

ILLINOIS SHOTOKAN KARATE 15

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.

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 and Oak Lawn receive resident rate.

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

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.

Tuesday Classes ~ 11 Weeks June 11 - August 20			
June 11 - August 20		\$160 Res./\$165 Non-Res.	
Program #	Time	Level/Color	Age
101113-02	6:00 p.m. - 7:00 p.m.	Beginner/Novice White-Orange	7 & Up
101113-03	7:00 p.m. - 8:00 p.m.	Intermediate Yellow-Purple	7 & Up
101113-04	8:00 p.m. - 9:00 p.m.	Advanced Brown-Black	7 & Up

Saturday Classes ~ 11 Weeks June 15 - August 24			
June 15 - August 24		\$160 Res./\$165 Non-Res.	
Program #	Time	Level/Color	Age
101113-01	9:00 a.m. - 9:55 a.m.	Beginner/Continuer Pre-Karate	4 - 6
101113-05	10:00 a.m. - 11:00 a.m.	Beginner/Novice White-Blue	7 & Up
101113-06	11:00 a.m. - 12:00 p.m.	Intermediate / Adv Green-Black	7 & Up

