

Dartmouth YMCA



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

SPRING I PROGRAM GUIDE
Begins February 26th

YMCA SOUTHCOAST

ymcasc.org

YOUTH & TEEN

TINY TIGERS TANG SOO DO

Saturdays • 9:15–9:45 am • Ages 4–6

In this class, participants will learn about teamwork, balance, self control and hand/eye coordination all while having fun! For more information, please contact Rochelle at rwhalen@ymcasc.org.

Members: \$56

Program Participants: \$77

KARATE KIDS TANG SOO DO

Saturdays • 10–11 am • 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. For more information, please contact Rochelle at rwhalen@ymcasc.org.

Members: \$98

Program Participants: \$133

TEEN/ADULT TANG SOO DO

Saturdays • 11am–12 pm • Ages 13+

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. For more information, please contact Rochelle at rwhalen@ymcasc.org.

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

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

