

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	<u>Boxing Level 1</u> 3:15 - 4:15	<u>Baton Twirling & Juggling</u> 3:30 - 4:30	<u>Boxing Level 2</u> 3:30 - 5:00
<u>Boxing Level 1</u> 3:15 - 4:15	<u>Chess & Checkers</u> 3:15 - 4:15	<u>Dodgeball</u> 3:15 - 4:00		
<u>Cooking***</u> 4:00 - 5:30 10/6, 10/20, 11/3, 11/17 Individual Class Registration Required	<u>Girls Empowerment & Movement***</u> 4:00 - 5:00 Begins 10/20	<u>Boxing Level 2</u> 4:30 - 6:00	<u>Boxing Level 2</u> 4:30 - 6:00	<u>Homework Help</u> 4:15 - 5:15
<u>Real Champions***</u> 4:15 - 5:00	<u>S.H.E. Program</u> 4:15 - 5:15 Begins 10/3			
<u>Aikido</u> 5:30 - 7:30	<u>Wrestling</u> 6:00 - 8:00 Begins 10/2	<u>Skateboarding</u> 6:30 - 7:30	<u>Wrestling</u> 6:00 - 8:00 Begins 10/2	<u>Aikido</u> 5:30 - 7:30

*** 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
Homework Help: Age 10
Girls Empowerment & Movement: Age 11 ***
Girl Scouts: K - 5th grade
S.H.E. Program: Age 8
Skateboarding: Age 8
Real Champions: *** 7+ No Age Max
Wrestling: 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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