



Howell Township Police Athletic League Spotlight

November 2017



Upcoming Lacrosse Programs

Lacrosse season is just around the corner and PAL has some great training sessions coming up! There will be one on Sunday, Nov. 26th with Howell High School head coach & an 8 week session running Jan – February on Wednesdays with two college lacrosse alumni's. Check out our website for more information and registration!

Trunk or Treat

Thank you to everyone who came out and made this year our biggest Trunk or Treat night yet! A special thank you to The Howell PBA & Target for helping make this event successful.



PAL High school Youth Leadership Council members handing out candy to trick or treaters



Fall Programs

- ✓ Boys lacrosse clinic
 - Thanksgiving
 - Winter
- ✓ PALs PALs (special needs program)
- ✓ Gentle Yoga
- ✓ Flow Yoga
- ✓ Tai Chi
- ✓ Arts & Crafts
- ✓ Middle school & High school youth leadership council

Visit our website at www.howellpal.org for registration and other programs!



Contact us for more information!

Main Office Phone
- 732-919-2825

Main Office Fax
- 732-919-1212

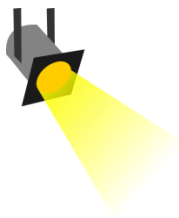
Main Office E-mail
- info@howellpal.org

Address
- 115 Kent Road
Howell, NJ 07731

Mailing Address
- P.O. Box 713
Howell, NJ 07731



Ms. Janice's class at the Little PALs Halloween Parade!



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Keep an eye out for our Thanksgiving Food & Pie giveaways!



Happy Thanksgiving

DANCE P.A.L

Friday & Saturday schedules including Ballet, Tap, Acro, Jazz & Hip Hop for ages preschool and up through high school! A very affordable, fun, energetic dance school with an extremely experienced instructor and recital at the end of the year!

Please reach out to Miss Sheryl for more information!

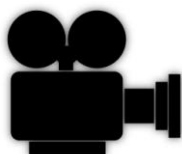
Email: howellpaldance@hotmail.com

Phone: 848-248-1387



Classes begin Sept. 15th with open enrollment now through November!

Reserve your spot today!



Howell PAL Theatre Company

“The Actor’s Toolbox” **Holiday Edition!**

Come and join us

No auditions, ages 6-17 welcome

CELEBRATE THE SEASON WITH SONGS, SCENES & FUN!!

Rehearsals will be held on Tuesdays 5:15pm – 7:15pm Dec. 5th, 12th, 19th

SHOWCASE PERFORMANCE will be on Thursday, Dec. 21st

Only \$100!

[Registration & more information can be found online](#)