

West Hanover Parks and Recreation Martial Arts Classes

Location: 628 Walnut Ave. Harrisburg Pa. 17112 717-724-0083

DeAngelis Martial Arts Ongoing Youth Through Adult Karate Classes Call: 717-612-2595



LIL DRAGONS Ages 3 – 5

Children will learn coordination, balance, concentration, group skills and life skills along with beginning martial arts skills in this fun filled ongoing class. Parents must stay but do not need to participate. This class is for children who are ready to try it alone. Parents will be close by for support if needed. Class runs during Karate Tigers class so siblings can work side by side. Master Jan DeAngelis is an Agent for the Security Alliance Kid's Safe Network

Tues: 6-6:45 pm

1 Class Per Week (4 classes/session)

Res. \$35 Non Res. \$40

KARATE TIGERS Ages 5 – 7

Children will learn child safety & life skills, self-defense, and beginning traditional martial art skills, along with concentration, coordination and group skills in this ongoing class. Class runs during Lil Dragons class so siblings can work side by side

Tues: 6-6:45 pm

1 Class Per Week

(4 classes/session)

Res \$35 Non-Res \$40



KARATE ADVANCED TIGERS

Ages 5 – 7

This class is for our younger students who are ready for kata, sparring, one steps, tournament skills, and more. Our advanced tigers will work side by side with the Dragons class. Please discuss your enrollment into the Advanced Tigers class with your instructor prior to enrollment. This class will follow the Karate Dragons schedule and children may participate for the entire Dragons class if they wish (7-8:30 pm).

Tues. 7-7:45 pm

Thurs. 7-7:45 pm

1 Class Per Week (4 classes/session)

Res \$37 Non-Res \$42

2 Classes Per Week (8 classes/session)

Res \$50 Non-Res \$55

KARATE DRAGONS Ages 8+ Adult

Families are welcome. Classes consist of traditional martial arts, Moo Duk Kwan Tang Soo Do, sparring, one-steps, kata, self defense, endurance & strength training. DAMA provides a full martial arts curriculum. DAMA was awarded The School of the Year 2011 by the WKU Hall of Honor, 2013 Excellence in Teaching, 2014, 15, 16 Promotion of the Martial Arts Award from the Action Martial Arts Magazine Hall of Fame.

Tues. and or Thurs. 7-8:30 pm

1 Class Per Week

(4 classes/session)

Res \$38 Non-Res \$40

* Jr. Black Belt \$25

2 Classes Per Week

(8 classes/session)

(4 week session) Fall Schedule 2016-2017

Tues:

Sept. 6-27

Oct. 4-25

Nov. 1-29 (no class Nov.8 no make up)

Dec. 6-27

Jan. 3-24

Jan. 31-Feb. 21 (no class Feb. 28)

Calendar is subject to change

March 7-28

April 4-25

Thurs:

Aug. 4-25

Sept. 8-29 (no class on the 1st)

Oct. 6-27 (NO class 6th make up TBA)

Thurs.

Nov. 3-Dec. 1 (No class Nov. 24)

Dec. 8-29

Jan. 5-26

Feb. 2-23

March 9-30

April 6-27

Register for the session by the first day of the session

(you will need to add \$5 for late registration after the week of the session)

For more info call 717-612-2595

Email us at damamartialarts@aol.com

<http://www.damamartialarts.com>