



NASSAU COUNTY POLICE ACTIVITY LEAGUE
 NEW HYDE PARK UNIT
 375 DENTON AVENUE, NEW HYDE PARK, NY 11040
 Any Questions Call 516-248-2442 or e-mail us at nhppal@optonline.net
 Or check out our website at www.newhydeparkpal.com



Winter 2019

Classes run for 8 weeks

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| <p><u>TENNIS – Fee: \$90*</u></p> <p>Mondays at 4:00pm OR 5:00pm Boys and Girls 2nd - 6th grade</p> <p>Racquet and 3 tennis balls required. Professional instruction at PAL prices! LIMITED SPACE AVAILABLE</p> <p>Begins Monday, January 28th, 2019</p> | <p><u>HIP HOP – Fee: \$120*</u></p> <p>Mondays 4:00pm – 5:00 pm, 1st-3rd grade Mondays 5:00 pm – 6:00 pm, 4th-6th grade Hip Hop is the perfect class for boys and girls who love to dance, learn new styles, and have fun! Dancers will learn techniques from this style of street dance, while also experimenting with other styles, such as jazz and Zumba.</p> <p>Begins Monday, January 28th</p> |
| <p><u>BASKETBALL – Fee: \$50*</u></p> <p>3rd-4th grade on Monday, Jan 21 at 6pm-7pm 5th-6th grade on Monday, Jan 21 at 7pm-8pm 7th-8th grade on Tuesday, Jan 22 at 6pm-7pm 9th-12th grade on Saturday, Jan 19 at 6pm-8pm</p> | <p><u>KARATE – Fee: \$90*</u></p> <p>Tuesdays at 4:00 pm OR Thursdays at 5:00 pm Boys and Girls grades 2nd-10th Give your kids an opportunity to study martial arts and self-defense with this karate class. The class also focuses on building self-confidence. Uniform Gi required; may be purchased through the instructor.</p> <p>Begins Tuesday, March 6th Thursday, March 8th</p> |
| <p><u>CHEERLEADING – Fee: \$90*</u></p> <p>Tuesdays at 6:00 pm – 7:00 pm K-3rd grade Tuesdays at 7:00pm-8:00pm 4th-6th</p> <p>Girls and Boys Learn the basics of cheer, including chants, minor stunts, and dance. This is a great introduction for joining your cheer squad.</p> <p>Begins Tuesday, January 29th</p> | <p><u>SOCCER CLINIC – Fee: \$90*</u></p> <p>Tuesdays at 5:00pm – 6:00pm Boys and Girls K – 2nd grade</p> <p>Learn the basics including shooting, ball handling, passing, and offensive and defensive drills. Get the ball rolling right here in New Hyde Park!</p> <p>Begins Tuesday, January 29th</p> |
| <p><u>BASKETBALL CLINIC – Fee \$90*</u></p> <p>Wednesdays at 4:00 pm – 5:00 pm Boys and Girls 2nd – 6th grade</p> <p>Learn the basics including shooting, ball handling, rebounding, passing, and offensive and defensive drills.</p> <p>Begins Wednesday, January 30th</p> | <p><u>KIDS-A-SIZE – Fee: \$60*</u></p> <p>Wednesdays at 4:00 pm – 5:00 pm Boys and Girls Pre-K – 1st grade Join the movement! We are taking initiative to make exercise fun for young children. Some activities include relay races, running drills, parachute, scooter games & various sports.</p> <p>Begins Wednesday, January 30th</p> |

“IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS”

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LACROSSE LEAGUE

\$190 for Grades: 1st through 6th
\$120 for Grades: 7th through 8th
Boys team grades: 1-8
Girls team grades: 3-6
Games on weekends starting April 1st-June 8th

NO EQUIPMENT SUPPLIED

Boys: Helmet, Arm Pads, Shoulder Pads, Gloves, Stick, Mouth Guard, and a Cup

Girls: Stick, Goggles or Girls Helmet, and a Mouth Guard

Practice in session & held at NHP Clubhouse
see schedule below

Boys 3rd-4th

Tuesday at 7:30pm-9:00pm

Girls 5th-6th

Wednesday at 6:00pm-7:15pm

Boys 5th-6th

Wednesday at 7:15pm-8:30pm

Boys 1st-2nd

Thursday at 6:00pm-7:00pm

Girls 3rd-4th

Thursday at 7:00pm-8:00pm

Boys 7th-8th

Thursday at 8:00pm-9:00pm

Visit NHPLacrosse.com for further information

SPORTS & FITNESS – Fee: \$90*

Thursdays 5:00pm– 6:00pm

Boys and Girls 2nd – 6th grade

A class of non-stop activity and fun where kids will be able to play a wide variety of sports-related activities with other children. This class is filled with fitness activities & various sports.

Begins Thursday, January 31st

BOUNCE BOOT CAMP – Fee: \$175*

Tuesdays at 4:00pm- 5:00 pm

Boys and Girls 1st-6th Grade

Children will be grouped by age

This program uses inflatable obstacle courses and slides for an excellent source of exercise. Children can better develop their core strength, speed, agility, hand-eye coordination, and footwork, all while still having fun!

For details call: (516)-902-6192

FITNESS AND INFLATABLES, LET'S HAVE SOME FUN!!!

Begins Tuesday, January 29th, 2019

NHP GLADIATORS YOUTH FOOTBALL- Free Clinic

Sundays at 8:30am-9:30am

Boys grades 4th-8th at New Hyde Park Memorial High School

Learn basic football concepts and skills to all positions. Players will learn proper tackling and blocking techniques in our noncontact camp. Athletes are only required to wear sneakers.

* **Please register at the NHPPAL Clubhouse.**

* **This clinic is ONLY open to GCP-NHP school districts.**

Dates:

Jan: 20,27

Feb: 3, 10

March: 3,10,24,31

BOOK YOUR BIRTHDAY PARTY TODAY!!!!

Fee: \$300

The gymnasium is yours for the duration of your party. The party room is accommodated with tables & benches, restrooms & a view of the gymnasium. You have the choice to play different games/sports while a trained instructor is there to run activities; we also provide ALL of the equipment.

CLUBHOUSE HOURS

Monday through Friday from 4:00 pm to 8:00 pm - Weekend hours vary. Please call in advance.

CHECKS ONLY - PAYABLE TO NHP PAL

Join our Summer Recreation Program!

Flyer to be released in February!

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