



# **BALDWIN PAL UNIT**

## **Spring 2022 Judo/Self Defense**



**Boys and Girls Ages 3 – 17**

**Registration is now open!**

**When: Saturdays: April 2<sup>nd</sup> – June 11<sup>th</sup>, 2022; 11:00am – 4:00pm**  
**11:00am – 12:00pm 3 – 5 years old; 12:15pm – 1:15pm 6 – 8 years old**  
**1:30pm – 2:30pm 9 – 13 years old; 2:45pm – 3:45pm 14 years old +**

**Location: Hicksville Athletic Complex**  
**167 South Broadway, Hicksville, NY 11801**

**Uniform: A PAL Gi is required. Please add your child's height and weight for Gi sizing.**

**Cost: \$80 for the program; \$25 for the Gi**

**REGISTRATION IS ONLINE**

**To register: Go to [www.baldwinpal.org](http://www.baldwinpal.org)**

**Scroll to and click on the 'Judo/Self Defense' link**

**On the registration page click on the REGISTER button and follow the directions**

**\*\*\* PAL follows guidelines of Nassau County and the CDC \*\*\***

**Neither this material, nor the content thereof, are sponsored or endorsed by the Baldwin Union Free School District and its officials**

**For Questions or Additional Information please email [BaldwinPALInfo@aol.com](mailto:BaldwinPALInfo@aol.com)**

**Special Needs Unit Please Call 516-809-7617**