

MPAL FALL SCHEDULE - 2023

All programs are FREE. Completed registration form & signed waiver required.
See notes below for program-specific minimum age requirements.
Doors open 10 minutes before program start time.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Boxing Level 2</u> 3:30 - 5:00	<u>Boxing Level 1</u> 3:15 - 4:15 <u>Baton Twirling & Juggling</u> 4:00 - 5:00	<u>Boxing Level 2</u> 3:30 - 5:00	<u>Boxing Level 1</u> 3:15 - 4:15 <u>Pokemon Pals</u> 4:30 - 5:30* *1st Th. of Month <u>Dates</u> 9/7, 10/5 & 11/2	
<u>Cooking</u> 4:00 - 5:30 9/25, 10/23, 10/30, 11/20 *Use Sign-Up Genius	<u>Boxing Level 2</u> 4:30 - 6:00 <u>Cooking</u> 4:00 - 5:30 11/14/23 *Use Sign-Up Genius	<u>SCA Corps Environmental Education</u> 3:30 - 4:30 <u>Dates</u> 9/13, 9/20, 9/27, & 10/4	<u>Girls Empowerment & Movement***</u> 4:15 - 5:15 Begins October	<u>Boxing Level 2</u> 4:30 - 6:00 <u>Kids Play Group</u> 5:30 - 6:15
<u>Aikido</u> 5:30 - 7:30	<u>Wrestling</u> 6:00 - 7:30 Begins 10/3	<u>Skateboarding</u> 6:30 - 7:30	<u>Wrestling</u> 6:30 - 8:00 Begins 10/5	<u>Aikido</u> 5:30 - 7:30

*** indicates: Sign-up is required: Use Sign-Up Genius or email aroyal@manchesterpoliceathleticleague.org

** Minimum Age Requirements/Class Details:

Aikido: Age 5
Baton: Age 5
Boxing: Age 10
Cooking: Age 8 (8 kids max per class/no back to back class sign-ups) ***
Girls Empowerment & Movement: Age 11 ***
Kids Play Group: Ages 5 - 8
Pokemon Pals: Age 5
SCA Corps: Age 5
Skateboarding: Age 10
Wrestling: Age 6

Stay informed!

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Contact us:

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