

# **PAL Spring Newsletter 2018**

## **Sunshine or Bust**

Let's move on from the snow and the rain already! April may have started out cold but we don't let things like that keep us from a good time at PAL. Here are some things that have happened this month already and some great activities yet to come.



## Spring Break Camp

Although some days it still felt like winter, we had a blast with 40 campers during Spring Break last week!



Field trips during the week included a Historic Tour of Albany, Boston Aquarium, Guptills, SUNY Poly, and swimming at the North Albany YMCA.

## After School Programs

These enrichment programs continue to provide creative outlets for students at Myers and O'Neal Middle Schools.

- Dance, Lacrosse, STEP, Strategic Gaming, Woodworking, Junior Cadets, orienteering, Theater, Robotics, Coding, Cooking, Fitness, Nutrition, Personal Safety, and Chinese Culture

## SUNY Poly

Spring Break Campers and a group of Myers and O'Neal Middle school students enjoyed trips to SUNY Poly where they learned how to make microchips, experienced what it is like to enter a clean room, and learned that you can turn sand into money!



Spring Lacrosse kicked off this week at Beverwyck Park and Arbor Hill Elementary. This is a great program for an introduction to Lacrosse or to advance your skills.

APR 10 ✓

→ JUNE 7

🕒 5:30-7PM



Washington and Partridge  
**Beverwyck Park**  
Mondays & Wednesdays

**Arbor Hill Elementary Field**  
Tuesdays & Thursdays

**LACROSSE** SPRING 2018



LACROSSE COMMUNITIES PROJECT  
Albany

And that was just the START of the month. We are gearing up for a lot of Spring events and programs. Click below to learn more about each of them.

## Upcoming Programs and Events





## Albany PAL Day Camps

**West**  
PAL Center @ VI  
June 25-Aug 24

**North**  
50 Lark St.  
July 10-Aug 16

**South**  
Krank Park  
July 10-Aug 16

**CAMP** SUMMER 2018

Call to Register  
518-435-0392



**CAPITAL BANK**

A division of Chemung Canal Trust Company

AND DANIEL FARIELLO, EVENT CHAIR  
PRESENTS THE 4TH ANNUAL

**BREAKFAST OF  
CHAMPIONS**

"LET'S MAKE IT HAPPEN!"

WEDNESDAY, APRIL 18TH 2018  
ALBANY MARRIOTT: 189 WOLF ROAD, ALBANY NY



LEARN HOW TO BE  
A REAL PAL HERE!



**Bike Safety**  
**Free Items/Bike Raffle**  
**Food**  
**Family Fun!**



**BIKE RODEOS** SPRING 2018

**May 5**

Albany Police Headquarters  
165 Henry Johnson Blvd.  
10am-Noon

**May 12**

Albany JCC  
340 Whitehall Rd.  
10am-Noon

518-435-0392  
programs@albanypal.org



**May 17th**  
**Albany High School**  
**11am**

# city Wide Track Meet

**TRACK** **SPRING 2018**

**Ask your P.E. Teacher  
how to Register!**

