



**PAL**

# **SPORTS CAMPS**

## **2023 SPEED & AGILITY**



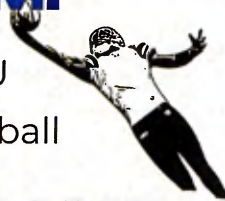
March 8th - 12th : Wednesdays from  
6-7:30PM. Ages 9-11

Email [nrkdopd@gmail.com](mailto:nrkdopd@gmail.com) to sign up

## **2023 FOOTBALL CAMP**

Starting in August 2023 : 7U, 9U, 11U, & 13U

Sign Up at [tinyurl.com/norchesterpalfootball](https://tinyurl.com/norchesterpalfootball)



## **2023 CHEERLEADING CAMP**



Starting in August 2023 : 7U, 9U, 11U, & 13U

Sign Up at [tinyurl.com/norchesterpalcheer](https://tinyurl.com/norchesterpalcheer)

## **2023 FIELD HOCKEY / LACROSSE**



Starting in Summer 2023 : Ages 5 to 14

Sign Up at [tinyurl.com/2023pallacrosse](https://tinyurl.com/2023pallacrosse)



## **2023 SPRING DEK HOCKEY**

Registration ends March 2023 : Ages 6-18 &

Ages 4-5 : Sign Up at

[tinyurl.com/2023springdek](https://tinyurl.com/2023springdek)



**FOR MORE INFORMATION: GO TO  
[HTTPS://WWW.POTTSTOWNPAL.ORG/](https://www.pottstownpal.org/)**

