



Everybody needs a PAL

Year Round Athletics

Judo

Learn the techniques and discipline of Judo under the instructions of Sensei G. Makimoto and Sensei L. Makimoto.

Ages: 8-18

Time: 5:30-7:00

Dates: Tues/Thur

Location: McBride Center

A Gi will be loaned to students to wear during enrolled session and must be returned.

Parents must sign their child in and out of class.



Please see Vacaville Event Guide or PAL calendar for a schedule of classes. PAL membership is required for all PAL programs,

Boxing

INTERMEDIATE BOXING

Train with Coach AI, as well as have the opportunity to compete in tournaments & events. Intermediate students must be approved by Coach AI before registering.

Ages: 8-18

Time: 4:00-7:00

Dates: Mon/Fri

BEGGINER BOXING

Ages: 8-18

Time: 4:00-5:15

Dates: Mon/Wed/Fri

Location: George Duke Center

Hand wraps available for purchase for a one time fee of \$5.

Parents must sign their child in and out of class.

Vacaville Police Activities League
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www.vacavillepal.com