

## Mid Island Tai Chi Club

## Winter 2024/25 Classes

## Nanaimo & Cedar

## By Donation 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 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

(Jan 8 - Feb 19, 2025, Ref: 132254) \$56 / 7 classes

(Mar 5 – Apr 19, 2025, Ref: 132255)

Intensive Long Form Tai Chi Tuesday 7:00 – 8:30pm

(Jan 7 – Apr 29, 2025, Ref: 132256) \$130 / 17 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 11/19/24; 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