

Ongoing Classes for  
 Fall /Winter 2019-2020  
**We are KICKING all year long!**  
**Dates subject to change.**

# KARATE

For More Info & New Students 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

**Sun.** 4-4:45 pm

**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

**Sun.** 4-4:45 pm

**1 Class** Per Week (4 classes/session)

Price: \$40

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

Price: \$55



### Tues:

July 9-30 (No class July 2)

Aug 13-27 (No class Aug. 6 Make up Alt. day) National Night Out

Sept. 3-24

Oct. 1-22

Oct. 29-Nov. 19

Nov. 26-Dec. 17

Jan. 7-28

### Thurs:

July 11-Aug. 1 (No class July 4)

Aug 8-29

Sept. 5-26

Oct. 3-24

Oct. 31-Nov. 21

Dec. 5-19th (Make up alt Day no class

Nov. 28)

Jan. 9-30

### Sunday:

July 14-Aug. 4 (No class July 21)

Aug. 11-Sept. 1

Sept. 8-29

Oct. 6-27

Nov. 3-24

Dec. 1-22

Jan 12– Feb. 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

**Sun.** 5-6:30pm

**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 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