

MPAL SCHOOL YEAR SCHEDULE

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.

Wednesday, February 5, 2020 - Sunday, April 12, 2020

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 pm	Boxing Level 2 4:30-6 pm		Wrestling Bootcamp 9-10:15 am
Ambassadors *Dates on back 5:15-7:15 pm	Boxing Level 2 4:30-6 pm		Wrestling Combat Lite 6-7 pm		
Aikido 5:45-7:45 pm	Wrestling Bootcamp 6-7 pm		Wrestling Combat 6:30-8:30 pm		
	Wrestling Combat 6:30-8:30 pm				

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

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

See Reverse for Details
about the Gryphons
Wrestling Program

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

Ambassadors Program Dates

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, February 17th
Thursday, May 7th
Monday, May 25th

Special Events

February Vacation Schedule

February 24th - 28th
See the February Vacation Schedule for details.

St. Paddy's Day Rumble

March 12th Bouts start at 6:45 pm
Manchester vs Nashua Fire and Police boxing event. This event will be held in Nashua Community College's Gym. Tickets are available at bit.ly/rumble20

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

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 Lite: Invite only.

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**

Please see a coach with any questions.