



Karate

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.

Uniforms and belt-testing are options available through the instructor. Youth, parent/child and adult classes may train together. Please visit www.iskc.com for more information or call 847/359-0666.

Pre-Karate Age: 4 - 7

Young children will develop agility, strength and coordination skills through fun and creative activities. This program is specifically designed to work with growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve.

Winter Session – Fee: \$118

| Code | Level | Day | Times | Dates |
|---------|-------------------------|-----|----------------|-------------|
| 312010A | Beginner | TU | 4:15 - 5:00 pm | 1/08 – 3/19 |
| 312010B | Continuer (2+ sessions) | TU | 5:00 - 5:45 pm | 1/08 – 3/19 |

Spring Session – Fee: \$108

| Code | Level | Day | Times | Dates |
|---------|-------------------------|-----|----------------|-------------|
| 312010F | Beginner | TU | 4:15 - 5:00 pm | 4/09 – 6/11 |
| 312010G | Continuer (2+ sessions) | TU | 5:00 - 5:45 pm | 4/09 – 6/11 |

Max: 12 {Co-Op}

Location: Clarendon Hills Community Center,
315 Chicago Ave, Clarendon Hills

Winter Session – Fee: \$129

| Code | Level | Day | Times | Dates |
|---------|-----------------------|-----|----------------|-------------|
| 312011A | Beginner/Continuer | F | 4:00 - 4:45 pm | 1/04 – 3/22 |
| 312011B | Int/Adv (2+ sessions) | F | 4:50 - 5:35 pm | 1/04 – 3/22 |

Spring Session – Fee: \$108

| Code | Level | Day | Times | Dates |
|---------|-----------------------|-----|----------------|-------------|
| 312011F | Beginner/Continuer | F | 4:00 - 4:45 pm | 4/05 – 6/07 |
| 312011G | Int/Adv (2+ sessions) | F | 4:50 - 5:35 pm | 4/05 – 6/07 |

Max: 5 {Co-Op}

Location: Burr Ridge Community Center,
15W400 Harvester Dr, Burr Ridge



Youth Karate Age: 8 - 14

ISKC's Youth karate classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children 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.

Winter Session – Fee: \$118

| Code | Level | Day | Times | Dates |
|---------|---------------------------|-----|----------------|-------------|
| 312010C | Beg/Cont (White belt) | TU | 5:50 - 6:45 pm | 1/08 – 3/19 |
| 312010D | Intermediate (Red-Yellow) | TU | 6:45 - 7:40 pm | 1/08 – 3/19 |
| 312010E | Advanced (Blue & Up) | TU | 7:45 - 8:45 pm | 1/08 – 3/19 |

Spring Session – Fee: \$108

| Code | Level | Day | Times | Dates |
|---------|---------------------------|-----|----------------|-------------|
| 312010H | Beg/Cont (White belts) | TU | 5:50 - 6:45 pm | 4/09 – 6/11 |
| 312010I | Intermediate (Red-Yellow) | TU | 6:45 - 7:40 pm | 4/09 – 6/11 |
| 312010J | Advanced (Blue & Up) | TU | 7:45 - 8:45 pm | 4/09 – 6/11 |

Max: 12 {Co-Op}

Location: Clarendon Hills Community Center,
315 Chicago Ave, Clarendon Hills

Winter Session – Fee: \$129

| Code | Level | Day | Times | Dates |
|---------|-------------------------|-----|----------------|-------------|
| 312011C | Beg/Cont (White-Orange) | F | 5:40 - 6:35 pm | 1/04 – 3/22 |
| 312011D | Interm (Yellow-Green) | F | 6:40 - 7:35 pm | 1/04 – 3/22 |
| 312011E | Advanced (Purple-Black) | F | 7:40 - 8:35 pm | 1/04 – 3/22 |

Spring Session – Fee: \$108

| Code | Level | Day | Times | Dates |
|---------|-------------------------|-----|----------------|-------------|
| 312011H | Beg/Cont (White-Orange) | F | 5:40 - 6:35 pm | 4/05 – 6/07 |
| 312011I | Interm (Yellow-Green) | F | 6:40 - 7:35 pm | 4/05 – 6/07 |
| 312011J | Advanced (Purple-Black) | F | 7:40 - 8:35 pm | 4/05 – 6/07 |

Max: 5 {Co-Op}

Location: Burr Ridge Community Center,
15W400 Harvester Dr, Burr Ridge



Twitter:
@HinsdaleParks



Instagram:
@hinsdaleparks

NOTE: Beginning students will not be permitted to register into the current season after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but full class fees will be required.