



# NASSAU COUNTY POLICE ACTIVITY LEAGUE FRANKLIN SQUARE / ELMONT UNIT FALL REGISTRATION 2011



**GIRLS GYMNASTICS: FEE: \$140 \*First serve basis\* For Girls 1<sup>st</sup> thru 6<sup>th</sup> grade**

Classes held once a week on Wednesday or Friday @ Stewart Manor School Gym.

Located @ 38 Stewart Ave. Program begins Sept 30 Thru Mid February.

**\*\*LIMITED SPACE IN EACH SESSION AVAILABLE\*\***

**CHOOSE ONE SESSION**

**Session A: Wednesdays 6:30pm – 7:30pm**

**Session B: Wednesdays 7:40pm – 8:40pm**

**Session C: Fridays 6:30pm – 7:30pm**

**Session D: Fridays 7:40pm – 8:40pm**

**\*\*REGISTRATION FOR GYMNASTICS ONLY\*\***

**\*Friday, September 23<sup>rd</sup> from 7:00pm – 8:30pm at the Stewart Manor School Gymnasium\***

**BASKETBALL: GIRLS GRADES 1<sup>ST</sup>-6<sup>TH</sup> -- BOYS GRADES 1<sup>ST</sup>-8<sup>TH</sup>**

**\*\*NEW for 2011 Player & Coach Instructions by( Game 7) Trainers.\*\***

**GIRLS: Grades 1<sup>st</sup> & 2nd: FEE: \$110 (CLINIC FEE ONLY) Each child receives a basketball.**

Grades 1 & 2: **CLINIC** will be held on weeknights (one night per week) beginning late October thru January.

Grades 3 & 4: **FEE \$120 Includes Clinic, Games, Shirt & Award. Each child receives a basketball.**

**Grades 5 & 6: FEE \$120 Includes Clinic , Games, Shirt & Award.**

Games will be held Monday thru Thursday nights (exact schedules will be determined after registration)

Season runs October thru March.

**BOYS: Grades 1<sup>st</sup> thru 8<sup>th</sup>: FEE: \$120**

**Grades 1 thru 4 Includes Clinic ,Games, Shirt & Award. Each child receives a basketball.**

**Grades 5 thru 8 Includes Clinic, Games, Playoffs , Shirt & Award.**

Games will be held Monday thru Thursday nights (exact schedules will be determined after registration)

Season runs October thru February. ( **SEE WEBSITE FOR INFO ON GAME 7 TRAINERS.**)

**SOCCER: FEE: \$170 \*Girls/Boys Pre-K thru 12<sup>th</sup> Grade**

Please note that this fee includes both the **fall and the spring season. This includes professional trainers each week.**

Season runs September 18th thru November 21<sup>ST</sup> (fall) and the spring season runs April thru June

All games are played at Averill Park in Elmont, Directly behind Covert Ave School or at the Covert Ave School field.

All games are played on Sundays

All players receive a team shirt, trophy, individual and team picture .

**FLAG FOOTBALL: FEE: \$125 \*BOYS ONLY\* Grades 1thru 8**

Leagues will be formed by grades & enrollment.

Games are played on Sunday morning and afternoons in October thru mid December at the Washington St. School Field and also Covert Avenue School Field.

This program will be a “non-contact” modified NFL youth flag football league.

**\*\*All participants will receive a team shirt and award.\***

**SPORTIME - Activities Available are Tennis, Multi-sport, and Dance**

**Quickstart Tennis: Ages 4-7 Fee is \$170. Quickstart Elite Tennis: Ages 7-8 Fee is \$170. Junior Group**

**Tennis: Ages 9-15 Fee is \$205 (All programs are eight one hour classes)**

**Multi-sport: Pre K – 8 (Age appropriate classes) Fee is \$130.**

**Junior Dance: Ages 2 – Teen (Age appropriate classes) Pure Street Dancing (boys only): Ages 7-12 .Fee is \$130**

**MUSIC –FEE: \$ 160 – BOYS & GIRLS – K thru 12<sup>th</sup> grade. (Sessions on Thursday Night)**

All sessions are group sessions and are held at the Averill Park Community Center.

You must supply your own instrument

Certified to teach band instruments such as trumpet, trombone, clarinet, flute, guitar, saxophone, recorder, basic drums, and basic piano.

TURN OVER

**BOWLING: FEE: \$60 \*BOYS AND GIRLS\***

Grade 1 & 2 (Bumper Bowling)

Grade 3 thru 8 (Regular Bowling)

All games are played at the Garden City Lanes. 987 Stewart Ave. Garden City.

Games are Friday from 4pm – 5:45pm from October 7th till end of Dec.

Participants pay \$10 per week, which includes the cost of 2 games and shoes.

Participants are part of a Christmas end of the year party as well as receiving a trophy.

**KARATE: FEE: \$110 \*BOYS AND GIRLS\* ( 8 Sessions)**

Kindergarten thru 2<sup>nd</sup> grade: Tuesdays from 6:15pm – 7:00pm

3<sup>rd</sup> grade thru 6<sup>th</sup> grade: Thursdays from 6:15pm – 7:00pm

Location: LI Shotokan Karate 130 Jericho Tpke. Floral Park (516) 488-7382

**TAE KWON DO (Korean Karate): FEE: \$110 \*BOYS AND GIRLS\***

Kindergarten thru Grade 6: Once a week on Fridays from 6:00pm – 6:45pm.

Program will begin on Friday October 7<sup>th</sup> and run thru November for a total of 8 sessions.

Classes are formed on a first come first serve basis. **\*Limit of 24 students per class.\***

**Location: LI TKD 830 Hempstead Tpke. Franklin Sq. (516) 354-0676**

SPECIAL NOTE: Please be advised that any first time participant will be required to purchase a uniform GI for an additional \$35.

**\*\* SPECIAL NOTE \*\***

With every registration a Walgreen coupon will be included, also a chance to win a free flu shot.

**REGISTRATION DATES AND TIMES**

Registration will take place 7:00pm – 8:30pm AT:

Covert Ave School: September 13<sup>th</sup>

Washington St School: September 14<sup>th</sup>

Walgreens: September 15<sup>th</sup> **5pm to 9pm**

\*Registration for all fall programs will also take place at our new PAL Clubhouse  
Located at 640 Hempstead Trpk in Franklin Square (in rear of “The Dream Garage”)

**From: Monday thru Friday**

**Between the hours of 4pm-6pm**

Please be advised that anyone registering late will be subject to a late charge of  
\$15 per child per program

**“NO REFUNDS---ACTIVITY CREDIT ONLY”**

See our website at [fselmontpal@optonline.net](mailto:fselmontpal@optonline.net) for more information.

If you have any questions please call the PAL Clubhouse at: (516) 307-1401  
Monday thru Friday 4:00pm – 6:00pm

Check our website for our new Girls Softball Training Program  
Starting November thru March