



San Mateo Police Activities League Fall 2017

SMPAL
200 Franklin Parkway
San Mateo, California
94403

650.522.7725
650-522-7551-Fax

www.sanmateopal.org

PAL offers FREE
memberships to kids,
aged 5-18 years old!

Building the Bond Between Cops & Kids

WRESTLING



This program teaches basic wrestling skills and teamwork in order to help kids achieve positive results in life, on and off the mat.

Wrestling is the means, not the end!

San Mateo Officers teach kids wrestling, while also teaching critical life skills including health, nutrition, physical fitness and confidence.

An emotionally, mentally, and physically demanding sport, wrestling engages the athlete in a unique way. This program is focused on engaging each child in a positive way.

Date(s): Tuesdays

Sept. 19th thru Dec. 12th

Time: 4:30-6:00 pm

Age/Grade: 5-13 years

Meeting Location:

San Mateo Police Department
200 Franklin Parkway, SM

Cost: Free for PAL Members

Course #: 532112

To register, visit: www.erecreg.com

Questions? Email:

smpal@cityofsanmateo.org

**** PAL MEMBERSHIPS ARE FREE / SCHOLARSHIPS AVAILABLE ****