

Ongoing Classes for  
2025 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

### 2025 Session Schedule

#### Tues

Nov. 12-Dec. 10

(No class Nov. 26)

No classes Dec. 17, 24, 31 Jan 7

Classes will resume Jan. 14, 2025

Jan. 14 - Feb. 4

Feb. 11-March 4

March 11-April 1

April 8-May 6 (No Class April 15)

May 13-June 3

June 10-July 1

(No classes July 8, 15)

July 22-Aug. 12

Aug. 19 -Sept. 9

Sept. 16-Oct. 7

Oct. 14-Nov. 4

Nov. 11-Dec. 9 (no class Nov 25)

(No class Dec. 16, 23, 30)

#### Thurs:

Nov. 14-Dec. 12 (No Class Nov. 28)

No classes 19, 26, Jan 2, 9

Classes will resume Jan 16, 2025

Jan. 16-Feb. 6

Feb. 13-March 6

March 13-April 3

April 10-May 8 (No Class April 17)

May 15-June 5

June 12-July 3

(No classes July 10, 17)

July 24- Aug. 14

Aug. 21-Sept. 11

Sept. 18-Oct. 9

Oct. 16-Nov. 6

Nov. 13-Dec. 11 (No class Nov 27)

(No Class Dec. 18, 25, Jan. 1)