

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.

**Tues: 5:45-6:15 pm (Starting in Sept)**

**Thurs. 6:30-7:00 pm**

**1 Class Per Week (4 classes/ session) Price \$45**

**2 Classes Per week Per 4 wk Session \$55**



## 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.

**Tues: 5:45-6:15 pm (Starting in Sept)**

**Thurs. 6:30-7:00 pm**

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

**Price \$45 / 2 Classes Per week Per 4 wk Session \$55**

### **Weapons class**

will follow Tues. Tigers.

6:30-7pm Class is for Dragons and Adv. Tigers only. \$15 per 4 week session

**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**

### Session Schedules 2022

#### Tues:

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

Classes are ongoing. Jan schedule TBA

#### Thurs:

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

Classes are ongoing. Jan schedule TBA