills.

Begins Wednesday, April 10th, 2019

BOUNCE BOOT CAMP – Fee: \$175*

Thursdays at 5:00pm- 6:00 pm
Boys and Girls 1st-6th Grade

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

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

Begins Thursday, April 11th, 2019

SPRING BREAK PROGRAM

9am-12pm
Grades: 1st – 6th

*Early Registration Fee - \$20 per day
Tuesday 04/23 – Friday 04/26

*Register by Friday 04/19

ONLINE REGISTRATION FOR SUMMER RECREATION COMING SOON.