

KARATE

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.

Sun 4-4:30 PM

1 Class Per Week (4 classes/session)

Price: \$45



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. Is an ongoing class.

Sun 4-4:30 PM

1 Class Per Week (4 classes/session)

Price: \$45

Trinity UCC Palmyra

40 W Pine St, Palmyra, PA 17078

For More Info & New Students

Call DeAngelis Martial Arts

717-612-2595 or email us at

damamartialarts@aol.com

Session Schedules 2026 DeAngelis Martial Arts Palmyra

No Class Dec. 2025 14, 21, 28

Holiday Party is Dec. 21st starting at 5pm

Jan 2026 Sessions Begins on Jan 4th

Jan 4– Feb 1 (no Class Jan 25th)

Feb. 8– March 1

March 8– March 29

No class Sunday April 5

April 12– May 3

May 10– June 7 (No class May 24)

June 14– July 12 (No Class July 5)

July 19– Aug 9

Aug 16– Sept 13 (No Class Sept. 6)

Sept 20– Oct. 11

Oct 18– Nov 15 (No Class Nov. 8)

No Classes Nov. 22 and Nov. 29

Dec. 6– Dec. 20 We will add 15 min. to class for make up

Black Belt Class

Upper Belts from Brown to Red

must request time in class.

4:45-6pm

Session Dates & price 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.