



Santa Monica

Police Activities League (PAL)



# Choose Your Winter With PAL



January 29 - March 23, 2018

# Santa Monica Police Activities League

## MISSION STATEMENT

PAL is a unique community organization that fosters trust between youth and the men and women of the Santa Monica Police Department in a safe and nurturing environment. Through outstanding educational, cultural,

## General Information

### PAL Youth Center Hours

**The PAL Youth Center is a drop-in recreational facility. Children have the right to come and go from the facility and**

**Enrichment classes and activities are open to PAL members. PAL is open to youth ages 6—17 years who are Santa Monica residents or go to school in Santa Monica. Classes are limited in size; sign-ups are taken on first serve basis beginning Monday, January 22nd. All PAL activities are free. Sign-ups for PAL are accepted in the PAL Youth Office, 1401 Olympic Blvd., Santa Monica.**



SM welcomes people of all abilities in our programs. The PAL Youth Center is accessible to wheelchairs. If you have any disability-related request, please contact (310) 458-8988 or TTY (310) 458-8696 at least three days prior to the event.





# Enrichment Classes

## Education Lane

### **3D: Imagine and Create**

Jump straight into the world of 3D printing! Learn to design whatever is in your head with cutting edge software and then print your one of a kind creation.

**Fridays**

### **Homework Assistance**

The Homework Assistance program provides PAL youth with designated workspace to complete homework assignments. Trained staff and volunteers provide assistance, supervision, and supplies to ensure youth successfully

### **Girl Time!**

Want to make new friends, have girl talk, and not to mention fun, well this is the program for you! This class will help inspire and guide girls to make life-choices from a place of self-knowledge, self-respect and strength.

## Teen Connection

### **College Connection**

Get the help you need with college applications and financial aid paperwork.

Prepare for college early and get answers to all your college questions.

### **Friday Night - Fun Night With PAL**

Sign-up for structured activities, off-site field trips, and much more!

### **In It To Win It!**

Teens here's your chance be competitive while having tons of fun playing games, meeting new friends, and winning prizes!

### **Youth Leadership Council (YLC)**

Be a leader in the community! Learn leadership skills, fundraising and how to positively impact your community through community service and outreach.

# Recreational & SPORTS

## **Addicted To Dance**

This class allows dancers to perform with freedom of movement, adding in their own personalities. This class is inspired by today's latest music and hippest trends in dance.

## **Cirque du Monde Workshop**

Participants will learn juggling, gymnastics, hand to hand, stilt walking, clowning, diablo, flower sticks, and more!

## **Straight Ballin'**

Here's your chance to show off your street ballin' skills you have while playing in weekly organized basketball games.

## **Open Gym**

Whether you like to play basketball, football, handball or just hang out, join us for open gym time.

**Mondays**

## **DIY For You And I**

Looking for some cool DIY ideas? Especially in the wintertime, teenagers are always looking for fun things to make when they are bored. We put together these fun crafts that are easy, but still super cool and creative to make.

**Thursdays**

## **Hanging With A Buddy**

Having a hard time making friends, or just want to make new friends? Come hang out and play video games, gym activities, watch movies, and more!

## **Runners Basketball Camp**

You will learn the different techniques which are necessary for passing, ball handling, offense & defensive drills, and conditioning.

# Martial Arts & Boxing

PAL Fitness Gym

2200 Virginia Avenue



## MONDAYS & WEDNESDAYS

**Beginning Boxing:** 3:30 pm - 4:30 pm Ages 6 - 8 years

Improve on your speed, coordination and self-confidence with boxing. Learn basic footwork and punches while achieving better balance and endurance.

**Beginning Boxing:** 4:30 pm - 5:30 pm Ages 9 - 12 years

**Boxing & Open Gym:** 5:30 pm - 7:00 pm Ages 13 - 17 years

## TUESDAYS & THURSDAYS

**Beginning Karate:** 3:30 pm - 4:30 pm Ages 6 - 8 years

Want to learn the art of self-defense? Improve on your concentration, hand-eye coordination and strength. Empower yourself while working on self-discipline and self-esteem.

**Competition Boxing:** 3:30 pm - 4:30 pm Ages 13 - 17 years

PAL Fitness Gym class schedule (8 weeks)





# Fitness & Cardio

## MONDAYS & WEDNESDAYS

**Beginning Boxing:** 3:30 pm - 4:30 pm Ages 6 - 8 years

Improve on your speed, coordination and self-confidence with boxing. Learn basic footwork and punches while achieving better balance and endurance.

**Beginner Hip Hop Dancing:** 3:30 pm - 4:30 pm Ages 6 - 17 years  
(Mondays)

**Intermediate Hip Hop Dancing:** 5:30 pm - 6:30 pm Ages 8 - 17 years  
(Wednesdays)

**Beginning Boxing:** 4:30 pm - 5:30 pm Ages 9 - 12 years

**Boxing & Open Gym:** 5:30 pm - 7:00 pm Ages 13 - 17 years

## TUESDAYS & THURSDAYS

**Competition Boxing:** 3:30 pm - 4:30 pm Ages 13 - 17 years

**Boxing / Open Gym:** 4:30 pm - 6:30 pm Ages 13 - 17 years

**Adult must be accompanied by child.**

Additional fitness programs are available for young adults