



## Karate

This program 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.
- Please note that the Youth, Parent/Child and Adult classes may train together.
- 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.

## WINTER

### Saturday Pre – Karate | 12 weeks | Sat Jan 7 – Sat Mar 25 | RTMS

Time	Code	Level		Age	Fee
9:05 – 9:50am	24449	Beginner	no prior exp	4 – 7	\$120/\$140
9:55 – 10:40am	24450	Continuer	1 – 2+ prior sess	4 – 7	\$120/\$140
10:45 – 11:30am	24451	Inter/Adv	3 sess & up	4 – 7	\$120/\$140

\*classes on 3/11 at Euclid

### Saturday Karate | 12 weeks | Sat Jan 7 – Sat Mar 25 | RTMS

Time	Code	Level		Age	Fee
9:15 – 10:15am	24471	Beginner	white	7 – 14	\$120 / \$140
9:05 – 10:20am	24472	Continuer	red – blue	7 – 14	\$141 / \$161
10:20 – 11:35am	24473	Novice	green – purple	7 +	\$141 / \$161
10:20 – 11:35am	24474	Intermediate	brown	7 +	\$141 / \$161
11:40am – 1:10pm	24475	Advanced	black only	7 +	\$162 / \$182

\*classes on 3/11 at Euclid

### Tuesday Karate | 11 weeks | Tues Jan 3 – Tues Mar 14

Tarkington School, 310 S. Scott Street, Wheeling

Time	Code	Level		Age	Fee
6:30 – 7:30pm	24459	Beginner	no prior exp	8 – 14	\$110/\$130
6:30 – 7:30pm	24460	Continuer	1+ prior sess	8 – 14	\$110/\$130
6:30 – 8pm	24461	Inter/Adv	yellow & up	8 – 14	\$149/\$169
8:05 – 9:05pm	24462	Beginner	white	14 +	\$110/\$130
8:05 – 9:05pm	24463	Continuer	red – blue	14 +	\$110/\$130
8:05 – 9:35pm	24464	Inter/Adv	green – black	14 +	\$149/\$169

### Wednesday Karate | 12 weeks | Wed Jan 4 – Wed Mar 22 | Mt. Prospect Park District

Time	Code	Level		Age	Fee
4:00 – 4:45pm	24452	Beginner/Continuer		4 -7	\$120/\$140
4:45 – 5:30pm	24453	Inter/Adv	instructor perm	4 -7	\$120/\$140
5:30 – 6:30pm	24454	Beg/Cont	white & red	8 – 14	\$120/\$140
6:30 – 7:30pm	24455	Novice	orange – yellow	8 – 14	\$120/\$140
6:30 – 8pm	24456	Inter/Adv	blue – black	8 – 14	\$162/\$182
8 – 9pm	24557	Beg/Cont	white – purple	14 +	\$120/\$140
8 – 9:30pm	24458	Inter/Adv	brown – black	14 +	\$162/\$182

## SPRING

### Saturday • Pre – Karate | 9 weeks | Sat Apr 8 – Sat June 10 | RTMS

Time	Code	Level	Age	Fee
9:05 – 9:50am	24483	Beginner (no prior exp)	4 – 7	\$90/\$108
9:55 – 10:40am	24484	Continuer (1 - 2+ prior sessions)	4 – 7	\$90/\$108
10:45 – 11:30am	24485	Inter/Adv (3 sessions & up)	4 – 7	\$90/\$108

\*no class on 5/27, 6/10 Location: TBD

### Saturday • Karate | 9 weeks | Sat Apr 8 – Sat June 10 | RTMS

Time	Code	Level		Age	Fee
9:15 – 10:15am	24506	Beginner	white	7 – 14	\$90/\$108
9:05 – 10:20am	24505	Continuer	red – blue	7 – 14	\$106/\$126
10:20 – 11:35am	24507	Novice	green – purple	7 +	\$106/\$126
10:20 – 11:35am	24508	Intermediate	brown	7 +	\$106/\$126
11:40a – 1:10pm	24509	Advanced	black only	7 +	\$122/\$142

\*no class on 5/27, 6/10 Location: TBD

### Tuesday Karate | 11 weeks | Tues Mar 28 – Tues June 6 | Wheeling Park District

Time	Code	Level		Age	Fee
6:30 – 7:30pm	24498	Beginner	no exp	8 – 14	\$110/\$130
6:30 – 7:30pm	24499	Continuer	1+ prior sess	8 – 14	\$110/\$130
6:30 – 8pm	24500	Inter/Adv	yellow & up	8 – 14	\$149/\$169
8:05 – 9:05pm	24501	Beginner	white	14 +	\$110/\$130
8:05 – 9:05pm	24502	Continuer	red – blue	14 +	\$110/\$130
8:05 – 9:35pm	24503	Inter/Adv	green – black	14 +	\$149/\$169

\*no class on 5/27, 6/10 Location: TBD

### Wednesday Karate | 10 weeks | Wed Apr 5 – Wed Jun 7 | Mt. Prospect Park District

Time	Code	Level		Age	Fee
4:00 – 4:45pm	24486	Beginner/ Continuer		4 -7	\$100/\$120
4:45 – 5:30pm	24487	Inter/Adv	instructor perm	4 -7	\$100/\$120
5:30 – 6:30pm	24493	Beg/Cont	white & red	8 – 14	\$100/\$120
6:30 – 7:30pm	24494	Novice	orange – yellow	8 – 14	\$100/\$120
6:30 – 8pm	24495	Inter/Adv	blue – black	8 – 14	\$135/\$155
8 – 9pm	24496	Beg/Cont	white – purple	14 +	\$100/\$120
8 – 9:30pm	24497	Inter/Adv	brown – black	14 +	\$135/\$155

