

# MPAL WINTER SCHEDULE 2026

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 &amp; Checkers</u> 3:15 - 5:00	<u>Dodgeball</u> 3:15 - 4:00	
<u>Indoor Soccer</u> 3:30 - 4:30 <i>Begins 1/26</i>	<u>Girls Empowerment &amp; Movement***</u> 4:00 - 5:00	<u>Boxing Level 1</u> 3:15 - 4:15	<u>TBA</u> 3:30 - 4:30			<u>Boxing Level 2</u> 4:30 - 6:00	<u>The Outlet - Music Production***</u> 3:30 - 6:00	<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>Cooking***</u> 4:00 - 5:30 1/12, 1/26, 2/9, 3/9	<u>Boxing Level 2</u> 4:30 - 6:00	<u>Wrestling</u> <i>Beginner</i> 6:00 - 7:00 <i>Advanced</i> 6:00 - 7:30	<u>Skateboarding</u> 6:30 - 7:30		<u>Wrestling</u> <i>Beginner</i> 6:00 - 7:00 <i>Advanced</i> 6:00 - 7:30		<u>Aikido</u> 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  
**Boxing:** Age 10  
**Chess & Checkers:** Age 10  
**Cooking:** Age 8 (No consecutive sign-ups) \*\*\*  
**Dodgeball:** Age 10  
**Girls Empowerment & Movement:** Age 11 \*\*\*  
**Girl Scouts:** K - 5th grade  
**Indoor Soccer:** 2nd - 4th grade  
**S.H.E. Program:** Age 8  
**Skateboarding:** Age 8  
**The Outlet - Music Production:** Age 10\*\*\*  
**Real Champions:** 7+ No Age Max \*\*\*  
**UPLIFT:** Ages 18 - 22\*\*\*  
**Wrestling:** Age 6

## Stay informed!

Follow us on Facebook @MPAL409BEECHST  
Website: [manchesterpoliceathleticleague.org](http://manchesterpoliceathleticleague.org)

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



## Contact us:

603-626-0211

[tryder@manchesterpoliceathleticleague.org](mailto:tryder@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!

**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:** (Age 10+) Board games and table activities for middle and high school 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@manchesterpolicethleticleague.org](mailto:gbogert@manchesterpolicethleticleague.org)

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

**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](mailto: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!

**Indoor Soccer:** (2nd - 4th grade) Boys and girls are welcome! Learn soccer skills and drills while working on physical conditioning and agility. Play in small sided matches and receive individual performance feedback.

**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](mailto:dlistboa@manchesternh.gov)

**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.

**The Outlet - Music Production:** (Age 10+) This referral only program provides youth with facilitated access to studio equipment to explore their musical interests and learn the different sides of the music production process. *Want to learn more?* Email Evenor Pineda: [epineda@manchesterpolicethleticleague.org](mailto:epineda@manchesterpolicethleticleague.org)

**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](mailto: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!