

Mid Island Tai Chi Club
Winter 2026 Classes
Nanoose Bay

NANOOSE PLACE

By Donation Classes:

Seated Tai Chi	Tuesday	10:30 - 11:30am
Continuing Beginners Tai Chi	Thursday	10:00 - 11:30am
Foundations of Tai Chi	Thursday	10:00 - 11:30am

Schedule drafted on Jan 1, 2006; subject to change. Ps refer to Mid Island Tai Chi Club's website midislandtaichi.org for any changes/updates. For inquiries, Tel: 778 744-0413, Email: admin@midislandtaichi.org