



School Year 2018-2019

- ~ All MPAL programs are free, held at MPAL (409 Beech Street), and are open to any student (public school, charter school, home school) age 5-18. ~
- ~ A completed MPAL registration form and waiver are required to attend programming. ~
- ~ More information about programs is available online at ManchesterPoliceAthleticLeague.org. ~
- ~ Please arrive no earlier than 10 minutes before sessions begin. ~

MPAL Updated School Year Schedule Runs April 15, 2019 through June 14, 2019.

Check our Facebook page for announcements, updates, and closings: [Facebook.com/MPAL409BEECHST](https://www.facebook.com/MPAL409BEECHST)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
~ Boxing Level 2 3:30-5 pm	~ Boxing Level 1 3:15-4:15 pm	~ Boxing Level 2 3:30-5 pm	~ Boxing Level 1 3:15-4:15 pm	~ Cross-training 4-5 pm	~ Aikido 8-10 am	~ Wrestling - Grades 7-12 6-7:30 pm
~ Judo 4:30-5:30 pm	~ Arm Wrestling 4-5:30 pm	~ Aikido 5:30-7:30 pm	~ Boxing Level 2 4:30-6 pm	~ Aikido 5:30-7:30 pm		
~ MPAL Ambassadors <i>See back for dates.</i>	~ Boxing Level 2 4:30-6 pm		~ Wrestling - K-4 6-7 pm			
~ Cooking Class <i>See back for dates.</i>	~ Judo 4:30-5:30 pm		~ Wrestling - Grades K-6 6-7 pm			
	~ Wrestling - Grades K-6 6-7 pm		~ Wrestling - Grades 7-12 7-8:30 pm			
	~ Wrestling - Grades 7-12 7-8:30 pm					



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Cooking Class Dates	MPAL Ambassadors Dates	Closures
Monday, April 15th 5-7 pm Monday, May 13th 5-7 pm Monday, May 20th 5-7 pm Monday, June 17th 5-7 pm	Monday, April 29th 5:15-7:15 pm Monday, May 6th 5:15-7:15 pm Thursday, May 9th 5:00-9:00 pm	MPAL will be closed on: Sunday, April 21st Thursday, May 9th Monday, May 27th
Special Events	Program Minimum Ages	Notes
<p style="text-align: center;">MPAL Ambassadors Dinner Thursday, May 9th 5:30-8:30 pm</p> <p style="text-align: center;">MPAL Spring Spaghetti Dinner Monday, June 3rd 5-8 pm</p> <p style="text-align: center;">MPAL Ball Saturday, September 21st 5:30-11 pm</p> <p style="text-align: center;">Footrace for the Fallen Sunday, October 6th 10:15 am</p>	Judo - Age 5+ Wrestling - Age 5+ Aikido - Age 8+ Cooking - Age 8+ Boxing - Age 10+ Cross-training - Age 14+	<p>~When the Manchester School District is closed or dismissed early due to snow or power outage, MPAL is also closed.</p> <p>~When a coach cancels a session it will be posted on the MPAL door, on the MPAL Facebook page, and an email will be sent out.</p> <p>~All sessions begin at the time listed. Please arrive promptly but no earlier than 10 minutes before the session starts.</p>