



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

Rotary Activity Centre

Continuing Tai Chi Wednesday 6:45 - 8:15pm

Oliver Woods Comm Centre

Mixed Level Tai Chi (Beg/Cont'g Thursday 6:45 - 8:15pm

Church of Christ

Hsing I Monday 1:30 – 3:00pm

Wellington Hall

Beginners Lok Hup (New Intake) Tuesday 1:00 - 2:00pm
 Continuing Lok Hup Tuesday 2:00 - 3:00pm

North Oyster Comm Centre

Gentle Tai Chi Thursday 2:00 – 3:30pm

Fee-based classes:

Beban Social Centre

Introduction to Tai Chi Wednesday 7:00 – 8:30pm (Nov 6 – Dec 11)
 (Nov 6 – Dec 11, 2024, Ref: 129284) \$48 / 6 classes

For Beban Social Centre classes, register with
 Nanaimo Parks and Rec, Tel: 250 756-5200 or to register online (if you
 have an account with Parks and Rec) click [HERE](#)

Schedule drafted on 10/7/24; 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