

## Pre-Karate (Ages 4-7 yrs.)

Through a variety of fun and creative activities, young children will develop coordination, strength and personal safety skills in a well supervised setting. This program will give your child the lead she/he needs in developing memory and agility skills necessary to be successful in school. All classes, except advanced, are 45 minutes in length. Advanced classes are 55 minutes.

Code #	Level	Day	Dates	Time	Fee	Location	Pre-Requisite
12-3359	Beg.	Wed.	1/4-3/21	4-4:45pm	\$109	Birchwood	No Exp.
12-3360	Cont./Nov.	Wed.	1/4-3/21	4-4:45pm	\$109	Birchwood	1 Prior Session
12-3361	Beg./Cont.	Fri.	1/6-3/23	4:30-5:15pm	\$109	Heritage Park	No Exp.
12-3362	Int.	Fri.	1/6-3/23	5:20-6:05pm	\$109	Heritage Park	Inst. Perm.
12-3363	Beg./Cont.	Sat.	1/7-3/17	9-9:45pm	\$100	ISKC Dojo	White Belts
13-3559	Beg.	Wed.	4/4-6/6	4-4:45pm	\$92	Birchwood	No Exp.
13-3560	Con./Nov.	Wed.	4/4-6/6	4-4:45pm	\$92	Birchwood	1 Prior Session
13-3561	Beg./Cont.	Fri.	4/6-6/15	4:30-5:15pm	\$100	Heritage Park	No Exp.
13-3562	Int.	Fri.	4/6-6/15	5:20-6:05pm	\$100	Heritage Park	Inst. Perm.
13-3563	Beg./Cont.	Sat.	4/7-6/9	9-9:45am	\$92	ISKC Dojo	White Belts

### Location Addresses:

Birchwood - Palatine Park District, 435 W. Illinois, Palatine  
 Frontier Park - Arlington Heights PD, 1933 N. Kennicott, AH  
 Heritage Park - Arlington Heights PD, 506 W. Victoria Lane, AH  
 ISKC - Illinois Shotokan Karate Club, 327 N. Eric Drive, Palatine

## Youth Karate

Karate skills put children in touch with their bodies and help build coordination, agility, strength and poise. Confidence gained through karate helps foster a strong positive self-image, self-confidence, control and discipline.

Code #	Level	Ages	Day	Dates	Time	Fees	Location	Pre-Requisite
12-3364	Beg./Cont.	8-14	Wed.	1/4-3/21	5-6pm	\$109	Birchwood	White-Red Belts
12-3312	Int./Adv.	6-14	Wed.	1/4-3/21	5-6pm	\$109	Birchwood	Orange & Up
12-3313	Beg./Cont.	7-14	Sat.	1/7-3/17	10-11am	\$100	ISKC Dojo	White Belts
12-3314	Novice	7-14	Sat.	1/7-3/17	11:10-12:10pm	\$100	ISKC Dojo	White w/Stripes & Orange
12-3315	Int.	7-14	Sat.	1/7-3/17	12:20-1:20pm	\$100	ISKC Dojo	Yellow-Green Belts
12-3316	Adv.	7-14	Sat.	1/7-3/17	1:30-2:30pm	\$100	ISKC Dojo	Purple-Black Belts
12-3317	Beg./Cont.	7-14	Tue.	1/3-3/20	4-5pm	\$109	Birchwood	White Belts
12-3318	Novice	7-14	Tue.	1/3-3/20	5-6pm	\$109	Birchwood	Red-Blue Belts
12-3329	Int.	7-14	Tue.	1/3-3/20	5-6pm	\$109	Birchwood	Green-Purple Belts
12-3320	Adv.	7-17	Tue.	1/3-3/20	6:30-7:45pm	\$131	ISKC Dojo	Brown-Black Belts
12-3321	Beg./Nov.	7-14	Fri.	1/6-3/23	6:10-7:05pm	\$109	Her. Park	White-Orange Belts
12-3322	Int.	7-14	Fri.	1/6-3/23	7:05-8pm	\$109	Her. Park	Yellow-Green Belts
12-3323	Adv.	7-14	Fri.	1/6-3/23	8:05-9pm	\$109	Her. Park	Purple & Up
13-3564	Beg./Cont.	8-14	Wed.	4/4-6/6	5-6pm	\$92	Birchwood	White-Red Belts
13-3512	Int./Adv.	6-14	Wed.	4/4-6/6	5-6pm	\$92	Birchwood	Orange & Up
13-3513	Beg./Cont.	7-14	Sat.	4/7-6/9	10-11am	\$92	ISKC Dojo	White Belts
13-3514	Novice	7-14	Sat.	4/7-6/9	11:10-12:10pm	\$92	ISKC Dojo	White w/Stripes & Orange
13-3515	Int.	7-14	Sat.	4/7-6/9	12:20-1:20pm	\$92	ISKC Dojo	Yellow-Green Belts
13-3516	Adv.	7-14	Sat.	4/7-6/9	1:30-2:30pm	\$92	ISKC Dojo	Purple-Black Belts
13-3517	Beg./Cont.	7-14	Tue.	4/3-6/5	4-5pm	\$92	Birchwood	White Belts
13-3518	Novice	7-14	Tue.	4/3-6/5	5-6pm	\$92	Birchwood	Red-Blue Belts
13-3529	Int.	7-14	Tue.	4/3-6/5	5-6pm	\$92	Birchwood	Green-Purple Belts
13-3520	Adv.	7-17	Tue.	4/3-6/5	6:30-7:45pm	\$109	ISKC Dojo	Brown-Black Belts
13-3521	Beg./Nov.	7-14	Fri.	4/6-6/15	6:10-7:05pm	\$100	Her. Park	White-Orange Belts
13-3522	Int.	7-14	Fri.	4/6-6/15	7:05-8pm	\$100	Her. Park	Yellow-Green Belts
13-3523	Adv.	7-14	Fri.	4/6-6/15	8:05-9pm	\$100	Her. Park	Purple & Up



## Parent/Child Karate (Fee is per person) (Ages 7+)

This program offers an excellent opportunity to share quality time with your child while both of you are developing muscle tone, coordination, cardiovascular fitness and karate skills.

Code #	Level	Day	Dates	Time	Fees	Location	Pre-Requisite
12-3324	Beg./Cont.	Thu.	1/5-3/22	4-4:55pm	\$109	Frontier Pk	No Exp. +
12-3325	Novice	Thu.	1/5-3/22	5-5:55pm	\$109	Frontier Pk	Orange-Blue Belts
12-3326	Int./Adv.	Thu.	1/5-3/22	6-7:25pm	\$147	Frontier Pk	Green-Black Belts
12-3327	Beg./Cont.	Sat.	1/7-3/17	10-11am	\$100	ISKC Dojo	White Belts
12-3328	Novice	Sat.	1/7-3/17	11:10-12:10pm	\$100	ISKC Dojo	White Stripes-Orange
12-3329	Int.	Sat.	1/7-3/17	12:20-1:20pm	\$100	ISKC Dojo	Yellow-Green Belts
12-3330	Advanced	Sat.	1/7-3/17	1:30-2:30pm	\$100	ISKC Dojo	Purple-Black Belts
13-3524	Beg./Cont.	Thu.	4/5-6/14	4-4:55pm	\$100	Frontier Pk	No Exp. +
13-3525	Novice	Thu.	4/5-6/14	5-5:55pm	\$100	Frontier Pk	Orange-Blue Belts
13-3526	Int./Adv.	Thu.	4/5-6/14	6-7:25pm	\$134	Frontier Pk	Green-Black Belts
13-3527	Beg./Cont.	Sat.	4/7-6/9	10-11am	\$92	ISKC Dojo	White Belts
13-3528	Novice	Sat.	4/7-6/9	11:10-12:10pm	\$92	ISKC Dojo	White w/Stripes-Orange
13-3529	Int.	Sat.	4/7-6/9	12:20-1:20pm	\$92	ISKC Dojo	Yellow-Green Belts
13-3530	Advanced	Sat.	4/7-6/9	1:30-2:30pm	\$92	ISKC Dojo	Purple & Up



## Adult Karate (15 yrs. +)

This program offers a variety of benefits for the student. The program is ideal for releasing tension and developing cardiovascular fitness. Self defense skills learned are invaluable if ever confronted with a dangerous situation.

Code #	Level	Day	Dates	Time	Fees	Location	Pre-Requisite
12-3331	Beg./Cont.	Thu.	1/5-3/22	7:30-8:30pm	\$109	Frontier Pk	White-Green Belts
12-3332	Int./Adv.	Thu.	1/5-3/22	8:35-10pm	\$147	Frontier Pk	Purple-Black Belts
13-3531	Beg./Cont.	Thu.	4/5-6/14	7:30-8:30pm	\$100	Frontier Pk	White-Green Belts
13-3532	Int./Adv.	Thu.	4/5-6/14	8:35-10pm	\$134	Frontier Pk	Purple-Black Belts

## Tae Kwon Do Classes

All Tae Kwon Do classes meet on Mondays at the Community Center.

Fee R/NR: \$60/\$80, \*\$51/\$71

Code #	Name	Ages	Dates	Time
12-3355	Little Ninjas	4-6	1/9-2/13*	5:15-6pm
12-3356	Kids TKD	7-10	1/9-2/13*	6-6:45pm
12-3357	Junior TKD	11-13	1/9-2/13*	6:45-7:30pm
12-3358	Adult TKD	14+	1/9-2/13*	7:30-8:15pm
12-3455	Little Ninjas	4-6	2/20-4/2	5:15-6pm
12-3456	Kids TKD	7-10	2/20-4/2	6-6:45pm
12-3457	Junior TKD	11-13	2/20-4/2	6:45-7:30pm
12-3458	Adult TKD	14+	2/20-4/2	7:30-8:15pm
13-3555	Little Ninjas	4-6	4/9-5/21	5:15-6pm
13-3556	Kids TKD	7-10	4/9-5/21	6-6:45pm
13-3557	Junior TKD	11-13	4/9-5/21	6:45-7:30pm
13-3558	Adult TKD	14+	4/9-5/21	7:30-8:15pm

## Adult TKD

Adult TKD will improve flexibility, balance, strength, endurance and over-all health, while reducing stress and increasing confidence and self-esteem.

Whether you are interested in physical fitness, self-defense, or just an athletic/social outlet, TKD is a safe and positive environment.



## Fencing/Sword Play Beginner (Ages 8-13)

Fencing class offers students the basic understanding of attack and defense. Students will learn basic moves and strategies that create a solid foundation for developing their fencing game. All equipment is provided. Classes meet at the Community Center. No class 3/28.

Code #	Day	Dates	Time	Fee R/NR
12-3353	Wed.	1/11-2/15	6:30-7:30pm	\$45/\$65
12-3453	Wed.	2/22-3/24	6:30-7:30pm	\$45/\$65
13-3553	Wed.	4/11-5/16	6:30-7:30pm	\$45/\$65

Additional family member is 50% off.

## Fencing/Sword Play Advanced (Ages 8-13)

If you have taken a few beginner fencing classes and feel comfortable moving into a more competitive format, you are ready for advanced fencing. Continue to improve your fencing game through practice of footwork, drilling and bouts. Classes meet at the Community Center. No class 3/28.

Code #	Day	Dates	Time	Fee R/NR
12-3354	Wed.	1/11-2/15	7:30-8:30pm	\$45/\$65
12-3454	Wed.	2/22-3/24	7:30-8:30pm	\$45/\$65
13-3554	Wed.	4/11-5/16	7:30-8:30pm	\$45/\$65



## Little Ninjas

Little Ninjas is designed for preschool and kindergarten kids, ages 4 and 5. The curriculum is fun and will keep your child engaged with nonstop action. Class concentrates on developing coordination, balance, focus, respect and discipline of TKD training.

## Kids TKD

Kids TKD will affect your child in powerful ways, providing benefits that will last a lifetime. The program focuses on improving basic motor skills, as well as challenging the student by adding more traditional martial arts training and increasing the level of intensity. The program consists of a balanced cardiovascular workout, including punching, kicking and blocking skills while using self control and the TKD tradition.

## Junior TKD

Junior TKD students will become better pupils at school, stronger listeners at home and more ambitious about their future. They will develop their focus, teamwork skills, control, balance, memory, discipline, coordination, confidence and self-esteem. They will learn to channel their energy in positive ways.



## Archery (Ages 7-12)

Archery participants will learn the parts of an arrow and recurve bow, the basics of using a recurve bow, and fundamental shooting skills in an extremely safe environment. They also will learn an excellent, nationally recognized beginner's 9-step to the 10 ring progression which was created by the Coaches Development Committee of the National Archery Association. Blunt tipped arrows, bows, and targets are provided. Both technique and games will be a part of this class. Classes meet at the Community Center.

Code #	Day	Dates	Time	Fee R/NR
12-3339	Thu.	1/12-2/16	7-7:45pm	\$45/\$65
12-3439	Thu.	2/23-3/29	7-7:45pm	\$45/\$65
12-3592	Thu.	4/5-5/10	7-7:45pm	\$45/\$65

