



Uniondale PAL

WINTER ACTIVITIES

KARATE  **Fridays**
Uniondale HS **\$115**

BASKETBALL  **Mondays-Fridays**
Turtle Hook & Northern Parkway **\$75**

LEARN 2 SWIM  **Tuedays and Fridays**
Uniondale HS **\$165**

TRACK  **Tuesdays & Thursdays**
Turtle Hook MS **\$85**

LACROSSE  **BOY'S 1 DAY CLINIC**
Lawrence Road MS **FREE**

MENTORING  **High School Students**
Uniondale HS **FREE**

GO TO OUR WEBSITE BELOW FOR MORE INFO

www.nassaucountypal.org/units/ncpal-uniondale/

INSTAGRAM: www.instagram.com/uniondalepal/

FACEBOOK: www.facebook.com/PALUniondale11553/