



Greater Norristown PAL Programs

Program	Age range	Date	Time	Location	Volunteers
Basketball	5 to 14 yrs.	11-30-10 to 2-10-11 2-12-11 (Final)	Tu, W, Th at 6 pm Sat (time tbd)	GNPAL Gym	2 to 4 refs; stats 2 refs; stats
Chess Club	6 – adult	Year round	W at 6 pm	Board Room	3 to 5 adults
Dream Club	girls 6 – 17 yrs	Sept. – June	Th, 5:30 to 7:30 pm	Classroom	1 to 3 adults
Family Night	elementary school students & parents	Oct. – April (one/month)	F 6:30 to 8 pm	GNPAL Center	Adults (number varies with the program)
Fitness Center	18+	Year round	M-F, 3 pm to closing	Fitness Room	2 to 4 adults
Hockey	boys & girls 8 to 12 yrs	Winter, 2010-2011	Sat. & Sun.	GNPAL Gym	3 to 5 adults
Lacrosse Clinic	boys 6 to 13yrs. girls 9 to 13 yrs.	Winter, 2010-2011	Th, 7 to 9 pm	GNPAL Gym	3rto 5 adults
Soccer Clinic	6 to 18 yrs.	Summer 2011	M, 10 – 11:30 am W, 4:30 – 5:45 pm	Eisenhower MS	5 adults
Tennis	7 to 17 yrs	Fall, Winter 2010		GNPAL Gym	1 to 2 adults
Track	6 to 17 yrs	Spring 2011	TBD		2 to 3 adults
Tutoring	6 to 17 yrs	Tu, W (may expand) year round	3:30 to 5:30 pm	Board Room	5 to 10 adults
Wrestling	6 to 17 yrs	Fall, Winter 2010	Tu, Th, 6 to 9 pm	Eisenhower MS	3 to 5 adults

