

## Mid Island Tai Chi Club

## Fall 2024 Classes

Nanaimo & Cedar

## By Donation Tai Chi Classes:

Buttertubs Place Seated Tai Chi	Wednesday	10:00 - 11:00am (starts Sept 4)
<b>Rotary Activity Centre</b> Continuing Tai Chi	Wednesday	6:45 - 8:15pm (starts Sept 11)
Oliver Woods Comm Centre Cont'g/Cont'g Beginners Tai Chi	Thursday	6:45 - 8:15pm (starts Sept 5)
Church of Christ Hsing I	Monday	1:30 – 3:00pm (starts Sept 23)
<b>Wellington Hall</b> Beginners Lok Hup (New Intake) Continuing Lok Hup	Tuesday Tuesday	1:00 - 2:00pm (starts Sept 3) 2:00 - 3:00pm (starts Sept 3)
North Oyster Comm Centre Gentle Tai Chi	Thursday	2:00 – 3:30pm (ongoing)
<u>Fee-based classes:</u> Beban Social Centre		
Introduction to Tai Chi (Sept 4 – Oct 9, 2024, Ref: 129242) (Nov 6 – Dec 11, 2024, Ref: 129284)	Wednesday \$48 / 6 classes \$48 / 6 classes	7:00 – 8:30pm (Sept 4 – Oct 9)
<u>Intensive Long Form Tai Chi</u> (Sept 3 – Dec 17, 2024, Ref: 115983	<b>Tuesday</b> \$114.30 / 15 classes	7:00 – 8:30pm (Sept 3 – Dec 17)
	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 drafted on 8/31/24; 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