

ILLINOIS SHOTOKAN KARATE

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Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, four-time National Champion and President of the American Shotokan Karate Association. **Beginner students will not be permitted to register into the current session after the second class has met.** Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required plus the late fee.

Uniforms and belt-testing are options available through the ISKC instructor. At additional cost

PRE-KARATE (4-6 years) • Young children will develop flexibility, strength, and coordination in fun, yet disciplined, activities. This program is specifically designed for growing minds and bodies to enhance memory and agility, Watch your child's confidence blossom and their skills improve.

YOUTH/ADULT KARATE (7 years and up) • ISKC's Karate classes offers a good mix of strength training, with cardiovascular and flexibility exercises. Students increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.

Winter Session - 12 Weeks			
Tuesday Classes			
January 7 - March 25		\$174 Res./\$179 Non-Res.	
Program #	Time	Level/Color	Age
301313-02	6:00 - 7:00 p.m.	Beginner/Novice White - Orange	7 & Up
301313-03	7:00 - 8:00 p.m.	Intermediate Yellow - Purple	7 & Up
301313-04	8:00 - 9:00 p.m.	Advanced Brown - Black	7 & Up

Saturday Classes			
January 4 - March 22		\$174 Res./\$179 Non-Res.	
Program #	Time	Level/Color	Age
301313-01	9:00 - 9:55 a.m.	Beginner/Continuer Pre-Karate	4 - 6
301313-05	10:00 - 11:00 a.m.	Beginner/Novice White - Blue	7 & Up
301313-06	11:00 a.m. - Noon	Intermediate Green - Black	7 & Up

SPRING CLASSES - 10 Weeks			
Tuesday Classes			
April 1 - June 3		\$145 Res./\$150 Non-Res.	
Program #	Time	Level/Color	Age
401413-02	6:00 - 7:00 p.m.	Beginner/Novice White - Orange	7 & Up
401413-03	7:00 - 8:00 p.m.	Intermediate Yellow - Purple	7 & Up
401413-04	8:00 - 9:00 p.m.	Advanced Brown - Black	7 & Up

Saturday Classes			
April 5 - June 7		\$145 Res./\$150 Non-Res.	
Program #	Time	Level/Color	Age
401413-01	9:00 - 9:55 a.m.	Beginner/Continuer Pre-Karate	4 - 6
401413-05	10:00 - 11:00 a.m.	Beginner/Novice White - Blue	7 & Up
401413-06	11:00 a.m. - Noon	Intermediate Green - Black	7 & Up

Any registration for Tuesday classes received after 5:00 p.m. on the first day of class & registration for Saturday classes received after 5:00 p.m. on the Friday before the first class, will be charged a \$15 late fee.

These classes are an excellent way to spend quality time with your child, while conditioning muscles, developing coordination, and improving cardiovascular fitness. **Fees are per person.**

NOTE: Participants should wear loose fitting clothes to class. Through the cooperation of the Oak Lawn Park District and the Illinois Shotokan Karate Club, we are able to offer Hickory Hills residents additional classes at the Oak Lawn Park District at a resident rate. Registration for Oak Lawn classes is taken at Oak Lawn Park District, 9401 S. Oak Park Ave., Oak Lawn, IL. 708-857-2420.

Residents of Hickory Hills or Oak Lawn receive resident rate.

Classes are held at Krueger Park Recreation Center, 9100 S. 88th Ave.

