

Martial Arts - Karate

LOCATIONS: River Trails Park District, 1000 Wolfe Road, Mt. Prospect
 Wheeling Park District, Community Recreation Center, 100 Community Blvd., Wheeling
 Mt. Prospect Park District, Central Community Center, 1000 W. Central Rd., Mt. Prospect

2022 Winter Karate

Wednesday Pre-Karate (12 weeks) | January 5–March 23, 2022

Central Community Center, 1000 W. Central Road, Mt. Prospect

TIME	AGE	CLASS	RES	NR
4–4:45 pm	4–7 yrs	Beginner/Continuer	\$147	\$167
4:45–5:30 pm	4–7 yrs	Intermediate /Advanced (Instructor permission)	\$147	\$167

Saturday Pre-Karate (11 weeks) | January 8– March 19, 2022

River Trails Middle School, 1000 Wolf Road, Mt. Prospect

TIME	AGE	CLASS	RES	NR
9–9:45 am	4–7 yrs	Beginner/Continuer (0–1 prior sessions)	\$135	\$155
9:55–10:40 am	4–7 yrs	Novice (2 sessions–white 2/stripes)	\$135	\$155
10:50–11:50 am	4–7 yrs	Intermediate /Advanced (Red belts + up))	\$154	\$174

Tuesday Karate (12 weeks) | January 4–March 22, 2022

Community Recreation Center, 100 Community Blvd, Wheeling

TIME	AGE	CLASS	RES	NR
6:30–7:30 pm	8–14 yrs	Beginner (No experience)	\$147	\$167
6:30–7:30 pm	8–14 yrs	Continuer (1 or more prior sessions)	\$147	\$167
6:30–8 pm	8–14 yrs	Intermediate/Advanced (Yellow Belt & up)	\$189	\$209
8:05–9:05 pm	14+ yrs	Beginner (White belts)	\$147	\$167
8:05–9:05 pm	14+ yrs	Continuer (Red–Blue Belts)	\$147	\$167
8:05–9:35 pm	14+ yrs	Intermediate/Advanced (Green–Black Belt)	\$189	\$209

Wednesday Karate (12 weeks) | January 5–March 23, 2022

Central Community Center, 1000 W. Central Road, Mt. Prospect

TIME	AGE	CLASS	RES	NR
5:30–6:30 pm	8–14 yrs	Beginner/Continuer (White & Red Belts)	\$147	\$167
6:30–7:30 pm	8–14 yrs	Intermediate (Orange–Green Belts)	\$147	\$167
7:30–9 pm	8–14 yrs	Advanced (Purple–Black Belts)	\$189	\$209
5:30–6:30 pm	14+ yrs	Beginner/Continuer (White & Red Belts)	\$147	\$167
6:30–7:30 pm	14+ yrs	Intermediate (Orange–Green Belts)	\$147	\$167
7:30–9 pm	14+ yrs	Advanced (Purple–Black Belts)	\$189	\$209

Saturday Karate (11 weeks) | January 8–March 19, 2022

River Trails Middle School, 1000 Wolf Road, Mt. Prospect

TIME	AGE	CLASS	RES	NR
9:15–10:15 am	7+ yrs	Beginner	\$135	\$155
9:15–10:15 am	7+ yrs	Continuer (Red–Blue Belts)	\$135	\$155
10:20–11:35 am	7+ yrs	Novice (Green–Purple Belts)	\$154	\$174
10:20–11:35 am	7+ yrs	Intermediate (Brown Belts)	\$154	\$174
11:40–1:10 pm	7+ yrs	Advanced (Black Belt only)	\$173	\$193

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

Our Adult classes release tension, develop total body fitness and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone, while improving core strength.

Parent/Child classes are a great way to spend quality time with your child, while conditioning muscles, developing coordination, and improving cardiovascular fitness.

- 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 for 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.

Please visit WWW.ISKC.COM for more information or call us at 847-359-0666. (Co-op Wheeling and Mt. Prospect Pk.Dists).

2022 Spring Karate

Wednesday Pre-Karate (10 weeks) | April 6 – June 8, 2022

Central Community Center, 1000 W. Central Road, Mt. Prospect

TIME	AGE	CLASS	RES	NR
4–4:45 pm	4–7 yrs	Beginner/Continuer	\$123	\$143
4:45–5:30 pm	4–7 yrs	Intermediate /Advanced (Instructor permission)	\$123	\$143

Saturday Pre-Karate (9 weeks) | April 2– June 4, 2022 (No class 5/28)

River Trails Middle School, 1000 Wolf Road, Mt. Prospect

TIME	AGE	CLASS	RES	NR
9:00–9:45 am	4–7 yrs	Beginner/Continuer (0–1 prior sessions)	\$110	\$130
9:55–10:40 am	4–7 yrs	Novice (2 sessions white w/stripes)	\$110	\$130
10:50–11:50 am	4–7 yrs	Intermediate/Advanced (Red Belts & up)	\$126	\$146

Tuesday Karate (10 weeks) | April 5 – June 7, 2022

Community Recreation Center, 100 Community Blvd, Wheeling

TIME	AGE	CLASS	RES	NR
6:30–7:30 pm	8–14 yrs	Beginner (No experience)	\$123	\$143
6:30–7:30 pm	8–14 yrs	Continuer (1 or more prior sessions)	\$123	\$143
6:30–8 pm	8–14 yrs	Intermediate/Advanced (Yellow Belt & up)	\$158	\$178
8:05–9:05 pm	14+ yrs	Beginner (White belts)	\$123	\$143
8:05–9:05 pm	14+ yrs	Continuer (Red–Blue Belts)	\$123	\$143
8:05–9:35 pm	14+ yrs	Intermediate/Advanced (Green–Black Belt)	\$158	\$178

Wednesday Karate (10 weeks) | April 6 – June 8, 2022

Central Community Center, 1000 W. Central Road, Mt. Prospect

TIME	AGE	CLASS	RES	NR
5:30–6:30 pm	8–14 yrs	Beginner/Continuer (White & Red Belts)	\$123	\$143
6:30–7:30 pm	8–14 yrs	Intermediate (Orange–Green Belts)	\$123	\$143
7:30–9 pm	8–14 yrs	Advanced (Purple–Black Belts)	\$158	\$178
5:30–6:30 pm	14+ yrs	Beginner/Continuer (White & Red Belts)	\$123	\$143
6:30–7:30 pm	14+ yrs	Intermediate (Orange–Green Belts)	\$123	\$143
7:30–9 pm	14+ yrs	Advanced (Purple–Black Belts)	\$158	\$178

Saturday Karate (9 weeks) | April 2– June 4, 2022 (No class 5/28)

River Trails Middle School, 1000 Wolf Road, Mt. Prospect

TIME	AGE	CLASS	RES	NR
9:15–10:15 am	7+ yrs	Beginner	\$110	\$130
9:15–10:15 am	7+ yrs	Continuer (Red–Blue Belts)	\$110	\$130
10:20–11:35 am	7+ yrs	Novice (Green–Purple Belts)	\$126	\$146
10:20–11:35 am	7+ yrs	Intermediate (Brown Belts)	\$126	\$146
11:40–1:10 pm	7+ yrs	Advanced (Black Belt only)	\$142	\$162