

# MPAL SCHOOL YEAR SCHEDULE

Saturday, November 9, 2019 - Sunday, April 12, 2020

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  
Combat  
7:30-9 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

Wrestling  
Bootcamp  
9-10:15 am

Judo  
4:30-5:30 pm

Boxing Level 2  
4:30-6 pm

Wrestling  
Combat  
6-8 pm

Ambassadors  
\*Dates on back  
5:15-7:15 pm

Judo  
5-6 pm

Aikido  
5:45-7:45 pm

Wrestling  
Bootcamp  
6-7 pm

Wrestling  
Combat  
6:30-8:30 pm

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

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[@MPAL409BEECHST](#)

See Reverse for Details  
about the Gryphons  
Wrestling Program

Judo - Age 5+  
Wrestling - Age 5+  
Aikido - Age 8+  
Arm Wrestling - Age 8+  
Cooking - Age 8+  
Boxing - Age 10+  
Ambassadors - Age 14+

## Ambassadors Program Dates

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

## Closures

MPAL will be closed on:  
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

### 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.

## Cooking Class Dates

November 18th  
November 25th  
December 16th: with Corri Wilson  
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!

## 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.

## MPAL Gryphons Wrestling

**Bootcamp:** Open to all wrestlers in grades K-2; all wrestlers in grades 3-8 start here.

**Combat:** Invite only. Please note: wrestlers can be sent back to Bootcamp.

### Practice Uniform:

- Long sleeve or sweatshirt **required**
- Sweatpants or gym shorts (no buttons, zippers, or object which could tear mat)
- Headgear & wrestling shoes **required by December 1, 2019**
- Water bottle **required**