



KARATE



West Hanover Parks & Recreation Martial Arts Classes Location: 628 Walnut Ave. Harrisburg PA. 17112
717-612-2595 email: damamartialarts@aol.com **DeAngelis Martial Arts Ongoing Classes Youth +Adult**

Lil Dragons Ages 3-4

This class is for children who are ready to go it alone.

Children will learn coordination, balance, concentration, & life skills along with beginning martial arts skills in this ongoing class.

Parents must stay but do not need to participate unless the student needs some extra support.

Sensei Ximena Grant will be instructing

Tues: 6-6:45 pm / Thurs: 6-6:45pm



NEW Class Coming in February 2019 Sunday 4-4:45

1 Class Per Week (4 classes/session) Res \$35 Non-Res \$40

2 Classes Per Week (8 classes/session) Res \$50 Non-Res \$55

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.

Tues: 6-6:45 pm / Thurs: 6-6:45pm

NEW Class Coming in February 2019 Sunday 4-4:45

1 Class Per Week (4 classes/session) Res \$35 Non-Res \$40

2 Classes Per Week (8 classes/session) Res \$50 Non-Res \$55

Starting In February

Starting in February 3rd Class Free for ongoing Karate Classes: IF you pay for 2 classes you can attend 3 classes as long as we are holding the class. If the 3rd class is not held for any reason there is no makeup or refund.

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.

Instructor must ok enrollment.

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

1 Class Per Week (4 classes/session) Res \$35 Non-Res \$40

2 Classes Per Week (8 classes/session) Res \$50 Non-Res \$55

Sunday starting in Feb. 5-6:30PM



Karate Dragons Class Ages 8+

Families 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 Honors, 2013 Excellence in Teaching, 2014 Promotion of the Martial Arts 2015, 2016, 2017 Award from the Action Martial Arts Magazine Hall of Fame.

Tues. 7-8:30 pm /Thurs. 7-8:30 pm

Sun. 5-6:30pm (Starting in February)

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



Ongoing Schedule Any Class Makeups due to weather and cancelations will be announced by Class Instructors

New Students PLEASE call 717-612-2595 before enrolling if possible. Thank you!

Tues: Oct. 30-Nov. 20 / Nov. 27-Dec. 18 / *No Class Dec. 25 –27 and No class Jan 1-3 Jan. 8-29 / Feb. 5-26 / March 5-26 / April 2-30 (No class on April 16) / May 7-28*

Thurs: Thurs: Nov.1-Nov. 15 (Oct. 25th class canceled due to Trick or Treat make up next Tues.) (*No class Nov. 22 Instructors will announce make up*) / Nov. 29-Dec. 20 (*No class Dec. 27 & Jan 3*) Jan. 10-31Feb. 7-28 / March 7-28 / April 4-May 2 (*No Class on April 18*) / May 9-30

New in February Sunday: Feb, 10-March 3 / March 10-31 / April 7-May 5 (No class on April 21) / May 12-June 2