

West Hanover Parks & Recreation Martial Arts Classes Location: 628 Walnut Ave. Harrisburg PA. 17112
717-724-0083, **DeAngelis Martial Arts Ongoing Youth Through Adult Karate Classes**

For More info 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. Ms. Ximena Grant and Sensei Ellen Wargo will be instructing this fun filled class.

Tues. 6-6:45PM

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. Master Jan and Master Bob believe that children learn best while having fun.

Tues: 6-6:45 pm

1 Class Per Week (4 classes/session)

Res \$35 Non-Res \$40

Tues. Sessions:

May 2 -23
No Class on May 30 No Make up
June 6 -27
No Class July 4th
July 11-Aug. 1
Aug. 8 -29
Sept. 5-26
Oct. 3 -24 (Class will march in Hershey Parade Oct. 17)
No class Oct. 31 No make up
Nov. 7-28
Dec. 5-26
Jan 2-23



KARATE DRAGONS



Ages 8+ Adult

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

Tues. 7-8:30 pm &
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)
Res \$54.50 Non-Res \$57.50



Sensei Todd Ebersole & Sensei Joe Degroot Instructing

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.

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



Thurs. Sessions

May 4-25
No Class June 1
June 8-29
No Class July 6
July 13-Aug 3
Aug. 10-Aug. 31
Sept. 7-28
Oct. 5-29
Nov. 2-30 (No class 23 No Make-up)

