

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>UPLIFT</u> 9:30 - 10:30		<u>Boxing Level 2</u> 3:30 - 5:00		<u>Boxing Level 1</u> 3:15 - 4:15	<u>Chess & Checkers 1</u> 3:15 - 4:15	<u>Dodgeball</u> 3:15 - 4:00	
<u>Cooking***</u> 4:00 - 5:30 10/20, 11/3, 11/17, 12/1, 12/15 Registration Required	<u>Girls Empowerment & Movement***</u> 4:00 - 5:00 Begins 10/20	<u>Boxing Level 1</u> 3:15 - 4:15	<u>Baton Twirling & Juggling</u> 3:30 - 4:30			<u>Boxing Level 2</u> 4:30 - 6:00	<u>Chess & Checkers 2</u> 4:15 - 5:00 Ends 12/4	<u>Real Champions***</u> 4:15 - 5:00	<u>S.H.E. Program</u> 4:15 - 5:15
<u>Aikido</u> 5:30 - 7:30		<u>Boxing Level 2</u> 4:30 - 6:00	<u>Wrestling</u> 6:00 - 7:30	<u>Skateboarding</u> 6:30 - 7:30		<u>Wrestling</u> 6:00 - 7:30	<u>Homework Help</u> 4:15 - 5:00 Ends 12/4	<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 1: Age 12
Chess & Checkers 2: Ages 8 - 11
Cooking: Age 8 (10 kids max/no consecutive 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 ***
UPLIFT: Ages 18 - 22***
Wrestling: Age 6

Stay informed!

Follow us on Facebook @MPAL409BEECHST
Website: manchesterpoliceathleticleague.org

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



Contact us:

603-626-0211

aroyal@manchesterpoliceathleticleague.org

409 Beech Street



Program Descriptions

Aikido: (Age 8+) Learn martial arts skills for self-defense from a practiced black-belt Sensei. This two hour class is for beginner or advanced students and reinforces the key concepts of discipline and respect. Earn belts as you advance!

Baton Twirling & Juggling: (Age 5+) Learn basic twirling and juggling skills with multiple apparatus from a champion baton twirling coach. Toss, pass, throw things and play games!

Boxing: (Age 10+) Power, speed and conditioning are key elements to boxing. Our Level 1 class will get you in shape and help you to 'earn your wraps' to begin boxing. Our Level 2 class is a more advanced work-out and participants have the ability to spar in the ring if they choose.

Chess & Checkers 1: (Age 12+) Board games and table activities for older youth.

Chess & Checkers 2: (Ages 8 - 11) Board games and table activities for younger youth

Cooking: (Age 8+) Cooking class is held roughly twice a month in partnership with a professional chef from a local restaurant or community volunteer. We limit the class to ten participants and ask that participants don't sign-up for consecutive classes to give everyone a chance to participate. Youth are learning kitchen and food safety as well as recipes to make at home. *Email Ginny to be added to our waitlist:* gbogert@manchesterpoliceathleticleague.org

Dodgeball: (Age 10+) Come play dodgeball every Friday!

Homework Help: (Age 10+) Need help on your homework? We have college student volunteers here to help!

Girls Empowerment & Movement (GEM): (Age 11+) To empower and guide young females in grades 6 - 12 through difficult situations they face in and out of school. Strengthen social and emotional skills and confidence through conversation, decision making activities and movement. This program is led by a female officer from the Manchester Police Department. *Want to learn more?* Email Officer Shannon Jackson: sjackson@manchesternh.gov

Girl Scouts: (K - 5th grade) Weekly program where participants are able to participate in hands-on activities, earn girl scout badges and even have a cookie selling date in the Spring!

S.H.E. Program: (Age 8+) For girls, by girls! A time for our gym and fitness center to be open to females only. This program is designed to build confidence inside and outside the gym through a holistic curriculum that is specifically designed to help girls become strong, healthy and empowered.

Skateboarding: (Age 8+) Every Wednesday evening, our main floor becomes a skate park! Come learn how to skate or practice your skills and try new tricks with our experienced volunteer team.

Real Champions: (7+ No Age Max) This referral only program introduces the art of Brazilian Jiu Jitsu to youth and young adults with intellectual disabilities. Earn belts as you advance! *Want to learn more?* Email Officer David Lisboa: dlistboa@manchesternh.gov

UPLIFT: (Ages 18 - 22) This referral only program is for individuals with intellectual disabilities and focuses on building functional, real-world skills while bridging the school to community and workplace gap. *Want to learn more?* Email Officer David Lisboa: dlistboa@manchesternh.gov

Wrestling: (Age 6+) This program teaches beginner and advanced wrestling skills. Whether you are new to the sport or a seasoned athlete, MPAL welcomes all! Opportunities to compete as part of a team!