

ILLINOIS SHOTOKAN KARATE

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, four-time National Champion, U.S. National Coach, and President of the U.S. National Karate Federation. **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.**

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 KARATE (7-14 Years) • Karate classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children 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.

ADULT KARATE (15 Years & Older) • Release tension and develop total body fitness! In addition to self-defense skills, karate develops flexibility and muscle tone, all while improving core strength. From work to home, the benefits of karate can be felt in all aspects of life.

PARENT/CHILD KARATE (Children 7 & Up) • An excellent opportunity to spend quality time with your child, while conditioning muscles, developing coordination, and improving cardiovascular fitness. Please note, the Youth, Parent/Child, and Adult classes train together. **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 the pavilion: Oak Lawn Park District, 9401 S. Oak Park Ave., 708-857-2420. Residents of Hickory Hills, Oak Lawn, and/or Burbank receive resident rate. Any registration for Tuesday classes received after 5:00 p.m. on Tuesday, September 6 & registration for Saturday classes received after 5:00 p.m. on Friday, September 9 will be charged a **\$15 late fee.**

Classes are held at Krueger Park, 9100 S. 88th Avenue.

| Tuesday Classes September 6 - December 13 | | | |
|---|-------------------|-----------------------------------|--------|
| 15 Weeks of Karate \$188 Resident, \$193 Non-Resident | | | |
| Program # | Time | Level/Color | Age |
| 201213-02 | 6:00 PM - 7:00 PM | Beginner/Novice White - Orange | 7 & Up |
| 201213-03 | 7:00 PM - 8:00 PM | Intermediate Yellow - Purple | 7 & Up |
| 201213-04 | 8:00 PM - 9:00 PM | Advanced Brown - Black | 7 & Up |

| Saturday Classes September 10 - December 17 | | | |
|---|---------------------|----------------------------------|--------|
| 15 Weeks of Karate \$188 Resident, \$193 Non-Resident | | | |
| Program # | Time | Level/Color | Age |
| 201213-01 | 9:00 AM - 9:55 AM | Beginner/Continuer Pre-Karate | 4 - 6 |
| 201213-05 | 10:00 AM - 11:00 AM | Beginner/Novice White - Blue | 7 & Up |
| 201213-06 | 11:00 AM - 12:00 PM | Intermediate Green - Black | 7 & Up |

