

MPAL

FALL SCHEDULE 2025

Begins Thursday Sept. 4th

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
<u>Boxing Level 2</u> 3:30 - 5:00	<u>Girl Scouts</u> 3:30 - 4:30 Begins 9/15	<u>Boxing Level 1</u> 3:15 - 4:15	<u>Boxing Level 1</u> 3:15 - 4:15	<u>Dodgeball</u> 3:15 - 4:00
<u>Cooking***</u> 4:00 - 5:30 9/22, 10/6, 10/20, 11/3, 11/17 Individual Class Registration Required	<u>Girls Empowerment & Movement***</u> 4:00 - 5:00 Start Date TBD	<u>Boxing Level 2</u> 4:30 - 6:00	<u>Boxing Level 2</u> 4:30 - 6:00	<u>Real Champions***</u> 4:15 - 5:00
<u>Aikido</u> 5:30 - 7:30	<u>Wrestling</u> <i>Middle & High School TBD</i>	<u>Skateboarding</u> 6:30 - 7:30	<u>Wrestling</u> <i>Middle & High School TBD</i>	<u>Aikido</u> 5:30 - 7:30
			<u>Environmental Education</u> 4:15 - 5:00 September only 9/4, 9/11, 9/18, 9/25	

*** indicates: Sign-up is required at front desk or email 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 per class/no back to back class sign-ups) ***
Dodgeball: Age 10
Environmental Education: Age 5
Girls Empowerment & Movement: Age 11 ***
Girl Scouts: K - 5th grade
Skateboarding: Age 8
Real Champions: *** 7+ No Age Max
Wrestling (Pre-Season): Middle & High School

Stay informed!

Follow us on Facebook @MPAL409BEECHST
Website: manchesterpoliceathleticleague.org

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



Contact us:

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