

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 3-5

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. 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: 6-6:45 pm

NEW Class Thurs. 6-6:45 PM

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 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

NEW Class Thurs. 6-6:45 PM

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Res \$35 Non-Res \$40

2 Classes Per Week (8 classes/session)

Res \$50 Non-Res \$55



Come Join the Fun!!!

Karate Dragons Class Ages 8+

Family Time Karate

Ages 6-7 must enroll with an Adult



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

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.

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



Tues. Sessions:

Classes are ongoing

Tues:

Feb. 27– March 20

No Classes March 27 & 29

April 3-24

May 1-22

May 29-June 19

June 26-July 24

July 31-Aug. 21

Fall Classes TBA

Thurs. Sessions

Classes are ongoing

Thurs:

March 1-22

No Classes March 27 & 29

April 5-26

May 3-24

May 31-June 21

June 28-July 26

Aug. 2-Aug. 23

Fall Classes TBA