



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

Winter 2020(8 weeks)

Starts Friday, February 7, 2020

(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>
Fri	2/7	2/21	4/3
Sat	2/8	2/22	4/4
Sun	2/9	2/23	4/5

NASSAU COUNTY P.A.L. OFFERS INDOOR SPORTS AT SPORTIME LYNBROOK  
**EIGHT (8) ONE-HOUR CLASSES: \$145**

### MULTI-SPORT PROGRAM

Ages 6 – 8: Fridays: 4:00pm - 5:00pm

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Ages 9 - 12: Fridays: 5:00pm - 6:00pm

SPORTS MAY INCLUDE  
 soccer, baseball, floor hockey, basketball

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### TENNIS

#### Red

Ages 5 - 8  
 Saturday 2pm – 3pm  
 Sunday 5pm—6pm

#### Orange

Ages 9 -11  
 Saturday 3pm – 4pm  
 Sunday 6pm - 7pm

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.

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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](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**