

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



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

SPRING I PROGRAM GUIDE  
Begins April 24th

**YMCA SOUTHCOAST**

[ymcasc.org](http://ymcasc.org)

### 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: \$56**

**Program Participants: \$80**

#### 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: \$104**

**Program Participants: \$144**

#### 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: \$195 | Program Participants: \$270**

