

16 ILLINOIS SHOTOKAN KARATE

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.

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.

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

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.



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.

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.

www.hhparkdistrict.org

708-598-1233

Tuesday Classes ~ 11 Weeks June 16 ~ August 25			
FEE:		\$179R/ \$184NR	
Program #	Time	Level/Color	Age
101113-07	4:15-5P	Beginner/ 1st Session	4-6
101113-08	5:10-5:55	Continuer- 2+ Sessions	4-6
101113-02	6-7p	Beginner/Novice White-Orange	7+
101113-03	7-8p	Intermediate Yellow-Purple	7+
101113-04	8-9p	Advanced Brown-Black	7+

Saturday Classes ~ 11 Weeks June 13 ~ August 29 no class July 4			
FEE:		\$179R/ \$184NR	
Program #	Time	Level/Color	Age
101113-01	9-9:55a	Beginner/Continuer Pre-Karate	4-6
101113-05	10-11a	Beginner/Novice White-Blue	7+
101113-06	11a-12p	Intermediate/Adv Green-Black	7+