



# VALLEY STREAM PAL

## 2019-2020 SPRING Activities

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

For additional info and Online Registration visit [WWW.VSPAL.NET](http://WWW.VSPAL.NET)

**Basketball – FEE \$100**  
Boys Grades 2-8




Additional info email: [vspalbball@gmail.com](mailto:vspalbball@gmail.com)

**Track – FEE \$80**  
Boys & Girls – Ages 5 - 12  
March 17 to June  
When: Tuesdays & Thursdays  
Time: 6:30-7:30 PM



**Judo – FEE \$125**  
Boys & Girls – Ages 7 & Up  
Wednesday & Friday 6:30PM-8PM



For additional info Call/Text Tommy 516-313-0096

**Hip Hop/Dance – FEE \$90**  
Boys & Girls – All Ages  
Mondays 7PM-8:30PM  
10 sessions



**Multi-Sport– FEE \$145**  
Soccer, Basketball, Floor Hockey, Baseball  
Ages 6-8 Fridays 4PM-5PM  
Ages 9-12 Fridays 5PM-6PM  
Sign up at Lynbrook SportTime, 175 Merrick Rd




**Tennis– FEE \$145**  
Boys & Girls  
Ages 5-8 Sat 2PM-3PM Sun 5PM-6PM  
Ages 9-11 Sat 3PM-4PM Sun 6PM-7PM  
Sign up at Lynbrook SportTime, 175 Merrick Rd



**Ice Skating– FEE \$140**  
5 Sessions – ONLINE REGISTRATION ONLY!  
Location: 3345 Hillside Ave, New Hyde Park  
Call 516-746-1100



**Gymnastics – FEE \$140**  
Boys & Girls – Grades 1-6  
ONLINE REGISTRATION ONLY!  
Wednesdays & Fridays  
Two Sessions Available A: 6:30-7:30PM B: 7:40-8:40PM



### REGISTRATION TIMES & LOCATIONS

Online Registration Available [www.vspal.net](http://www.vspal.net)

**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