



NASSAU COUNTY POLICE ACTIVITY LEAGUE
ELMONT UNIT
REGISTER ONLINE AT:

<http://elmontpal.website.sportssignup.com/>



Spring 2021

All classes begin the week of April 5th 2021 & run for 8 weeks

VIRTUAL ART – Fee: \$140 (All supplies INCLUDED)

Choose 1 of the following:

Sundays 1-2pm (2nd-8th grades) starting 4/11

Mondays 7-8pm (2nd-8th grades) starting 4/5

Participants will explore the creative process, develop their artistic skills & experiment with a variety of art materials. <http://www.authenticheartwork.com/>

VIRTUAL DRAMA KIDS- Fee: \$110

Thursdays 7-8pm starting 4/8

Boys and girls (2nd-6th grades)

Class will include whole group improvisation, silent scenes, story starters, snippets, and of course fun theater games! Build self-esteem and self-confidence in dramatic ways!

SOCCER CLINIC – Fee: \$75

Mondays at Gotham Ave starting 4/5

Pre-K/Kindergarten 4-4:45pm

1st/2nd grades 5-6pm

3rd-6th grades 6-7:30pm

Boys and girls

Learn the basics including shooting, dribbling, passing, ball control through offensive and defensive drills.

BASKETBALL CLINIC – Fee \$75

Thursdays 4-5pm

Dutch Broadway- (4 weeks) April 8th, 15th, 22nd, 29th

Clara Carlson- (4 weeks) May 6th, 13th, 20th, 27th

Boys and girls 1st – 6th grade

Learn the basics including shooting, ball handling, rebounding, passing, offensive and defensive drills. Bring your own basketball (junior size 27.5) to the clinic.

TRACK – Fee: \$75

Monday-Thursday 6:30PM-dusk starting 4/5

Saturdays-Track Meets at Mitchell Field

Elmont/Sewanhaka/Floral Park Tracks

Boys and girls (4th-12th grades)

Open to all those who love to run!

BOYS LACROSSE CLINIC- Fee: FREE

Saturdays 10am-1pm at Gotham Ave starting 4/10

Boys (1st-6th grades)

Clinic will teach basic skills, catching, throwing, and shooting while participating in age-appropriate drills.

FITNESS CLASS- Fee: \$75

Sundays 1-2pm at Clara Carlson starting 4/11

Boys and girls (3rd-8th grades)

Exercises that work on aerobic and endurance, muscular strength and body composition.

BASEBALL CLINIC- Fee: \$75

Sundays 2-3pm at Clara Carlson starting 4/11

Boys (1st-6th grades)

A great way to improve your skills in baseball basics. Bring your own baseball glove.

ARTS AND CRAFTS- Fee: \$50

Thursdays 4-5pm at Averill Park starting 4/8

Boys and girls (1st-6th grades)

Provide children the opportunity to explore ideas and concepts and express that through making something they can feel proud of.

“IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS”

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