

**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, group & life skills along with beginning martial arts skills in this fun filled 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**

**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.

**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**



**HOW TO ENROLL:** You can come to visit a class already in session Or wait to sign up the 1st day of the session. Please contact us for info on the class. 717-612-2595 Please leave a msg. and let us know you want the West Hanover DAMA Info. Please bring a water bottle and wear sweat pants and a t-shirt to start. PLEASE do not purchase a uniform before you sign up. You can email us at damamartialarts@aol.com

**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

**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**



**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 \$35 Non-Res \$40**

**2 Classes Per Week (8 classes/session)**

**Res \$50 Non-Res \$55**



**Tues. Sessions:**

Classes are ongoing

**Tues:**

**July 31-Aug. 21 (No class Aug. 7th Instructor will inform you of makeup times)**

**Aug. 28th –Sept. 18**

**Sept. 25-Oct. 23 (No class Oct. 16th no makeup)**

**Oct. 30-Nov. 20**

**Nov. 27-Dec. 18**

**No Class Dec. 25 and No class Jan 1 Jan. 8-29**

**Thurs. Sessions**

Classes are ongoing

**Thurs:**

**Aug. 2-Aug. 23**

**Aug. 30-Sept. 20**

**Sept. 27-Oct. 18**

**Oct. 25-Nov. 15**

**No class Nov. 22 No Makeup**

**Nov. 29-Dec. 20**

**No class Dec. 27 & Jan 3**

**Jan. 10-31**