



## Martial Arts

Classes taught by certified Master Instructors! Ask about becoming a member of our national competition team! Uniforms and rank testing are available through the instructors. For more information contact: Dan Valin 847.815.0898

### TAE KWON-DO

**Beginning Students:** You will be introduced to basic skills and techniques developing a sound foundation in your Tae Kwon-Do / martial arts training for years to come! Training will be structured to your abilities and the instructors will help you fully understand the techniques, applications, and theory behind Tae Kwon-Do!

**Intermediate Students:** You will be instructed on higher level techniques, advanced self-defense and sparring drills. You will be challenged to excel and develop a higher level of self-confidence and belief you can accomplish whatever you set out to do!

**Advanced Students:** Your training will help guide you to become role models, mentors, and leaders in your schools, workplace, and community. You will be rewarded through your dedication, perseverance, and hard work by seeing your self-confidence and belief in yourself grow beyond your expectations!

## WINTER SESSION

### Weiss Community Center

#### Beginner (White Belt through Green Stripe) | Age: 6-12yrs

Mondays	7:00 - 8:00pm	#25801	Jan 8 - Mar 26	\$110R/\$130N
Wednesdays	7:00 - 8:00pm	#25802	Jan 10 - Mar 28	\$110R/\$130N
Mondays & Wednesdays	7:00 - 8:00pm	#25803	Jan 8 - Mar 28	\$165R/\$185N

#### Intermediate (Green Belt through Black Belt) | Age: 6-12yrs

Mondays	8:00 - 9:15pm	#25804	Jan 8 - Mar 26	\$120R/\$140N
Wednesdays	8:00 - 9:15pm	#25805	Jan 10 - Mar 28	\$120R/\$140N
Mondays & Wednesdays	8:00 - 9:15pm	#25806	Jan 8 - Mar 28	\$175R/\$195N

#### ADULT: Beginner-Advance (White Belt through Red Stripe) | Age: 13yrs & up

Mondays	8:00 - 9:15pm	#25807	Jan 8 - Mar 26	\$120R/\$140N
Wednesdays	8:00 - 9:15pm	#25808	Jan 10 - Mar 28	\$120R/\$140N
Mondays & Wednesdays	8:00 - 9:15pm	#25809	Jan 8 - Mar 28	\$175R/\$195N

### Wheeling Park District - Community Recreation Center (CRC) 333 W. Dundee Rd, Wheeling

#### Beginner (White Belt through Green Stripe) | Age: 6-12yrs

Tuesdays	6:15 - 7:15pm	#25811	Jan 9 - Mar 27	\$110R/\$130N
Thursdays	6:15 - 7:15pm	#25814	Jan 11 - Mar 29	\$110R/\$130N
Tuesdays & Thursdays	6:15 - 7:15pm	#25813	Jan 9 - Mar 29	\$165R/\$185N

#### Intermediate (Green Belt through Black Belt) | Age: 6-12yrs

Tuesdays	7:15 - 8:30pm	#25810	Jan 9 - Mar 27	\$120R/\$140N
Thursdays	7:15 - 8:30pm	#25816	Jan 11 - Mar 29	\$120R/\$140N
Tuesdays & Thursdays	7:15 - 8:30pm	#25812	Jan 9 - Mar 29	\$175R/\$195N

#### ADULT: Beginner-Advance (White Belt through Red Stripe) | Age: 13yrs & up

Tuesdays	7:15 - 8:30pm	#25807	Jan 9 - Mar 27	\$120R/\$140N
Thursdays	7:15 - 8:30pm	#25808	Jan 11 - Mar 29	\$120R/\$140N
Tuesdays & Thursdays	7:15 - 8:30pm	#25809	Jan 9 - Mar 29	\$175R/\$195N



## SPRING SESSION

### Weiss Community Center

\*No class on Monday May 28\*

#### Beginner (White Belt through Green Stripe) | Age: 6-12yrs

Mondays	7:00 - 8:00pm	#25822	Apr 2 - June 18	\$110R/\$130N
Wednesdays	7:00 - 8:00pm	#25824	Apr 4 - June 20	\$110R/\$130N
Mondays & Wednesdays	7:00 - 8:00pm	#25827	Apr 2 - June 20	\$165R/\$185N

#### Intermediate (Green Belt through Black Belt) | Age: 6yrs-12yrs

Mondays	8:00 - 9:15pm	#25825	Apr 2 - June 18	\$120R/\$140N
Wednesdays	8:00 - 9:15pm	#25826	Apr 4 - June 20	\$120R/\$140N
Mondays & Wednesdays	8:00 - 9:15pm	#25828	Apr 2 - June 20	\$175R/\$195N

#### ADULT: Beginner-Advance (White Belt through Red Stripe) | Age: 13yrs & up

Mondays	8:00 - 9:15pm	#25829	Apr 2 - June 18	\$120R/\$140N
Wednesdays	8:00 - 9:15pm	#25830	Apr 4 - June 20	\$120R/\$140N
Mondays & Wednesdays	8:00 - 9:15pm	#25831	Apr 2 - June 20	\$175R/\$195N

### Wheeling Park District - Community Recreation Center (CRC) 333 W. Dundee Rd, Wheeling

#### Beginner (White Belt through Green Stripe) | Age: 6- 12yrs

Tuesdays	6:15 - 7:15pm	#25832	Apr 3 - June 19	\$110R/\$130N
Thursdays	6:15 - 7:15pm	#25847	Apr 5 - Jun 21	\$110R/\$130N
Tuesdays & Thursdays	6:15 - 7:15pm	#25845	Apr 3 - June 21	\$165R/\$185N

#### Intermediate (Green Belt through Black Belt) | Age: 6-12yrs

Tuesdays	7:15 - 8:30pm	#25833	Apr 3 - June 19	\$120R/\$140N
Thursdays	7:15 - 8:30pm	#25848	Apr 5 - Jun 21	\$120R/\$140N
Tuesdays & Thursdays	7:15 - 8:30pm	#25834	Apr 3 - June 21	\$175R/\$195N

#### ADULT: Beginner-Advance (White Belt through Red Stripe) | Age: 13yrs & up

Tuesdays	7:15 - 8:30pm	#25846	Apr 3 - June 19	\$120R/\$140N
Thursdays	7:15 - 8:30pm	#25849	Apr 5 - Jun 21	\$120R/\$140N
Tuesdays & Thursdays	7:15 - 8:30pm	#25850	Apr 3 - June 21	\$175R/\$195N

## Open Gym

### at the Weiss Community Center

Please bring photo ID to check out equipment.

- \$2 per person (H.S. and up) until 3 pm, M-F
- \$3 per person (H.S. and up) after 3 pm and weekends
- \$1 Fitness Club Members

After school is for Junior High and younger, but if space allows half of gym will be allowed for High School and older. Decision will be made day to day. Please call for hours and time at 847.255.1200



## KARATE

Illinois Shotokan Karate Clubs' premier karate school is taught under the instruction of John DiPasquale, a four-time National Champion, US National Coach and President of the US National Karate Federation. ISKC's karate classes help develop flexibility, strength, and coordination in fun, yet disciplined activities. This program offers a good mix of strength training, with cardiovascular and flexibility exercises. For complete details on these or other days and times, call the Karate Club at 847-359-0666 (Coop Wheeling & Mt. Prospect Ph Dists).



## WINTER SESSION

### Saturday Pre - Karate (11 weeks)

River Trails Middle School, 1000 Wolf Road, Mount Prospect

Sat Jan 13 - Sat Mar 24 (classes on 3/10 @ Euclid)

Time	Course #	Class	Age	RES FEE	NR FEE
9:05 - 9:50am	25882	Beginner (no prior exp)	4 - 7	\$116	\$136
9:55 - 10:40am	25883	Continuer (1 - 2+ prior sess)	4 - 7	\$116	\$136
10:45 - 11:30am	25884	Inter/Adv (3 sess & up)	4 - 7	\$116	\$136

### Saturday Pre - Karate (11 weeks)

River Trails Middle School, 1000 Wolf Road, Mount Prospect

Sat Jan 13 - Sat Mar 24 (classes on 3/10 @ Euclid)

Time	Course #	Class	Age	RES FEE	NR FEE
9:15 - 10:15am	25895	Beginner (white)	7 +	\$116	\$136
9:05 - 10:20am	25894	Continuer (red - blue)	7 +	\$135	\$155
10:20 - 11:35am	25896	Novice (green - purple)	7 +	\$135	\$155
10:20 - 11:35am	25897	Intermediate (brown)	7 +	\$135	\$155
11:40a - 1:10pm	25898	Advanced (black only)	7 +	\$154	\$174

### Tuesday Karate (11 weeks)

Tarkington School, 310 S. Scott Street, Wheeling

Tues Jan 9 - Tues Mar 20

Time	Course #	Class	Age	RES FEE	NR FEE
6:30 - 7:30pm	25907	Beginner (no exp)	8 - 14	\$116	\$136
6:30 - 7:30pm	25908	Continuer (1+ prior sess)	8 - 14	\$116	\$136
6:30 - 8pm	25909	Inter/Adv (yellow & up)	8 - 14	\$154	\$174
8:05 - 9:05pm	25910	Beginner (white)	14 +	\$116	\$136
8:05 - 9:05pm	25911	Continuer (red - blue)	14 +	\$116	\$136
8:05 - 9:35pm	25912	Inter/Adv (green - black)	14 +	\$154	\$174

### Wednesday Karate (12 weeks)

Mt. Prospect Park District, 1000 W. Central Road, Mount Prospect

Wed Jan 3 - Wed Mar 21

Time	Course #	Class	Age	RES FEE	NR FEE
4:00 - 4:45pm	25885	Beginner/Continuer	4 - 7	\$126	\$146
4:45 - 5:30pm	25886	Inter/Adv (instructor perm)	4 - 7	\$126	\$146
5:30 - 6:30pm	25919	Beg/Cont (white & red)	8+	\$126	\$146
6:30 - 7:30pm	25920	Intermediate (orange - green)	8+	\$126	\$146
7:30 - 9pm	25921	Advance (purple - black)	8 +	\$168	\$188

## SPRING SESSION

### Saturday Pre - Karate (9 weeks)

River Trails Middle School, 1000 Wolf Road, Mount Prospect

Sat Apr 7 - Sat June 9 (no class on 5/26; class on 6/9 @ TBD)

Time	Course #	Class	Age	RES FEE	NR FEE
9:05 - 9:50am	25887	Beginner (no prior exp)	4 - 7	\$95	\$114
9:55 - 10:40am	25888	Continuer (1 - 2+ prior sess)	4 - 7	\$95	\$114
10:45 - 11:30am	25889	Inter/Adv (3 sess & up)	4 - 7	\$95	\$114

### Saturday Pre - Karate (9 weeks)

River Trails Middle School, 1000 Wolf Road, Mount Prospect

Apr 7 - June 9 (no class on 5/26; class on 6/9 @ TBD)

Time	Course #	Class	Age	RES FEE	NR FEE
9:15 - 10:15am	25899	Beginner (white)	7 +	\$95	\$114
9:05 - 10:20am	25900	Continuer (red - blue)	7 +	\$110	\$130
10:20 - 11:35am	25901	Novice (green - purple)	7 +	\$110	\$130
10:20 - 11:35am	25902	Intermediate (brown)	7 +	\$110	\$130
11:40a - 1:10pm	25903	Advanced (black only)	7 +	\$126	\$146

### Tuesday Karate (11 weeks)

Community Recreation Center, 333 W. Dundee Rd, Wheeling

Tues Apr 3 - Tues June 12

Time	Course #	Class	Age	RES FEE	NR FEE
6:30 - 7:30pm	25913	Beginner (no exp)	8 - 14	\$116	\$136
6:30 - 7:30pm	25914	Continuer (1+ prior sess)	8 - 14	\$116	\$136
6:30 - 8pm	25915	Inter/Adv (yellow & up)	8 - 14	\$154	\$174
8:05 - 9:05pm	25916	Beginner (white)	14 +	\$116	\$136
8:05 - 9:05pm	25917	Continuer (red - blue)	14 +	\$116	\$136
8:05 - 9:35pm	25918	Inter/Adv (green - black)	14 +	\$154	\$174

### Wednesday Karate (11 weeks)

Mt. Prospect Park District, 1000 W. Central Road, Mount Prospect

Wed Apr 4 - Wed June 13

Time	Course #	Class	Age	RES FEE	NR FEE
4:00 - 4:45pm	25890	Beginner/Continuer	4 - 7	\$116	\$136
4:45 - 5:30pm	25891	Inter/Adv (instructor perm)	4 - 7	\$116	\$136
5:30 - 6:30pm	25923	Beg/Cont (white & red)	8+	\$116	\$136
6:30 - 7:30pm	25924	Intermediate (orange - yellow)	8+	\$116	\$136
7:30 - 9pm	25925	Advance (purple - black)	8 +	\$154	\$174

