



# GAIN SKILLS & CONFIDENCE

## Martial Arts Programs

### TAEKWONDO

	BELLINGHAM	FERNDAL
<b>AGES</b>	8 years - Adult	8 years - Adult
<b>DATES</b>	January 2 - 30 February 1 - 27 March 1 - 29	January 3 - 31 February 5 - 28 March 5 - 28
<b>DAYS</b>	Mon, Wed, Fri	Tues & Thurs
<b>TIME</b>	7:00-8:30pm	6:30-8:00pm
<b>YMCA Members</b>	Individual: \$40 Family: \$70	Individual: \$30 Family: \$60
<b>Program Members</b>	Individual: \$55 Family: \$95	Individual: \$45 Family: \$85



### JUDO

Beginner to Advance Judo skills will be taught.

- AGES:** 8 years - adult
- DAY:** Tuesdays & Thursdays
- TIMES:** 7:30-9:30pm
- LOCATION:** Bellingham Program Center
- FEES:** FREE YMCA Members  
Day Pass Non-Members

#### WHATCOM FAMILY YMCA

**Bellingham Program Center**  
1256 N. State St, Bellingham  
360-733-8630

#### [www.whatcomymca.org](http://www.whatcomymca.org)

**Ferndale Program Center**  
5610 Barrett Rd, Ferndale  
360-380-4911