

# MPAL SPRING SCHEDULE 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	<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>Cooking***</b> 4:00 - 5:30 3/10, 3/24, 4/7, 4/21, 5/5, 6/9 Individual Class Registration Required		<b>Boxing Level 2</b> 4:30 - 6:00	<b>Girls Empowerment &amp; Movement***</b> 4:15 - 5:15			<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>Middle &amp; High School</i> 6:00 - 8:00		<b>Skateboarding</b> 6:30 - 7:30		<b>Wrestling</b> <i>Middle &amp; High School</i> 6:00 - 8:00		<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 (Spring Session):** Middle & High School

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## Contact us:

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