



PAL After School Program

The Richmond Police Athletic League is offering its first after school program. Providing a fun and safe place for your child to grow and learn. Utilizing sports, tutorials, computer training, field trips and mentorship PAL will help your child develop physical, social and mental fitness.

During this premier year we are honored to partner with Thomas H. Henderson Middle School to bring this program to a limited number of 7th graders. While we are not a babysitting service we do provide well rounded activities and training to fully engage your child. Snacks are also provided.

Program Details:

Participants: 7th graders

Schedule: Monday – Thursday 3pm – 6pm

Location: 1365 Overbrook Road (near the Diamond)

Transportation: Provided to facility from Thomas H. Henderson but pick up required by parents at 6pm

Activities: Boxing, Martial Arts, Sports and Conditioning with Elkin Sports Performance, Homework Help, Computer Training, Team Development activities, Leadership training, Mentorship Partnering and Field Trips

Fees: \$35/week

For more information or to register please contact our offices at 804-646-1832 or visit our website at www.RichmondPAL.com .