



P. O. Ray Lajara

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

# VALLEY STREAM POLICE ACTIVITY LEAGUE MULTI-SPORT PROGRAM

## Fall 2019 (8 weeks)

### Starts Friday, October 4, 2019

(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	10/7		11/25
Fri	10/4		11/22
Sat	10/5		11/23

NASSAU COUNTY P.A.L. OFFERS INDOOR SPORTS AT SPORTIME LYNBROOK

**EIGHT (8) ONE-HOUR CLASSES: \$120**

### MULTI-SPORT PROGRAM

Ages 5 -7: Mondays 4:00pm—5:00pm  
Fridays, 4:00pm - 5:00pm

Ages 8-12: Mondays 5:00pm-6:00pm  
Fridays, 5:00pm - 6:00pm

SPORTS MAY INCLUDE  
soccer, baseball, floor hockey, basketball

### TENNIS

Red  
Ages 5 - 8  
Saturday 2pm – 3pm

Orange  
Ages 9 - 11  
Saturday 3pm –4pm

SPORTIME U10 Tennis is comprised of Red and Orange levels and trains our U10 players to become well-rounded, competitive athletes. Using appropriate sized courts, rackets, and low-compression balls, our young athletes learn to play the game of tennis quickly.

### 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 Vicki Weiss by phone: 516-887-1330 or by email: [Vweiss@sportimeNY.com](mailto:Vweiss@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.

**ACTIVITIES ARE OPEN TO EVERYONE**

This is not a school sponsored event.

Approved for Distribution & Posting  
9/16/19 tkm Supt. Office