



LAKE COUNTRY SENIOR'S TAI CHI

**Lake Country Seniors Activity Centre
9830B Bottom Wood Lake Road, Lake Country BC**

We practice the Moy Tai Chi set consisting of 108 moves. Learn a series of gentle movements which are designed to improve your health and balance. Tai Chi teaches you to strengthen and relax the body and mind through a whole-body exercise.

BEGINNER TAI CHI CLASSES

Starts Wednesday, October 2, 2024 – 2:45 pm to 3:45 pm. We accept beginner students at any time throughout the year from October to May, however new students are encouraged to join at this time as we will teach the tai chi set from the beginning. Continuing students are also asked to attend to be our valuable corners. Weekly classes are Wednesday and Friday afternoons.

CONTINUING TAI CHI CLASSES

Weekly classes are Wednesday and Friday afternoons from 1:30 to 2:30 pm. It is recommended that continuing students learn the tai chi set before attending this class. Instruction is more individual and at a more advanced level.



Participants must be 50+ and a member of the Lake Country Seniors Centre Society (Annual membership is \$7.00). A daily drop-in fee of \$2.50 is required.

More Information:

Seniors Activity Centre (250) 766-4220
Shirley (250) 548-3254
Viola (250) 878-6405