

Ongoing Classes for
2022 Winter Spring Summer Fall
Dates & prices subject to change.

KARATE

West Hanover Parks and Recreation
628 Walnut Ave. Harrisburg PA.
For More Info & New Students
Call DeAngelis Martial Arts
717-612-2595 or email us at
damamartialarts@aol.com

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.

Thurs. 6:30-7:00 pm

1 Class Per Week (4 classes/session)

New Price \$45



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. 7-8:15 pm / **Thurs.** 7-8:15 pm

1 Class Per Week (4 classes/session)

New Price \$50

2 Class Per Week (8 classes / Session)

New Price \$65

* Jr. Black Belt \$25



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.

Thurs. 6:30-7:00 pm

1 Class Per Week (4 classes per session)

New Price \$45

Session Schedules 2022

Tues:

Jan. 4-25

Feb. 1-22

March 1-22

March 29-April 26 (No class April 12)

May 3-May 24

May 31-June 21

June 28-July 26 (No class on July 5)

Aug 9-Aug 30 (No class Aug 2)

Aug 2n is National Night Out

Sept. 6-27

Oct. 4-25

Nov 1-29 (No class 22)

Dec. 6-27

Thurs:

Jan. 6-27

Feb. 3-24

March 3-24

March 31-April 28 (No class April 14)

May 5-26

June 2-23

June 30-July 28 (No class July 7)

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

Sept. 8-Sept. 29

Oct. 6-Oct. 27

Nov 3-Dec. 1 (No class Nov 24)

Dec. 8-Dec. 29

Session Dates are subject to change. If the state declares a shut down, we will hold zoom classes. Please follow state regulations and CDC guidelines when possible.