# Valley Stream PAL

## 2019-2020 Fall/Winter Activities

PO/Director: Ray Lajara  Email: R.lajara@nassaucountypal.org

For additional info and Online Registration visit www.vspal.net

### Basketball - Fee $100
- Boys only Grades 2-8
- Begins Nov 1st
- Additional info: email Steve@VSpalball@gmail.com

### Multi Sports Fee $120
- 8 one hour classes in October
- Sign up @Lynbrook @SPORTIME

### Ice Skating Fee $140
- 5 Sessions
- Begins Saturday Sept 21 or Sunday Sept 22nd
- @1050am-1150am
- Location: 3345 Hillside Ave New Hyde Park
- Call 516 746-1100
- Online registration only!

### Judo Fee $125
- Boys and Girls ages 7 and up.
- Starts Oct 2nd
- Classes are: Wed & Fri 6:30-8pm
- Additional info: call/text Tommy (516)313-0096

### Gymnastics Fee $140
- Begins Oct 2nd
- Boys & Girls grades 1-6 Two sessions available
- Wednesday or Fridays A: 6:30-7:30pm
- B: 7:40-8:40pm Online registration only

### Tennis Fee $120
- Boys and Girls ages 5-11
- 8 Week session of 1 hour classes on Sundays
- Beginning in October 2019
- Sign up at Lynbrook Sportime for additional info call Vicki 516 887-1330

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## REGISTRATION TIMES & LOCATIONS

**Thursday September 19 & Tuesday September 24 @**

Memorial Junior HS Cafeteria 630pm-830pm

Only checks and money orders accepted

Contributions to Nassau County PAL are tax deductible

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**It's better to build youth than mend adults**

Not a school sponsored event

Approved for Distribution & Posting 8/29/19  tkm  Supt. Office