



Mid Island Tai Chi Club

Spring 2023 Classes

By Donation Tai Chi Classes:

Wellington Hall, Nanaimo

Seated Tai Chi	Tuesday	10:00 - 11:00am
Beginners Lok Hup	Tuesday	1:00 - 2:30pm
Continuing Tai Chi	Tuesday	7:00 - 8:30pm
Beginners Tai Chi	Thursday	7:00 - 8:30pm

Church of Christ, Nanaimo

Beginners Hsing I	Wednesday	1:00 – 2:00pm (as of March 29)
Continuing Tai Chi	Wednesday	2:00 – 3:30pm (as of March 29)

Nanoose Place, Nanoose Bay

Seated Tai Chi	Tuesday	10:30 - 11:30am
Beginners Tai Chi	Thursday	10:00 - 11:30am
Foundations Tai Chi	Thursday	10:00 - 11:30am

For the classes below, register as of March 1, 2023, with Nanaimo Parks and Rec:

Beban Social Centre, Nanaimo

Introduction to Tai Chi	Wednesday, 7:00 – 8:30pm (New intakes) April 5 – May 10, 2023 (Course # 91287) May 24 – June 28, 2023 (Course # 91288) \$48/ 6 classes Register through Nanaimo Parks and Rec, Tel: 250 756-5200; www.nanaimo.ca/parks-recreation-culture/register-for-a-program
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To inquire about our classes, contact Mid Island Tai Chi Club via website midislandtaichi.org or Tel: 778 744-0413, Email: admin@midislandtaichi.org