

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 & 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 & 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 <i>1/12, 1/26, 2/9, 3/9</i>	<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

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

Download the “Remind” app to receive reminders and notifications.



Contact us:

603-626-0211

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@manchesterpoliceathleticleague.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

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: dlisboa@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@manchesterpoliceathleticleague.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: dlisboa@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!