

MPAL SUMMER SCHEDULE

Saturday, June 15, 2019 - Sunday, September 1, 2019

All programs are free, held at MPAL, and are open to any youth age 5-18. A completed registration form & waiver are required to attend programming. More information is available at ManchesterPoliceAthleticLeague.org. Doors will open 10 minutes before the start time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boxing 10-11:30 am	Boxing 10-11:30 am	Boxing 10-11:30 am	Boxing 10-11:30 am	Themed Program 11:30-1 pm
Themed Program 11:30-1 pm	Themed Program 11:30-1 pm	Themed Program 11:30-1 pm	Themed Program 11:30-1 pm	Cross-training 4-5 pm
	Jiu-Jitsu 3-4:30 pm	Aikido 5:30-7:30 pm	Jiu-Jitsu 3-4:30 pm	Aikido 5:30-7:30 pm
	Arm Wrestling 4-5:30 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			

Jiu-Jitsu begins Tuesday, June 25th

MPAL will be Closed July 1st - July 5th

End of Summer BBQ - Monday, August 19th 5-7 pm

See Reverse for Details About the Themed Programs

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Summer 2019 Themed Programs

New for Summer 2019, MPAL will have a different theme each week with programs related to that theme.

All themed programs are offered Monday through Friday from 11:30-1 pm.

Lunch will be provided every day.

Keep an eye out for details for each week!

Schedule

Week of June 17th - Music Week

Week of June 24th - Fitness Week

Week of July 1st - CLOSED

Week of July 8th - Animal Week

Week of July 15th - Nutrition/Cooking Week

Week of July 22nd - Mindfulness Week

Week of July 29th - Scout Week

Week of August 5th - Media Week

Week of August 12th - MPAL Police Academy Week

Week of August 19th - No Themed Programs - BBQ on Monday

Week of August 24th - No Themed Programs

