

Dartmouth | Fall River | Gleason Family- Wareham
Mattapoisett | New Bedford | Stoico/FIRSTFED-Swansea



**FIND YOUR PASSION.
FIND YOUR Y.**

For a better us.®

WINTER PROGRAM GUIDE
Begins January 2nd

YMCA SOUTHCOAST

ymcasc.org

DARTMOUTH | WINTER 2022

January 2 – February 19



YOUTH & TEEN

TINY TIGERS TANG SOO DO

Saturdays 9:15-9:45 • 4-6

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

Members: \$49

Program Participants: \$70

KARATE KIDS TANG SOO DO

Saturdays 10-11a • 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: \$91

Program Participants: \$126

TEEN/ADULT TANG SOO DO

Saturdays 11-12a • 13 and up

Mondays 6-7p • 13 and up

(Participants attend both days)

In this class, participants will also benefit from 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: \$182

Program Participants: \$252

