

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



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

Thurs. 6:30-7:00 pm

Sun. 4-4:30 pm (Starts Jan)

1 Class Per Week (4 classes/session)

Price \$45

2 Classes (Per 4 wk Session) \$55

3 Classes (Per week Per 4 wk Session \$65 (Starts January)



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, Pro-motion of the Martial Arts Award from the Action Martial, Arts Magazine Hall of Fame.

Tues. 7-8:15 pm / **Thurs.** 7-8:15 pm / Sun. 4:45-6pm

1 Class Per Week (4 wk/session) Price \$50

2 Class Per Week (4 wk / Session) Price \$65

3 Class per week (4 wk / Session) Price \$80

Sunday classes starts in Jan

* 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

Sun. 4-4:30 (Starts Jan)

1 Class Per Week (4 classes per session)

New Price \$45

2 Classes Per eek Per 4 wk Session \$55

3 Classes Per wk. Per 4 wk session \$65

Sunday Class starts Jan.

Weapons class

will follow Tues. Tigers.

6:30-7pm Class is for Dragons and

Adv. Tigers only. \$15 per 4 week

session

Session Schedules 2022 –2023

Tues:

Nov 1-29 (No class 22)

Dec. 6-27

Jan. 3-24

Jan. 31-Feb. 21

Feb. 28-March 21

March 28-April 25 (No class 4th)

May 2-30

No class May 23rd

June 6-27

July 11-AUG.1

Aug. 8-29

Thurs:

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

Dec. 8-Dec. 29

Jan. 5-26

Feb.2-Feb. 23

March 2-23

March 30-27 (No class April 6)

May 4-June 1 (No class May 25)

June 8-29

July 13-Aug. 3 (No Class July 6)

Aug. 10-31

Sun:

New

Jan:8-29

Feb:5-26

March 5-26

April 2-30(no class 9)

May 7-June 4 (No class May 28)

June 11-July 9 (No class July 2)

July 16-Aug. 6

AUG. 13- tba