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:

<table>
<thead>
<tr>
<th>Day</th>
<th>1st Day</th>
<th>Off Day(s)</th>
<th>Last Day</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>10/7</td>
<td></td>
<td>11/25</td>
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<tr>
<td>Fri</td>
<td>10/4</td>
<td></td>
<td>11/22</td>
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<tr>
<td>Sat</td>
<td>10/5</td>
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<td>11/23</td>
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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

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 ath-
letes. Using appropriate sized courts, rackets, and low-compression
balls, our young athletes learn to play the game of tennis quickly.

ACTIVITIES ARE OPEN TO EVERYONE
This is not a school sponsored event.

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