

ATHLETICS

Locations

River Trails Middle School
1000 Wolf Rd., 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

Martial Arts • Karate

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

- 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 Districts).

2023 Winter Karate

Wednesday Pre-Karate (12 weeks) | January 4–March 22

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

TIME	AGE	CLASS	RES	NR
4–4:45 pm	4–6 yrs	Beginner/Continuer	\$162	\$182
4:45–5:30 pm	4–6 yrs	Intermediate /Advanced (Instructor permission)	\$162	\$182

Saturday Pre-Karate (11 weeks) | January 7–March 18

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

TIME	AGE	CLASS	RES	NR
9–9:45 am	4–6 yrs	Beginner/Continuer	\$149	\$169
9:55–10:40 am	4–6 yrs	Continuer (2+ prior sessions)	\$149	\$169
10:50–11:50 am	4–6 yrs	Inter./Adv. (Red belt & Up)	\$168	\$188

Tuesday Karate (12 weeks) | January 3–March 21

Community Recreation Center, 100 Community Blvd, Wheeling

TIME	AGE	CLASS	RES	NR
6–7 pm	7–14 yrs	Beginner/Continuer (White Belts)	\$162	\$182
7–8 pm	7–14 yrs	Nov/Inter (Red-Green Belts)	\$162	\$182
7–8:30 pm	7–14 yrs	Advanced (Purple-Black)	\$204	\$224
6–7 pm	14+ yrs	Beginner/Continuer (White Belts)	\$162	\$182
7–8 pm	14+ yrs	Nov/Inter (Red-Green Belts)	\$162	\$182
7–8:30 pm	14+ yrs	Advanced (Purple-Black)	\$204	\$224

Wednesday Karate (12 weeks) | January 4–March 22

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

TIME	AGE	CLASS	RES	NR
5:30–6:30 pm	7–14 yrs	Beginner/Continuer (White & Red Belts)	\$162	\$182
6:30–7:30 pm	7–14 yrs	Intermediate (Orange-Green Belts)	\$162	\$182
7:30–9 pm	7–14 yrs	Advanced (Purple-Black Belts)	\$204	\$224
5:30–6:30 pm	14+ yrs	Beginner/Continuer (White & Red Belts)	\$162	\$182
6:30–7:30 pm	14+ yrs	Intermediate (Orange-Green Belts)	\$162	\$182
7:30–9 pm	14+ yrs	Advanced (Purple-Black Belts)	\$204	\$224

Saturday Karate (11 weeks) | January 7–March 18

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

TIME	AGE	CLASS	RES	NR
9–9:55 am	7+ yrs	Beginner/Continuer (White Belts)	\$149	\$169
10–10:55 am	7+ yrs	Continuer (Red-Blue Belts)	\$149	\$169
11–12 pm	7+ yrs	Novice (Green-Purple Belts)	\$149	\$169
11–12:30 pm	7+ yrs	Intermediate/Advanced (Brown-Black Belts)	\$187	\$207

ATHLETICS



2023 Spring Karate

Wednesday Pre-Karate (10 weeks) | April 5–June 7

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

TIME	AGE	CLASS	RES	NR
4–4:45 pm	4–6 yrs	Beginner/Continuer	\$135	\$155
4:45–5:30 pm	4–6 yrs	Intermediate /Advanced (Instructor permission)	\$135	\$155

Saturday Pre-Karate (9 weeks) | April 1–June 3

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

TIME	AGE	CLASS	RES	NR
9–9:45 am	4–6 yrs	Beginner/Continuer	\$122	\$142
9:55–10:40 am	4–6 yrs	Continuer (2+ prior sessions)	\$122	\$142
10:50–11:50 am	4–6 yrs	Inter./Adv. (Red Belt & Up)	\$137	\$157

Tuesday Karate (10 weeks) | April 4 – June 6, 2023

Community Recreation Center, 100 Community Blvd, Wheeling

TIME	AGE	CLASS	RES	NR
6–7 pm	7–14 yrs	Beginner/Continuer (White Belts)	\$135	\$155
7–8 pm	7–14 yrs	Nov/Inter (Red-Green Belts)	\$135	\$155
7–8:30 pm	7–14 yrs	Advanced (Purple-Black)	\$170	\$190
6–7 pm	14+ yrs	Beginner/Continuer (White Belts)	\$135	\$155
7–8 pm	14+ yrs	Nov/Inter (Red-Green Belts)	\$136	\$155
7–8:30 pm	14+ yrs	Advanced (Purple-Black)	\$170	\$190

Wednesday Karate (10 weeks) | April 5–June 7

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

TIME	AGE	CLASS	RES	NR
5:30–6:30 pm	7–14 yrs	Beginner/Continuer (White & Red Belts)	\$135	\$155
6:30–7:30 pm	7–14 yrs	Intermediate (Orange–Green Belts)	\$135	\$155
7:30–9 pm	7–14 yrs	Advanced (Purple–Black Belts)	\$170	\$190
5:30–6:30 pm	14+ yrs	Beginner/Continuer (White & Red Belts)	\$135	\$155
6:30–7:30 pm	14+ yrs	Intermediate (Orange–Green Belts)	\$135	\$155
7:30–9 pm	14+ yrs	Advanced (Purple–Black Belts)	\$170	\$190

Saturday Karate (9 weeks) | April 1–June 3

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

TIME	AGE	CLASS	RES	NR
9–9:55 am	7+ yrs	Beginner/Continuer (White Belts)	\$122	\$142
10–10:55 am	7+ yrs	Continuer (Red–Blue Belts)	\$122	\$142
11–12 pm	7+ yrs	Novice (Green–Purple Belts)	\$122	\$142
11–12:30 pm	7+ yrs	Intermediate/Advanced (Brown–Black Belts)	\$153	\$173