

DARTMOUTH | FALL II 2022

October 31 - December 17



YOUTH & TEEN

TINY TIGERS TANG SOO DO

Saturday, 9:15-9:45am, ages 4-6

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

Members: \$42 | Program Participants: \$63

KARATE KIDS TANG SOO DO

Saturdays 10-11am • ages 7-12

In this class, participants will also learn the benefits of Tang Soo Do, 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: \$84 | Program Participants: \$119

TEEN/ADULT TANG SOO DO

Saturdays 11-12pm • ages 13+

Mondays 6-7pm • ages 13+

In this class, participants will also benefit from the the training of Tang Soo Do as well as self defense techniques. They will also learn to face any situation with confidence to overcome any obstacle.

Members: \$168 | Program Participants: \$238

EVENTS

FROLIC INTO FALL

Thursdays • 12noon,

Explore local Dartmouth hiking trails

10/20-Dartmouth YMCA

11/3-Frank Knowles/Little River Reserve Potomska Rd

11/17 Paskamansett Woods-Chase Rd

12/1 Dike Creek Reserve-Bakerville Rd

12/15 Cornell Farm-Smithneck Rd

Members: Free

FRIENDSGIVING

Tuesday 11/20, 11:30-1pm

Join us as we bring back our "Friendsgiving" pot luck lunch! Celebrate Thanksgiving with your Y family. Spend time with old friends and meet new ones. Sign up at the Welcome Center and let us know what you want to bring.

Members: Free