

Mid Island Tai Chi Club

Winter 2026 Classes

Nanaimo & Cedar

By Donation Classes:

Church of Christ

Hsing I Monday 1:30 – 3:00pm

Navy League

Mixed Level / Foundations Tai Chi Tuesday 1:00 - 2:30pm
Beginning Lok Hup Tuesday 1:00 - 2:30pm
Continuing Lok Hup Tuesday 2:00 - 3:30pm

Navy League

Continuing Tai Chi Tuesday 6:45 – 8:15pm
Mixed Level / Foundations Tai Chi Tuesday 6:45 – 8:15pm

Rotary Activity Centre

Beginner Lok Hup Wednesday 6:45 - 8:15pm

Buttertubs Place

Seated Tai Chi Wednesday 10:00 - 11:00am

Oliver Woods Comm Centre

Mixed Level Tai Chi Thursday 6:45 - 8:15pm

North Oyster Comm Centre

Gentle Tai Chi Thursday 2:00 – 3:30pm

Fee-based Classes: For Beban Social Centre classes below, register via Nanaimo Parks & Rec, Tel: 250 756-5200

Beban Social Centre

Introduction to Tai Chi Wednesday 7:00 – 8:30pm

Jan 7 – Feb 18, 2026 (Ref: 145506)

Mar 11 – Apr 22, 2026 (Ref: 145507) \$63 / 7 classes

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

Jan 20 – Apr 28, 2026 (Ref: 145505) \$135 / 15 classes

Winter classes, unless otherwise specified, start first week of Jan 2026. Schedule subject to change. Ps refer to Mid Island Tai Chi Club's website regularly for any updates/changes. For inquiries, Tel: 778 744-0413, Email: admin@midislandtaichi.org