

MPAL WINTER SCHEDULE 2024

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
Boxing Level 2 3:30 - 5:00	Boxing Level 1 3:15 - 4:15 Baton Twirling & Juggling 4:00 - 5:00	Boxing Level 2 3:30 - 5:00	Boxing Level 1 3:15 - 4:15 Chess & Checkers 3:15 - 4:15 *Begins Jan 18th	Dodgeball 3:15 - 4:00 *Begins Jan 19th
Cooking 4:00 - 5:30 1/22, 1/29, 2/12, 2/26 ***Currently on Waitlist	Boxing Level 2 4:30 - 6:00	Girls Empowerment & Movement*** 4:15 - 5:15	Boxing Level 2 4:30 - 6:00 Chess & Checkers 4:15 - 5:15 *Begins Jan 18th	Real Champions 4:00 - 5:00 *** Sign Up Required
Aikido 5:30 - 7:30	Wrestling 6:15 - 7:30 <i>Younger</i> 7:00 - 8:30 <i>Older (6th +)</i>	Skateboarding 6:30 - 7:30	Wrestling 6:15 - 7:30 <i>Younger</i> 7:00 - 8:30 <i>Older (6th +)</i>	Aikido 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
Chess & Checkers: Age 10
Cooking: Age 8 (8 kids max per class/no back to back class sign-ups) ***
Dodgeball: Age 12
Girls Empowerment & Movement: Age 11 ***
Skateboarding: Age 10
Real Champions: ***
Wrestling: Age 6

Stay informed!

Follow us on Facebook @MPAL409BEECHST
Website: manchesterpoliceathleticleague.org

Download the "Remind" app to receive reminders and notifications..



Contact us:

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