



SAN MATEO POLICE ACTIVITIES LEAGUE WINTER 2017

San Mateo PAL
200 Franklin Parkway
San Mateo, California
94403

650.522.7725
650-522-7551-Fax

www.sanmateopal.org

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

Building the Bond Between Cops & Kids

PAL partners w/  **ULTIMATE** 最终
Self Defense Studios
for Martial Arts

SMPAL has partnered with Z-Ultimate to offer Martial Arts to our PAL kids. There are classes for 5-10 year olds and 11-16 year olds. PAL kids will be mixed in with Z-Ultimate's regular program attendees.

Learn the techniques to gain a strong foundation in respect, discipline, and perseverance. You will improve your confidence and self-esteem.



Date: Thursdays Jan 12 thru Mar 30

Time: 5-10 year olds-5:00-6:00pm
11-16 year olds-6:00-7:00pm

Age: 5-10 years & 11-16 years

Meeting Location:

Z-Ultimate Self Defense
1100 Park Pl #50, San Mateo

Cost: for PAL Members

Course #: 5-10 years- 132119-A
11-16 years-132110-B

Questions? Email:

smpal@cityofsanmateo.org

To Register, go to:
www.sanmateorec.org

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