



# Mid-Island Tai Chi Club

Join us for

# TAI CHI CLASSES

**Beban Social Centre  
starting September 2024**



## INTRODUCTION TO TAI CHI

Sept 4 – Oct 9, 2024

Nov 6 - Dec 11, 2024

Wednesday evenings

7:00 – 8:30pm

Learn the first 17 moves with a focus on the foundations and building blocks of Tai Chi

Fee: \$48 (for 6 classes)

Sept/Oct Course ID: 129242

Nov/Dec Course ID: 129284

## INTENSIVE LONG FORM TAI CHI

Sept 3 – Dec 17, 2024

Tuesday evenings

7:00 – 8:30pm

Learn the complete 108 move long form

Fee: \$114.30 (for 15 classes)

Course ID: 115983

To Register:

**[recreation.nanaimo.ca](https://recreation.nanaimo.ca); 250-756-5200 ;**

**or in person at Beban Park ; Bowen Park ; Nanaimo Aquatic Centre; Oliver Woods Community Centre**