



Lake Country

SENIORS 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

WEEKLY CLASSES WEDNESDAY & FRIDAY 2:45PM - 3:45PM

Begins Wednesday, Feb 5, 2025 2:45PM - 3:45PM

We accept beginner students at any time between October - 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.

CONTINUING TAI CHI CLASSES

WEEKLY CLASSES WEDNESDAY & FRIDAY 1:30PM - 2:30PM

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.

MORE INFO:

Seniors Activity Centre:
(250) 766-4220

Shirley: (250) 548-3254
Viola: (250) 878-6405

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