

Ongoing class dates (subject to change)

Wed. Session Dates:

Feb. 7-28
March 7-April 4 (No class March 28)
April 11-May 2
May 9-May 30 (no class May 30 make up on alt day)
June 6-June 27 (No class June 6make up alt day)
(No class on July4)
July 11-Aug. 1
Aug 8-Aug. 29
Sept. 5-26
Oct. 3-24
Oct. 31-Nov. 28 (no class Nov. 21 no make up)
Dec. 5-Jan. 2 (no class Dec. 26)

Fri . Session Dates:

Feb. 9-March 2
March 9-April 6 (no class March 30 no make up) (no class March 23 make up alt day)
April 13-May 4
April 13-May 4
May 11-June 1
June 8-June 29
(no class July 6)
July 13-Aug. 3
Aug. 10-Aug. 31
Sept.7-28
Oct. 5-26
Nov. 2-30 (no class Nov. 23)
Dec. 7-Jan. 4 2019 (no class Dec. 28)
(Holiday Party Dec. 21 please make up on alt. day)

Sun. Session Dates:

Feb. 11-March 4
March 11-April 8(No class April 1 no make up)
April 15-May 6 (no class May 6 make up on alt day)
May 13-June 3
June 10-July 1
(No class July 8)
July 15-Aug. 5
Aug. 12-Sept. 2
Sept.9-30
Oct. 7-28 (Oct. 28 th Halloween work out)
Nov.4-Dec. 2 (no class Nov. 25)



Family Karate Time

Children 5-9 yrs.) with Adult
\$35 dollars per parent,
\$35 per child(1 adult per child)
All participants must be enrolled all adults must be enrolled
Thurs: 5:30-6:15 pm (Thurs. Only)
(1 class per week 4 classes/ session)
Location: Hershey Recreation Center 605 Cocoa Ave.
Hershey Pa. 17033

Spring session:

Session 1: April 5, 12, 19, 26

Session2:m May 3, 10, 24,31

Parent and child can start a life long journey through the martial arts together! We will work on balance, concentration, coordination & martial arts skills. We will go over simple self defense skills for children and adults as well. This is a workout for both child and adult. Please wear workout clothing and bring a water bottle.

KICKBOXING CLASS

Ages 8+

Great Workout!!
Our class curriculum consists of strength and endurance training, Battling Ropes, weights, Kettle Bells, along with kick-boxing drills, hand drills, and more.

Friday 8-8:45 pm
1 Class Per Week
(4 classes/session)
\$15 per person



**DeAngelis Martial Arts
2018 Schedule**



Kickboxing 8-Adult

Lil Dragons Karate 3-4yrs.

Karate Tigers 5-7 yrs. Lv 1 &2

Advanced Tigers 5-7 yrs.

Karate Dragons 8-Adult

Martial Arts Weapons Class

Family Time Karate

2018 Martial Arts in the Ballpark

June 2, 2018

2018 Battle in Hershey Open

Martial Arts Tournament

Nov. 10, 2018



<http://www.damamartialarts.com>

For more info: 717-612-2595 DeAngelis MA

To sign up call: 717-533-7138 Hershey Rec.

LIL DRAGONS (ongoing class)

Beginners Welcome!

LIL DRAGONS Ages 3 – 5 Children will learn martial arts in this ongoing class; parents must stay but do not need to participate. This class is for children who are ready to go at it alone in a class setting. Parents will be close by for support if needed. Children will learn many martial arts skills in this fun filled setting.

Sensei Jan DeAngelis is an Agent for the Security Alliance Kid's Safe Network.

Wednesdays 5:30 – 6:15 pm

Friday 5:30-6:15 pm

Sun 3:30-4:15 pm

Deadline to Sign-up is the first class of t
Once a week (4 class session)

Mem \$30 Res \$35 Non-Res \$40

Hershey Recreation Center Gym



KARATE TIGERS LV 1 (ongoing Class)

Beginners Welcome!!

KARATE TIGERS Ages 5 – 7 These classes consist of child safety instruction, self-defense, and traditional martial arts, along with fun non-traditional training methods. Jan and Bob believe that children learn best while having fun. Deadline to sign up is the first class of the session. No exceptions.

Wednesdays 5:30 – 6:15 pm

Friday 5:30-6:15 pm

Sundays 3:30-4:15

1 Class Per Week (4 classes/session)

Mem \$30 Res \$35 Non-Res \$40

2 Classes Per Week (8 classes/session)

*3 Classes Per Week

Mem \$45 Res \$50 Non-Res \$55

Hershey Recreation Center Gym

Please do not purchase a uniform before the first class.



KARATE TIGERS Ages 5 – 7

(Level 2) Ongoing Class

This class is for students who have achieved their belts from yellow belt white stripe on up & are not ready for Advanced Tigers. You must contact the head instructor to enroll in this class.

Sundays Only 4:15 – 5:00 pm

1 Class Per Week (4 classes/session)

Mem \$30 Res \$35 Non-Res \$40



KARATE ADVANCED TIGERS

(Ongoing Class) Beginners Welcome!!

Ages 5–7

The next step after Lv 2 Karate Tigers class. This class will be a half hour less than the Dragons class, but will be filled with advanced skills for your young martial artist. Instructors approval is required. This class will follow the Karate Dragons schedule and children may participate for the entire Dragons class if they wish.

Wednesdays 6:15–7:30 pm,

Fridays 6:15–7:30 pm

Sundays 5:00–6:15 pm

1 Class Per Week (4 classes/session)

Mem \$32 Res \$37 Non-Res \$42

2 Classes Per Week (8 classes/session)

*3 Classes Per Week

Mem \$45 Res \$50 Non-Res \$55



***3 Classes per week: Sign up for two classes a week and you may go to Weds, Fri and Sun classes for no extra fee. However if we have a cancellation and you only can go 2 days a week there is no refund or makeup for the missed 3rd class.**

KARATE DRAGONS (Ongoing class)

Beginners and Families Welcome!!

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 Promotion of the Martial Arts, 2015 Golden Lifetime Achievement, 2015, Good Will Ambassador Award from the Action Martial Arts Magazine. Hall of Honor**

Wednesdays 6:15-8:00 pm

Fridays 6:15-8:00 pm

Sundays 5:00-6:45 pm

1 Class Per Week

(4 classes/session)

Mem \$35 Res \$38 Non-Res \$40

* Jr. Black Belt \$25

2 Classes Per Week

(8 classes/session)

*3 Classes Per Week

Mem \$50 Res \$54.50 Non-Res \$57.50

Hershey Recreation Center Gym



Weapons Training once a week follows

Dragon schedule \$15 current Dragon's

Students Weds: 8-8:45pm, Fri: 8-8:45,

Sun: 6:45-7:30