



SAN MATEO POLICE ACTIVITIES LEAGUE WINTER 2017

San Mateo PAL
200 Franklin Parkway
San Mateo, CA
94403

Phone- 650-522-7725
Fax- 650-522-7551

www.sanmateopal.org

PAL offers FREE
memberships to kids,
ages 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!

PAL's wrestling program teaches kids the basics of 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

March 14th - April 25th
(no class April 4th)

Time: 4:30-6:00pm

Age: 5-13 year olds

Meeting Location:

San Mateo Police Department
200 Franklin Parkway, SM

Cost: Free for PAL Members

Course #: 132112-A

Questions? Email:
smpal@cityofsanmateo.org

To register, go to:
sanmateorec.org

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