

DHAC MARTIAL ARTS



UNLIMITED MONTHLY CLASSES

Attend as many classes as you want for your age and belt rank

DHAC Members \$99

Non-Members \$119



781-326-2900

At DHAC Martial Arts we offer a number of training options:

- Kenpo Karate classes for kids and adults
- Women's Self Defense Seminars
- JKD and Kali training
- Private Lessons

CLASSES

LITTLE DRAGONS

(Ages 4-6) white/yellow belts

Sunday	9:00 - 9:45 AM
Wednesday	4:00 - 4:45 PM
Friday	4:00 - 4:45 PM
Saturday	10:00 - 10:45 AM

LITTLE DRAGONS INTERMEDIATE

(Ages 4-6) yellow/orange belts

Sunday	10:00 - 10:45 AM
Thursday	5:00 - 5:45 PM
Saturday	9:00 - 9:45 AM

YOUTH BEGINNER

(Ages 7-11) white/yellow belts

Tuesday	5:15 - 6:00 PM
Wednesday	5:00 - 5:45 PM
Friday	5:00 - 5:45 PM
Saturday	11:45 AM - 12:30 PM

YOUTH INTERMEDIATE

(Ages 7-11) orange/purple/blue belts

Sunday	11:00 - 11:45 AM
Tuesday	6:15 - 7:00 PM
Thursday	4:00 - 4:45 PM
Saturday	11:00 - 11:45 AM

YOUTH ADVANCED

(Ages 10-15) /purple/blue/green/brown belts

Sunday	12:00 - 12:45 PM
Thursday	6:00 - 6:45 PM

TEEN

(Ages 12-17) All belt ranks

Sunday	1:00 - 2:00 PM
Tuesday	4:15 - 5:15 PM
Saturday	1:00 - 2:00 PM

ADULT

(16+) All belt ranks

Wednesday	6:00 - 7:00 PM - Kenpo
Thursday	7:00 - 8:00 PM - Kenpo
Saturday	8:00 - 9:00 AM - Kenpo

Private Lessons

DHAC Members \$45

(10-Pack for \$400)

Non-Members \$55

(10-Pack for \$500)

Each lesson is 30 minutes.

We also offer 60 minute lessons.



DedhamHealth.com

TINY TIGERS

(Ages 2.9-4)

9 WEEK SESSION

SESSION 2

Nov. 11 - Feb. 2

Sunday: 2:15 - 2:45 PM

Tuesday: 2:00 - 2:30 PM

Wednesday: 3:15 - 3:45 PM

Thursday: 10:30 - 11:00 AM

Members: \$153 Non-Members: \$189



Director

Guy Caracciolo • Guy@dedhamhealth.com

- **FREE DEMO**
- **FREE UNIFORM** with Sign-Up
- **NEW STUDENTS** may sign up at anytime



Assistant Director

Cynthia Saul • Cynthia@dedhamhealth.com

DEDHAM HEALTH
& Athletic Complex