

Dartmouth YMCA



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

**For a better us.®**

**WINTER PROGRAM GUIDE  
Begins January 2nd**

**YMCA SOUTHCOAST**

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

# DARTMOUTH | WINTER 2024

## January 2nd – February 18th



### YOUTH & TEEN

#### TINY TIGERS TANG SOO DO

Saturdays 9:15–9:45 • Ages 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: \$77**

#### KARATE KIDS TANG SOO DO

Saturdays 10–11a • Ages 7–12

In this class, participants will 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: \$98**

**Program Participants: \$133**

#### TEEN/ADULT TANG SOO DO

Saturdays 11–12a • 13 and up

In this class, participants will 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: \$98**

**Program Participants: \$133**



### WELLNESS

#### PERSONAL TRAINING

Various times and days available

Working out with a YSC personal trainer provides the support that you may need to achieve better results. Trainers work with you to create achievable short & long term goals through personalized workouts intended to target desired areas. This partnership serves as a bond that holds both persons accountable for the end result. To make an appointment or for more information, please contact Rochelle at [rwhalen@ymcasc.org](mailto:rwhalen@ymcasc.org)

##### 60-Minute Sessions

**Members: \$54 per session**

##### 60-Minute Packages

**6 Pack/ \$324 • 10 Pack/ \$486 • 20 Pack/ \$972**

##### 30-Minute Sessions

**Members: \$32 per session**

##### 30-Minute Packages

**6 Pack/ \$170 • 12 Pack/ \$320**