



# UPCOMING EVENTS

facebook: [www.facebook.com/PALUniondale](http://www.facebook.com/PALUniondale)  
instagram: [www.instagram.com/uniondalepal](http://www.instagram.com/uniondalepal)

## UNIONDALE PAL

### SWIMMING

Learn to Swim:  
Levels 1, 2 & 3

6 weeks swim sessions  
for Girls and Boys at  
Uniondale HS  
Tuesdays and Fridays  
7:30pm  
Starting in Oct

# \$165

### SOCCER\*

-Non Travel  
-Fundamental  
-Instructional  
SATURDAYS  
10:30AM-12PM  
Turtle Hook MS in  
Uniondale  
8 week Fall session  
10 week Spring Session  
Starting in Sept

# \$150

### KARATE

8 week session  
at Uniondale HS  
Fridays at  
6pm or 7pm  
Starting in Sept

# \$115

Karate Gi \$25

### BASKETBALL\*

Instructional Training  
and games for Boys  
and Girls.  
Play starts in  
November through  
March  
Locations within  
Uniondale

# \$75

\*SIBLING DISCOUNTS AVAILABLE FOR SOCCER AND BASKETBALL

## ONLINE REGISTRATION @

# WWW.NASSAUCOUNTYPAL.ORG/UNITS/NCPAL-UNIONDALE