

# DARTMOUTH YMCA | FALL 1 PROGRAMS 2022

September 6th - October 30th

## YOUTH & TEEN

### TINY TIGERS TANG SOO DO

SEPTEMBER 10 - OCTOBER 29

Saturdays: 9:15am-9:45 am (ages 4-6)

In this class, participants will learn about teamwork, balance, self-control and hand and eye coordination, all while having fun.

**Members: \$48**

**Program Participants: \$72**

### KARATE KIDS TANG SOO DO

SEPTEMBER 10 - OCTOBER 29

Saturdays: 10am-11am (ages 7-12)

In this class, participants will also learn the benefits of Tang Soo Do, and the spirit of competition in a positive manner: as well as teamwork, fair play, and positive character. They will develop a sense of self-satisfaction, while learning that with hard work, anything is possible.

**Members: \$96**

**Program Participants: \$136**

### TEEN/ADULT TANG SOO DO

SEPTEMBER 10- OCTOBER 29

MONDAY CLASS STARTS SEPTEMBER 12

Saturdays: 11AM-12PM (13+)

Mondays: 6pm-7pm

In this class, participants will also benefit from the training of Tang Soo Do. Not only will participants learn self-defense techniques but will also have a better feeling about self as the body and mind grows stronger from the physical workouts. They will also learn to face any situation with confidence to overcome any obstacle

**Members: \$192**

**Program Participants: \$272**

## EVENTS