

FALL, 2011 PROGRAMS



<p>After School Open Gym Monday-Friday 3pm</p> <p>Tues & Weds-Tutoring 3:30pm-5:30pm Begins September 20, 2011</p>	<p>Mexican Folklore Dance</p> <p>Monday & Wednesday Nights 6pm-8pm</p>
<p>Boxing</p> <p>Tuesdays & Thursdays 5:30pm-7:30pm Call for availability.</p>	<p>Youth & Adult Tae Kwon Do</p> <p>Tuesdays & Thursdays Beginner-5PM Intermediate-6PM Adult-7PM \$20/month</p>
<p>Family Nights Are BACK!!! A different "Theme" for every month! October –April</p> <p>First Family Night—October 21, 2011 6:30pm-8pm</p>	<p>Chess</p> <p>Wednesday Evenings, Year-Round 6pm-8pm Beginners & Seasoned Players</p>
<p>Parenting Program</p> <p>Weekly support program for Parents Weeknights at PAL—Call for Schedules</p> <p>Conducted by Norristown Family Center & Carson Valley Children's Aide</p>	<p>Back Talk for Middle & HS Youth</p> <p>Conducted in partnership with Communities that Care. Begins September 13th @ 4PM</p>
<p>Fitness Center</p> <p>Monday—Friday 3pm-Closing <u>15</u> Years of Age & Older</p>	

Winter Basketball Leagues Starts November 29th!!!

PAL YOUTH MEMBERSHIPS ARE ONLY \$10.00

610-278-8040

www.greaternorristownpal.org