



NASSAU COUNTY POLICE ACTIVITY LEAGUE NEW
HYDE PARK UNIT 375 DENTON AVENUE, NEW HYDE PARK, NY
516-248-2442



PLEASE REGISTER ONLINE AT:
<http://newhydeparkpal.website.siplay.com/>

Fall 2019

Classes run for 8 weeks

<p><u>TENNIS – Fee: \$90*</u> Mondays at 4:00pm OR 5:00pm Boys and Girls 2nd - 6th grade Racquet and 3 tennis balls required. Professional instruction at PAL prices! LIMITED SPACE AVAILABLE Begins Monday, September 23th, 2019</p>	<p><u>HIP HOP – Fee: \$120*</u> Mondays 4:00pm – 5:00 pm, 1st-3rd grade Mondays 5:00 pm – 6:00 pm, 4th-6th grade Hip Hop is the perfect class for boys and girls 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. Begins Monday, September 23th</p>
<p><u>KARATE – Fee: \$90*</u> 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. The class also focuses on building self-confidence. Uniform Gi required; may be purchased through the instructor. Begins Tuesday, September 24th Thursday, September 26th</p>	<p><u>Drama Kids– Fee: \$90*</u> Tuesdays at 5:00 pm – 6:00 pm 1st -3rd grade Tuesdays at 6:00pm-7:00pm 4th-6th grade Drama Kids develops self-esteem and important confidence building skills. Our activities include improvisation, mini scripts, speaking skills, silent scenes, creative movement, fun theater games and performances. Get a jump on Achievement and enroll today! Begins Tuesday, September 24th</p>
<p><u>SOCCER CLINIC – Fee: \$90*</u> Tuesdays at 5:00pm – 6:00pm 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! Begins Tuesday, September 24th</p>	<p><u>GIRLS INSTRUCTIONAL BASKETBALL – Fee \$50*</u> Tuesdays at 6:30 pm – 7:30 pm Girls will be grouped 3rd - 4th grade and 5th - 6th grade Simulated games and in- depth instructions will be offered. Begins Tuesday, September 24th</p>
<p><u>KIDS-A-SIZE – Fee: \$60*</u> Wednesdays at 4:00 pm – 5:00 pm 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. Begins Wednesday, September 25th</p>	<p><u>BASKETBALL CLINIC – Fee \$90*</u> Wednesdays at 4:00 pm – 5:00 pm Boys and Girls 2nd – 6th grade Learn the basics including shooting, ball handling, rebounding, passing, and offensive and defensive drills. Begins Wednesday, September 25th</p>
<p><u>CHEERLEADING – Fee: \$90*</u> Wednesdays 5pm-6pm 1st- 3rd Wednesdays 6pm-7pm 4th - 6th Girls and Boys Learn the basics of cheer, including chants, minor stunts, and dance. This is a great introduction for joining your cheer squad. Begins Wednesday, September 25th</p>	<p><u>SUPER SPORTS RECREATION – Fee: \$90*</u> Thursdays 4:00pm– 5:00pm 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. Begins Thursday, September 26th</p>

“IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS”

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Fitness Program -Fee: \$90*

Thursdays at 5pm - 6pm
 Boys and Girls 3rd grade and up

This program specializes in functional fitness training. What does this mean? Master all forms of fitness from running and agility, to body weight lifting exercises and attain proper form. The class will be taught by Jessica, an ISSA certified personal trainer. Real goals can be implemented to help your child in their sport, prepare for an athletic event, or reach a healthier body, mind, and self discipline that will carry on for life.

Begins Thursday, September 26th

Makeup Class - Cosmetology- Fee: \$90*

Thursdays at 6:15 - 7:15
 All ages are welcome and parents may accompany their child.

This exciting makeup program will help you understand the artistry of makeup application: Highlighting and contouring, false lash application, smokey eyes, brows, foundation, prom makeup and much more. Learn about the best makeup products and the tricks of the trade by a certified makeup artist. Sharpen your makeup skills for your next special event! This course will have you fully prepared and confident in your makeup artist skills.

Begins Thursday, September 26th

BACK TO SCHOOL DISCOUNT!!!

**Receive \$30 off your 2019 NHP PAL Birthday Party,
 But MUST PAY BY September 16th, 2019**



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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