

Ongoing Classes for  
 2024 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: 6:00-6:30 pm**

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

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

**2 Classes** (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 wk/session) Price \$50

2 Class Per Week (4 wk / Session) 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: 6:00-6:30 pm

Thurs. 6:30-7:00 pm

**1 Class** Per Wk. (4 classes per session) \$45

**2 Classes** Per Wk. Per 4 wk Session \$55

### **Weapons class**

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

### Session Schedules 2024

#### **Tues:**

Sept. 10-Oct. 1  
 Oct. 8-Nov. 5 (No class Oct. 29)

Nov. 12-Dec. 10 (No class Nov 26)

**Class will resume Jan. 14th**

Dates Subject to Change

#### **Thurs:**

Sept. 12-Oct. 3  
 Oct. 10-Nov. 7 (No class Oct. 24 / No Class Oct. 31)

Make up on Tues. class in Oct. Session ( no class on Tues. Oct. 29th)

Nov. 14-Dec. 12 (No class Nov, 28)  
**Class will resume Jan. 16th**

Dates Subject to Change