

Ongoing Classes for Spring 2019

All Year Long!!

KARATE

For More Info Call

DeAngelis Martial Arts 717-612-2595

West Hanover Parks and Recreation

628 Walnut Ave. Harrisburg PA.

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. Class runs during Karate Tigers class. Master Jan DeAngelis is an Agent for the Security Alliance Kid's Safe Network.

Tues: 6:00-6:45 pm

Thurs: 6-6:45 pm

NEW Class Coming in February 2019

Sunday 4-4:45 (Starting in February)

1 Class Per Week (4 classes/session)

Price: \$40

2 Classes Per Week (8 classes/session)

Price: \$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. **Tues:** 6-6:45 pm

Thurs: 6-6:45PM

NEW Class Coming in February 2019

Sunday 4-4:45 (Starting in February)

1 Class Per Week (4 classes/session)

Price: \$40

2 Classes Per Week (8 classes/session)

Price: \$55



Tues:

March 5-26

April 2-30 (No class on April 16)

May 7-28

Thurs:

March 7-28

April 4-May 2 (No Class on April 18)

May 9-30

Sunday:

March 10-31

April 7-May 5

(No class on April 21)

May 12-June 2

DRAGONS Class Ages 8- Adult &

Advanced Tigers Class Ages 5-7

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 Honors, 2013 Excellence in Teaching, 2014, 2015, 2016, 2017, 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

NEW Class Coming in February 2019

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

1 Class Per Week

(4 classes/session)

Price: \$45

2 Classes Per Week

(8 classes/session)

Price: \$60

* Jr. Black Belt \$25



Martial Arts WEAPONS TRAINING New in Feb.

Ages 8+

FOR CURRENT STUDENTS ONLY. Use this class to learn a new weapon or hone in on your weapons skills for kata, tournament or just for fun. This class follows Dragons Class.

Price: \$25

(once a wk /4 wk session)

Follows Dragon Schedule Sun, 6:30-7:15