

Mid Island Tai Chi Club

Spring 2024 Classes

By Donation Tai Chi Classes:

Buttertubs Place, Nanaimo

Seated Tai Chi Wednesday 10:00 - 11:00am

Wellington Hall, Nanaimo

Beginners/Continuing Lok Hup Tuesday 1:00 - 3:00pm

Church of Christ, Nanaimo

Continuing/Beginners Tai Chi Wednesday 7:00 – 8:30pm

Oliver Woods Comm Centre, Nanaimo

Continuing/Beginners Tai Chi Thursday 6:45 - 8:15pm

North Oyster Community Centre, Cedar

Gentle Tai Chi Thursday 2:00 – 3:30pm

Nanoose Place, Nanoose Bay

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

Fee-based classes through Nanaimo Parks and Rec:

Beban Social Centre, Nanaimo

Introduction to Tai Chi Wednesday 7:00 – 8:30pm

(Mar 13 – Apr 21, 2024, Ref: 109824) \$56 / 7 classes (May 8 – July 3, 2024, Ref: 115982) \$64 / 8 classes

<u>Intensive Long Form Tai Chi</u> Tuesday 7:00 – 8:30pm

(Feb 6 – June 25, 2024, Ref: 109821) \$153 / 20 classes

For Beban Social Centre classes, register with Nanaimo Parks and Rec, Tel: 250 756-5200;

www.nanaimo.ca/parks-recreation-culture/register-for-a-program

Schedule subject to change. Ps refer to Mid Island Tai Chi Club's website midislandtaichi.org for more details and the latest schedule. For inquiries, Tel: 778 744-0413, Email: admin@midislandtaichi.org