

MPAL FALL SCHEDULE 2024

All programs are FREE. Completed registration form & signed waiver required.
See notes below for program-specific minimum age requirements.
Doors open 10 minutes before program start time.

Monday	Tuesday	Wednesday	Thursday	Friday
Boxing Level 2 3:30 - 5:00	Girl Scouts 3:30 - 4:30 <i>Begins 10/7</i>	Boxing Level 1 3:15 - 4:15	Baton Twirling & Juggling 4:00 - 5:00	Boxing Level 2 3:30 - 5:00
Boxing Level 1 3:15 - 4:15	Chess & Checkers 3:15 - 4:15	Dodgeball 3:15 - 4:00	Boxing Level 2 4:30 - 6:00	Girls Empowerment & Movement*** 4:15 - 5:15 <i>Begins 10/15</i>
Boxing Level 2 4:30 - 6:00	Chess & Checkers 4:15 - 5:15	Real Champions*** 4:00 - 5:00	Boxing Level 2 4:30 - 6:00	Chess & Checkers 4:15 - 5:15
Real Champions*** 4:00 - 5:00 9/23, 10/7, 10/21 11/4	Boxing Level 2 4:30 - 6:00	Skateboarding 6:30 - 7:30	Wrestling 1st - 6th grade 6:00 - 7:15 7th grade+ 7:00 - 8:00 <i>Begins in Oct</i>	Wrestling 1st - 6th grade 6:00 - 7:15 7th grade+ 7:00 - 8:00 <i>Begins in Oct</i>
Aikido 5:30 - 7:30	Wrestling 1st - 6th grade 6:00 - 7:15 7th grade+ 7:00 - 8:00 <i>Begins in Oct</i>	Aikido 5:30 - 7:30	Aikido 5:30 - 7:30	Aikido 5:30 - 7:30

*** indicates: Sign-up is required: Use Sign-Up Genius or email aroyal@manchesterpoliceathleticleague.org

** Minimum Age Requirements/Class Details:

Aikido: Age 5
Baton: Age 5
Boxing: Age 10
Chess & Checkers: Age 10
Cooking: Age 8 (8 kids max per class/no back to back class sign-ups) ***
Dodgeball: Age 10
Girls Empowerment & Movement: Age 11 ***
Girl Scouts: K - 5th grade
Skateboarding: Age 10
Real Champions: ***
Wrestling (1st grade +): Age 6

Stay informed!

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Website: manchesterpoliceathleticleague.org

Download the "Remind" app to receive reminders and notifications..



Contact us:

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