

# MPAL WINTER SCHEDULE 2024 - 2025

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
<b>Boxing Level 2</b> 3:30 - 5:00	<b>Girl Scouts</b> 3:30 - 4:30 Fall Session ends 12/16  Winter Session Begins 1/6	<b>Boxing Level 1</b> 3:15 - 4:15	<b>Baton Twirling &amp; Juggling</b> 4:00 - 5:00	<b>Boxing Level 2</b> 3:30 - 5:00
<b>Boxing Level 1</b> 3:15 - 4:15	<b>Chess &amp; Checkers</b> 3:15 - 4:15	<b>Dodgeball</b> 3:15 - 4:00	<b>Boxing Level 2</b> 4:30 - 6:00	<b>Girls Empowerment &amp; Movement***</b> 4:15 - 5:15
<b>Cooking***</b> 4:00 - 5:30  12/2, 12/16, 1/13, 1/27, 2/10  Individual Class Registration Required	<b>Boxing Level 2</b> 4:30 - 6:00	<b>Boxing Level 2</b> 4:30 - 6:00	<b>Chess &amp; Checkers</b> 4:15 - 5:15	<b>Real Champions***</b> 4:00 - 5:00
<b>Aikido</b> 5:30 - 7:30	<b>Wrestling</b>  <i>Elementary</i> 5:30 - 6:15 <i>Middle School</i> 6:15 - 7:30	<b>Skateboarding</b> 6:30 - 7:30	<b>Wrestling</b>  <i>Elementary</i> 5:30 - 6:15 <i>Middle School</i> 6:15 - 7:30	<b>Aikido</b> 5:30 - 7:30

\*\*\* indicates: Sign-up is required at front desk or email [aroyal@manchesterpoliceathleticleague.org](mailto:aroyal@manchesterpoliceathleticleague.org)

## \*\* Minimum Age Requirements/Class Details:

**Aikido:** Age 8  
**Baton:** Age 5  
**Boxing:** Age 10  
**Chess & Checkers:** Age 10 (Middle & High School)  
**Cooking:** Age 8 (10 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 8  
**Real Champions:** \*\*\* 7+ No Age Max  
**Wrestling (1st grade +):** Age 6

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## Contact us:

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