

# MPAL SCHOOL YEAR SCHEDULE

Wednesday, September 4, 2019 - Friday, November 8, 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](http://ManchesterPoliceAthleticLeague.org).  
Doors will open 10 minutes before the start time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	Aikido 5:30-7:30 pm	Wrestling Grades 5-12 8:30-10 am
Cooking *Dates on back 4-6 pm	Arm Wrestling 4-5:30 pm	Aikido 5:30-7:30 pm	Boxing Level 2 4:30-6 pm		
Judo 4:30-5:30 pm	Boxing Level 2 4:30-6 pm		Powerful Voices *Dates on back 4:30-5:30 pm		
Ambassadors *Dates on back 5:15-7:15 pm	Judo 4:30-5:30 pm		Wrestling Grades K-6 6-7 pm		
Aikido 5:45-7:45 pm	Wrestling Grades K-6 6-7 pm		Wrestling Grades 7-12 7-8:30 pm		
	Wrestling Grades 7-12 7-8:30 pm				

See Reverse for  
Ambassadors Dates,  
Cooking Dates, Special  
Events, and Closures.

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[@MPAL409BEECHST](https://www.facebook.com/MPAL409BEECHST)

Judo - Age 5+  
Wrestling - Age 5+  
Aikido - Age 8+  
Arm Wrestling - Age 8+

Cooking - Age 8+  
Boxing - Age 10+  
Ambassadors - Age 14+  
Powerful Voices - Age 14+

## Ambassadors Program Dates

September 30th  
October 28th  
November 25th  
December 16th  
January 27th  
February 10th  
March 30th  
April 13th  
April 20th  
May 5th: Event Prep  
May 6th: Event Prep  
May 7th: Event

## Powerful Voices

Open to high school students. Manchester High School students can earn 1/2 credit of English. Runs September 19th through November 21st.

## Cooking Class Dates

September 9th: Police Woman Day Dinner - Chef Vicki Connell  
September 23rd: Great NH Restaurants  
October 21st: Fallen Heroes Dinner  
October 28th  
November 18th  
November 25th  
December 16th  
January 6th: Law Enforcement Appreciation Day Dinner  
January 27th  
February 3rd  
March 2nd  
March 16th  
April 13th  
May 4th  
May 18th: Police Week Dinner  
June 8th

Sign-ups will open 2 weeks in advance. Due to the class' limited space and growing popularity, we ask that our young chefs not attend back-to-back classes. Please note new time!

## Closures

MPAL will be closed on:  
Monday, September 2nd  
Tuesday, September 3rd  
Monday, October 14th  
Monday, November 11th  
Thursday, November 28th  
Friday, November 29th  
Tuesday, December 24th  
Wednesday, December 25th  
Tuesday, December 31st  
Wednesday, January 1st  
Monday, January 20th  
Monday, February 17th  
Thursday, May 7th  
Monday, May 25th

## Special Events

### Footrace for the Fallen

Sunday, October 6th 10:15am  
Registration is online. Use code MPALrocks19 for \$5 off

### Trunk or Treat

Wednesday, October 23rd 4:30-5:30 pm  
Free trunk or treat event in the MPAL parking lot. Come dressed in your Halloween costume.

### Holiday Dinner

Monday, December 2nd 5-7 pm  
Free dinner for the whole family at MPAL to celebrate the holidays.

### February Vacation Schedule

February 24th - 28th  
Stay tuned for special programs.

### St. Paddy's Day Rumble

March (Date TBD)  
Manchester vs Nashua Fire and Police boxing event. Information on how to purchase tickets will be available soon.

### April Vacation Schedule

April 27th - May 1st  
Stay tuned for special programs.

### Ambassadors Dinner

Thursday, May 7th 5:30-8:30 pm  
The MPAL Ambassadors will run an event at MPAL for the public.

### Spring Spaghetti Dinner

Monday, June 1 5-7 pm  
Free celebratory pasta dinner for the whole family. We will also announce the Kid of the Year at the event.

## Notes

~When the Manchester School District is closed or dismissed early due to snow or power outage, MPAL is also closed.

~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.

~All sessions begin at the time listed. Please arrive promptly but no earlier than 10 minutes before the session starts.