



You can access our online registration system by going through our website at www.vernonpal.com. You must first create a family account if you haven't done so already. Please make sure the organization is "Vernon PAL" and you fill in everything highlighted in red. If you do not have access to the internet, you can stop down at the PAL and we will make a computer available to you for registration purposes. Please call the PAL office at 973-764-9514 for assistance.

MADSCIENCE Rolling Hills- Monday
Cedar Mountain- Wednesday

The Vernon P.A.L. offers Mad Science to students in grades 2 through 4. The child stays right at their school on class days. Parents must pick up their child at the school no later than 4:30 PM.

Time for both Cedar Mountain and Rolling Hills is 3:30- 4:30PM.

This class is limited to the first 18 paid registrations per class. Please visit our website www.vernonpal.com and register for class online. Cost for classes is \$ 90.00

Registrations after February 8th will be \$105.00 per participant.

Classes at Cedar Mountain will be held on
Wednesdays — 2/24, 3/3, 3/10, 3/17, 3/24, 3/31, 4/14, 4/21

and Rolling Hills will be held on
Mondays — 2/22, 3/1, 3/8, 3/15, 3/22, 3/29, 4/12, 4/19.

Class topics will include: Bugs, Detective Science, Earthworks, Harness the Wind, Kitchen Chemistry, Mad Science Machines, Movie Effects and Walloping Weather.

Parents please write a note to your child's school listing dates giving your permission for your child to stay after for Mad Science.





Bowling

The Bowling Club will meet for eight weeks on Mondays after school.

Bowling dates: March 1, 8, 15, 22, 29, April 12, 19 and 26.

This club is open to students in **Glen Meadow and Lounsberry Hollow.**

Students are picked up at school and transported to Pin Street @ Warwick by a PAL bus.

**The bowlers will be transported back to the PAL building to be picked up
NO LATER THAN 4:45PM.**

The cost for this program is \$90.00 per child which includes bowling, shoes, t-shirt, transportation, awards, and pizza party on last day.

Registrations after February 12th will cost \$105.00 per participant. Need a minimum of 25 participants to run the Bowling program.

Snowtubing @ Mountain Creek

Vernon PAL will be offering snowtubing at Mountain Creek on Wednesday, January 27th and Wednesday, February 10th from 6:00pm-8:00pm. Family snowtubing will be offered at the low discount rate of \$15.00 per person for 2 hours of tubing and is available to ages 5 and up and a minimum of 42" tall. This special discounted rate is available only through the Vernon PAL and is limited to the first 70 people per session who register. An adult must accompany all children as this program will not be chaperoned. Free marshmallows and roasting pit will be available throughout the evening. Please register online and then download a copy of the Mountain Creek waiver from the PAL website for snowtubing and bring the waiver(s) with you the evening of the event. No one will be permitted to snowtube without the waiver being signed — one waiver per person please!

Custom Orange County Chopper Raffle

Don't miss out on this awesome opportunity to purchase a raffle ticket for a Custom Orange County Chopper Motorcycle with Mountain Creek logos as featured on the Discovery Channel's 'American Chopper' show... retail value of chopper is \$50,000.00!!! A limited number of raffle tickets are being sold. Raffle tickets are \$20.00 per chance and can be purchased at the PAL building or online at mountaincreek.com/chopper. For more information and see what the bike looks like please visit www.mountaincreek.com.



VERNON PAL ARCHERY

The Vernon PAL is excited to announce that instructional Archery is back! The Archery program will run for six weeks and is open to students in grades 3rd through 5th. Cost for the six weeks program is \$30.00 per participant. All archery classes will be given at Sig Borstad's Archery located on Rudetown Road in McAfee.

Please register on line and be sure to indicate what session you are interested in taking.

Session 1– Tuesdays: April 20, 27, May 4, 11, 18 & 25

Session 2– Thursdays: April 22, 29, May 6, 13, 20 and 27

Classes will begin promptly at 6:00pm with an ending time of 7:00pm. Registration is open to the first 10 participants per session. All equipment will be provided by Sig Borstad's and please keep in mind that this is an instructional course.

2010 OPEN COURT/DANCE SCHEDULE

DATE	GRADE	TIME	FUNCTION
January 8 th	5 th /6 th	7:00PM - 10:00PM	Dance
January 15 th	7 th /8 th	7:00PM - 10:00PM	Dance
January 16 th	2 nd /3 rd /4 th	7:00PM - 9:00PM	<i>Open Court</i>
February 19 th	5 th /6 th	7:00PM - 10:00PM	Dance
February 20 th	2 nd /3 rd /4 th	7:00PM - 9:00PM	<i>Open Court</i>
February 26 th	7 th /8 th	7:00PM - 10:00PM	Dance
March 19 th	5 th /6 th	7:00PM - 10:00PM	Dance
March 20 th	2 nd /3 rd /4 th	7:00PM - 9:00PM	<i>Open Court</i>
March 26 th	7 th /8 th	7:00PM - 10:00PM	Dance
April 23 rd	5 th /6 th	7:00PM - 10:00PM	Dance
April 24 th	2 nd /3 rd /4 th	7:00PM - 9:00PM	<i>Open Court</i>
April 30 th	7 th /8 th	7:00PM - 10:00PM	Dance
May 14 th	5 th /6 th	7:00PM - 10:00PM	Dance
May 15 th	2 nd /3 rd /4 th	7:00PM - 9:00PM	<i>Open Court</i>
May 28 th	7 th /8 th	7:00PM - 10:00PM	Dance
June 4 th	5 th /6 th	7:00PM - 10:00PM	Dance



Admission Fees

\$5.00—Dances

\$2.00—Open Court

** School ID required for admission to Dances—
\$10.00 without ID*

Please call the PAL at 973-764-9514 should you have any questions regarding any program.

Visit us on our website www.vernonpal.com or email us at info@vernonpal.com.

You will not be called regarding any program that you sign up for, please show up at designated facility at the time of program. We reserve the right to cancel, with full refund any program that does not receive minimum number of participants.

A \$25.00 administration fee will be assessed all registrations that request a program refund for any reason.

The Vernon PAL will leave no child behind.

If you cannot afford a program please let us know, all information is strictly confidential.



HORSEBACK RIDING

Come explore the wonderful world of horses and horseback riding through our six week program held at Fox Ridge Farm located on Route 515. Class size is limited to 5 students per session. Students should arrive dressed to ride wearing jeans, boots or sneakers – helmets will be provided.

Sessions are as follows:

Kinder Ride Program – grades K-1 from 5:30pm-6:30pm
Grades 2nd through 8th from 6:30pm-7:30pm
Wednesdays: April 21, April 28, May 5, May 12, May 19, May 26

Week 1: Safety lesson, learn how to lead horses, meet the horses and learn about breeds, colors and markings

Week 2: Riding lesson

Week 3: Learn how to groom horses, learn stable management and about feed and nutrition

Week 4: Riding lesson

Week 5: Learn how to use and care of the horses' tack and what is involved in owning a horse

Week 6: Riding lesson

The cost for an entire session is \$160.00 for the six week program. All registrations must be made through the online registration system and must be paid by March 31st to avoid late fee charges. Please make sure when registering that you pick the program age group.

Special point of interest:



· Men's basketball is on every **Monday and Thursday** nights from 9PM-10:30PM ~ \$2.00 for Vernon residents \$4.00 for non-residents. ID required!

· Over 40 & High School basketball is on **Sunday 8:00PM-9:30PM** and **Wednesday from 9PM-10:30PM** ~ \$2.00 for Vernon residents \$4.00 for non-residents. ID required!

- Weight Watchers every Monday~ 9:30AM and 7:00PM.
- After School Program – meets every day during the school year and runs in conjunction with the school calendar. After School is open to students in grades 3rd through 8th. Students are bused right from school and are picked up by parents by 6:00pm. Cost for the program is \$175.00 per month and registrations need to be made on a month to month basis.



20/20/20

Come join our newest exercise program — this class is designed to work 20 minutes in each of the following: Kickboxing, Abs and Weights. 20/20/20 will be held at Walnut Ridge School on **Thursdays** from 7:00pm-8:00pm on the following dates:

January 7, 14, 21, 28, February 4 and 11.

Cost for the six classes is \$30.00 per participant and registration forms must be filled out at the PAL beginning January 5th.
Minimum of 13 participants to run this program.

Coed Body Sculpting

Come out and get sculpted! The PAL is offering a complete body sculpting class for all ages 15 years old and up. Focus will be on upper body with weights, legs and buns, and finishing with abs. All classes will be taught by Darlene Sabol. Body Sculpting classes will take place at Walnut Ridge School on **Wednesdays**: January 6th, 13th, 20th, 27th from 7:00pm-8:00pm.
February 3rd and 10th from 8:00pm-9:00pm.

Cost for six weeks of body sculpting classes is \$30.00 and registration forms must be filled out at the PAL.
Minimum of 13 participants to run this program.

Cardio-Kickboxing

Come join our cardio-kick boxing program — this class is designed to kick start your heart rate. The classes will be held at Walnut Ridge School on **Mondays** from 7:00pm-8:00pm on the following dates:

January 4, 11, 25, February 1, 8 and 22.

Cost for the six classes is \$30.00 per participant and registration forms must be filled out at the PAL.

Minimum of 13 participants to run this program.

This class will be taught by Darlene Sabol.

AFTER SCHOOL EXERCISE CLASSES

Body Sculpting

No time to get to the gym after school.
COME JOIN AND GET SCULPTED!
at the Lounsberry Hollow café from
3:45PM-4:45PM

Fridays: Jan 15, 22, 29, Feb 5, 12, 26

Cost for the six classes is \$30.00 per participant and registration forms must be filled out at the PAL. Minimum of 13 participants to run this program. This class will be taught by Darlene Sabol



Reebok Step Class

No time to get to the gym after school.
Come join our step class at the
Lounsberry Hollow cafeteria from
3:45PM-4:45PM

Wednesdays: Jan 13, 20, 27, Feb 3, 10, 24

Cost for the six classes is \$30.00 per participant and registration forms must be filled out at the PAL. Minimum of 13 participants to run this program.

This class will be taught by Darlene Sabol.