



# DHAC MARTIAL ARTS



## UNLIMITED MONTHLY CLASSES

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

**DHAC Members \$109**

**Non-Members \$129**

## 9-Week Sessions

Attend One Class/Week

Session 3:

**Feb 2, 2020 - Apr 11, 2020**

Session 4:

**Apr 12, 2020 - Jun 20, 2020**

Members: \$171 Non-Members: \$207

**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



## WINTER CLASS SCHEDULE

### TINY TIGERS (Ages 2.9-4)

Tuesday	2:00 - 2:30 PM
Thursday	10:30 - 11:00 AM

### LITTLE DRAGONS (Ages 4-6) white/yellow belts

Sunday	9:00 - 9:45 AM
Tuesday *NEW*	4:15 - 5:00 PM
Wednesday	4:00 - 4:45 PM
Thursday *NEW*	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	4:00 - 4:45 PM
Saturday	9:00 - 9:45 AM

### YOUTH BEGINNER (Ages 7-11) white/yellow belts

Sunday	11:00 - 11:45 AM
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	12:15 - 1:00 PM
Tuesday	6:15 - 7:00 PM
Thursday	5:00 - 5:45 PM
Saturday	11:00 - 11:45 AM

### YOUTH ADVANCED

(Ages 10-17) purple/blue/green/brown belts

Sunday	1:15 - 2:00 PM
Thursday	6:00 - 6:45 PM

### TEEN (Ages 12-17) All belt ranks

Sunday	2:15 - 3:15 PM
Wednesday *NEW*	6:00 - 7:00 PM
Saturday	1:00 - 2:00 PM

### ADULT MARTIAL ARTS (16+) All belt ranks

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

## 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**

**WOMEN  
TAKE CONTROL  
#FIGHTBACK!**

**Women's  
Self Defense Seminar**

**Sunday, March 1  
4:00 pm - 6:00 pm**

**ONLY  
\$40**

**Open To All  
Women 14+ Years**



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