

What is PAL?

The Police Athletic League is a youth enrichment program that relies on educational and recreational activities to cement a bond and create trust and understanding between law enforcement and youth.

About P.B.C. PAL

The Palm Beach County Sheriff's Office gladly supports and staffs the efforts of the Palm Beach County Police Athletic League. The PAL Program encompasses all of the unincorporated areas of Palm Beach County and partners with many other municipalities and organizations throughout Palm Beach County.

Palm Beach County PAL is a registered National PAL program made up of a Board of Directors, Executive Director, Sheriff's Deputies, Police Officers and the backbone of the organization, its volunteers. Palm Beach County PAL is a 501.C3-Charitable Organization, (Federal Tax Identification Number: 65- 0461384) and is registered with the Florida Department of Agriculture & Consumer Services, Solicitation of Contributions Section. Palm Beach County PAL is partially funded by the Palm Beach County Sheriff's Office and relies heavily upon donations and fundraisers to obtain the funds necessary to conduct the activities needed to keep the children busy with organized activities.

More Than a Program!

The Police Athletic League program is based on the conviction that young people, if they are reached early enough, can develop strong positive attitudes towards police officers in their journey through life toward the goal of maturity and good citizenship. The PAL program brings youth under the supervision and constructive influence of a law enforcement agency and expands public awareness about the role of law enforcement. Part of that role is the reinforcement of the responsible values and attitudes instilled in young people by their parents. Studies have shown that if a young person respects a police officer on the ball field, gym or classroom, the youth will likely come to respect the laws that the Deputy enforces. Such respect is beneficial to the youth, law enforcement, the neighborhood and the business community



Palm Beach County Sheriff's Office
Attn: PBC PAL
3228 Gun Club Road
West Palm Beach, FL 33406

To:

Palm Beach County Police Athletic League



*Recreational & Educational Programs
for the Youth of Palm Beach County*

**Palm Beach County PAL, Inc.
3228 Gun Club Road
West Palm Beach, FL 33406
(561) 242-5816
pbcpal@pbso.org
www.pbso.org/pal**

"Every Kid Needs A PAL"

Youth Centers

CABANA COLONY

12180 Alt. A1A, Palm Beach Gardens
(561) 627-6603

WESTERN COMMUNITIES (Glades)

1101 Dr. Martin Luther King Blvd., Belle Glade
(561) 992-1276

ROYAL PALM BEACH

11498 Okeechobee Blvd., Royal Palm Beach
(561) 753-7015

PAL Leagues & Programs

Flag Football & Basketball Leagues

Flag Football - September to November

Basketball - March to May

14 & Under - Various Community Policing Sites

Summer Camps

Western Communities Basketball Camp

Ages 8-17 - Glades Central High School

Rising Stars Summer Camp

Ages 7-12 - John I Leonard High School

Basketball Camp

Ages 8-16 - John I Leonard High School

Boxing

Ages 8-17 - Belle Glade, Cabana Colony, Royal Palm Bch

Wrestling

Ages 6-14 - Royal Palm Beach

Tennis with Tennis PALs

Ages 7-14 - Various Community Policing Sites

Special Events & Fundraisers

PAL Golf Tournament - Trump Course - October

Pedal For PAL Bike Ride - March

Broken Star Golf Tournament - Banyan Golf Club - May

PAL Baseball Tournament w/ Prospect Select- July



Programs & Activities

Basketball

14 & Under Basketball League - March to May

Serves as our core sport for the Winter/Spring season. All games are played at Palm Beach State College. Teams are selected and located throughout Palm Beach County in Community Policing sites.

Basketball Camps

PAL host the Western Communities Summer Basketball Camp at Glades Central High School and a one week camp at John I Leonard High School. For details, call (561)242-5816

Flag Football

14 & Under Flag Football League - Sept. to December

Serves as our core sport for the Fall season. Teams are located from across the County in Community Policing sites and will compete for the prestigious PAL BOWL. All games take place at the Westgate Community Center. For details (561)242-5816

Boxing

PAL has three boxing gym locations. The facilities are fully equipped with a boxing ring, heavy bags, speed bags and personal boxing gear. Coaches are certified with USA Boxing and have many years of experience to maximize your boxing knowledge and techniques. For more information, please call the following:

Belle Glade: (561) 254-7773

Cabana Colony/Club 100: (561) 627-6603

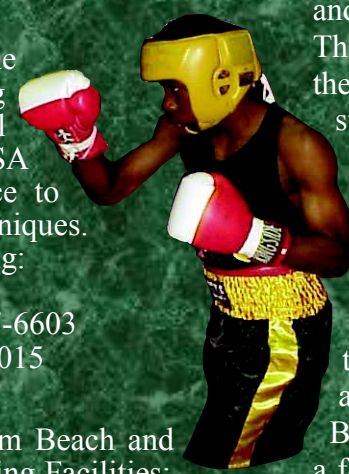
Royal Palm Beach: (561) 753-7015

Wrestling

PAL Wrestling takes place at Royal Palm Beach and Palm Beach Central High School Wrestling Facilities; Tuesday & Thursday from 6:00 to 8:00pm. Ages 6-14 can learn the art of wrestling and compete in tournaments. For more information call (561) 688-4900

Tennis w/ Tennis PALs

PAL Tennis run by /Tennis PALs takes place in South Bay, Belle Glade, Sand & Sea, Cabana Colony and Lake Worth West. The program includes tennis instruction along with life skills and homework assistance for ages 7-14. For details, call (561) 510-0725



Cabana Colony Youth Center

The Cabana Colony Youth Center is located just north of Gardens Downtown on Alt. A1A. The Center is open 2-7p on school days and 10-5p on non-school days. Serving youth ages 8-17.

PAL teams with Club 100 and Tennis PALs to offer many programs such as: Boxing, Tennis, Running, Golf, Jujitsu, Volleyball, Billiards, Air Hockey, Video Games, Arts & Crafts, Gardening with 4H, Math Mania, Reading for Riches, Financial Awareness with Junior Achievement, Robotics (STEM) with FL Turbine Technology, Homework Assistance and Tutoring.

The Youth Center also host special events on Holidays where the youth can spend time with many of the volunteers and staff that make the center run day to day. For more information, please call 627-6603

Western Communities Youth Center

The Western Communities Youth Center shares the Bill Baily Gym with the Boys & Girls Club of Belle Glade. The gym houses the Boxing program and serves as a central location for many of the activities while serving youth ages 8-17.

Basketball, Boxing, Tennis, Baseball, Track & Field are just a few of the activities going on in the Western Communities. For more information, please call (561) 992-1276

Royal Palm Beach Youth Center

The Royal Palm Beach Youth Center houses the Boxing program for youth ages 8-17. For more information, please call (561) 753-7015

