



**San Mateo
Police Activities League
Fall 2017**

SMPAL
200 Franklin Parkway
San Mateo, California
94403

650.522.7725
650-522-7551-Fax

www.sanmateopal.org

PAL offers FREE
memberships to kids,
aged 5-18 years old!

Building the Bond Between Cops & Kids

PAL partners w/ **Z-ULTIMATE** 最終
for Martial Arts
Self Defense Studios

San Mateo PAL has partnered with Z-Ultimate to offer Martial Arts to our PAL kids. There are classes for 5-10 year olds and 11-16 year olds. PAL kids will be mixed in with Z-Ultimate's regular program attendees.

Learn the techniques to gain a strong foundation in respect, discipline, and perseverance. You will improve your confidence and self-esteem.



Date(s): Thurs., Sept. 14th - Dec. 14th

Time: 5-10 year 5:00-6:00pm
11-16 years 6:00-7:00pm

Age: 5-10 & 11-16 years

Meeting Location:

Z-Ultimate Self Defense
1100 Park Pl #50, SM

Cost: \$40 for PAL Members

Course #: 5-10 years **532110-A**
11-16 years **532110-B**

To Questions? Email:
smpal@cityofsanmateo.org

To register, go to:
sanmateorec.org

**** PAL MEMBERSHIPS ARE FREE / SCHOLARSHIPS AVAILABLE ****