MPAL
FALL 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
Boxing Level 2 3:30 - 5:00	**UPLIFT***** 9:00 - 10:30	**Boxing Level 2** 3:30 - 5:00	**Boxing Level 1** 3:15 - 4:15	**Dodgeball** 3:15 - 4:00
Indoor Soccer 3:30-4:30 **STARTS 9/14**			**Ambassador Teen Leadership Program (Referral Only)** 3:30-4:30	
Cooking*** 4:00-5:00	**Boxing Level 1** 3:15 - 4:15	**Girl Scouts** 4:00 - 5:00 **STARTS 10/6**	**Boxing Level 2** 4:30 - 6:00	GEM Girls Empowered & Motivated 4:30-5:30	**Real Champions***** 4:15 - 5:00	**S.H.E. Program** 4:15 - 5:15
Aikido 5:30 - 7:30	**Boxing Level 2** 4:30 - 6:00	**MPAL Adventure Club K-2** 5:15-6:00 STARTS 9/15	**Skateboarding** 6:30 - 7:30	**Wrestling** **6:00-7:30** **STARTS 10/1**	**Aikido** 5:30 - 7:30

*** indicates: Sign-up is required at front desk

Minimum Age Requirements/Class Details:
Adventure Club: Grades K-2
Aikido: Age 8
Boxing: 4th grade and up
Ambassador Teen Leadership-Age 14***
Cooking: Age 8 **(No consecutive sign-ups)** ***
Dodgeball: Age 10
Girls Empowered & Motivated: Age 12
Girl Scouts: K - 5th grade
Indoor Soccer: 2nd - 4th grade
S.H.E. Program: Age 8
Skateboarding: Age 8
The Outlet - Music Production: Age Highschoolers***
Real Champions: 7+ No Age Max ***
UPLIFT: 12+ No Age Max***
Wrestling: Age 6

For the most up-to-date schedule, visit
Website: manchesterpoliceathleticleague.org

Stay informed!
Follow us on Facebook @MPAL409BEECHST

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

Contact us:

603-626-0211
info@manchesterpoliceathleticleague.org
409 Beech Street

Manchester Police Athletic League

Program Descriptions-*Some may not currently be available

Adventure Club: (Grades K-2nd) Join us for a fun hour of play, exploration, and movement. 20 kids maximum per session; first come; first served. Parents are welcome to observe from the Parent Room only.

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: (Grade 4 and up) 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. Move up to Level 2 (at coach's discretion) class for a more advanced work-out and participants have the ability to spar in the ring if they choose.

Cooking: (Age 8+) Cooking class is held in our commercial kitchen and led by a professional chef, community volunteer, or program staff. 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. ***NOTE: MUST WEAR SNEAKERS*** *(No Crocs, slides. flip flops, etc.)* ***Email Ginny to be added to our waitlist:*** **gbogert@manchesterpoliceathleticleague.org**

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

Girls Empowered & Motivated (GEM): (Age 12+) To empower and guide young females in grades 6 - 12 through difficult situations they face in and out of school.Designed to create a supportive, welcoming space where girls can build self-esteem, strengthen decision-making skills, learn about physical and mental wellness, develop leadership skills and discover their own strengths and goals.. This program is led by females from MPAL staff and volunteers.

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: (High School only) 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 Nick Champey: champeymusic@gmail.com

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 intermediate wrestling skills. Whether you are new to the sport or a seasoned athlete, MPAL welcomes all!