

Ongoing Classes for
2024 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: 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:

March 5-26
April 2-23
April 30-May 28 (no class May 21)
June 4-25
(no class July 2)
July 9-30
Aug. 13-Sept. 3 (no class Aug. 6th)
Sept. 10-Oct. 1
Oct. 8-Nov. 5 (No class Oct. 29)
Nov. 12-Dec. 10 (No class Nov 26)

Dates Subject to Change

Thurs:

March 7-28
April 4-25
May 2-30 (no Class on 23)
June 6-27
July 11 -Aug. 1 (No class July 4)
Aug. 8-Sept. 5 (no class Aug 29)
Sept. 12-Oct. 3
Oct. 10-Nov. 7 (No class Oct. 31)
Nov. 14-Dec. 12 (No class Nov, 28)

Dates Subject to Change