

## Mid Island Tai Chi Club

## Summer 2024 Classes (July 3 – Aug 29, 2024)

## By Donation Tai Chi Classes:

Nanaimo

Outdoor Tai Chi Wednesday 7:00 – 8:30pm

(Beginners & Continuing)

North Oyster Community Centre, Cedar

Gentle Tai Chi Thursday 2:00 – 3:30pm

All indoor classes in Nanaimo and Nanoose Bay resume as of Sept 3, 2024. Note the Cedar class above is ongoing throughout the year.

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