

Mid Island Tai Chi Club

Fall 2026 Classes

Nanaimo & Cedar

By Donation Classes:

Church of Christ

Hsing I	Monday	1:00 – 3:00pm
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Navy League

Mixed Level / Foundations Tai Chi	Tuesday	1:00 - 2:30pm
Beginning Lok Hup	Tuesday	1:00 - 2:30pm
Continuing Lok Hup	Tuesday	2:30 - 3:00pm
Continuing Tai Chi	Tuesday	6:45 – 8:15pm

Buttertubs Place

Seated Tai Chi	Wednesday	10:00 - 11:00am
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Oliver Woods Comm Centre

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

North Oyster Comm Centre

Mixed Level Tai Chi	Thursday	2:00 – 3:30pm
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Fee-based Classes: For Beban Social Centre classes below, register via Nanaimo Parks & Rec, Tel: 250 756-5200

Beban Social Centre

<u>Intensive Long Form Tai Chi</u> (Sep 8 – Dec 15, 2026) Ref: 169568, \$135 / 15 classes	Tuesday	7:00 – 8:30pm
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<u>Introduction to Tai Chi</u> (Sep 10 – Oct 22, 2026) Ref: 169823, \$54 / 6 classes (Oct 29 – Dec 17, 2026) Ref: 169829, \$54 / 6 classes	Thursday	7:00 – 8:30pm
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Fall classes, unless otherwise specified, start first full week of Sept. 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