

Australian College of Tai Chi and Qi Gong

2018 Program - Term 1, January to April

Note: the next classes open to beginners start the week of 05-Feb-2018.

Tai Chi Instruction

CLASS	VENUE	DAY AND TIME	START	COST
SLOW FORM BEGINNER CLASS	Cronulla	Tue 8-9 pm	06-Feb	\$90 for 10 weeks
	Gymea	Wed 10-11am	07-Feb	
SLOW FORM	Cronulla	Tue 7-8 pm	06-Feb	

Tai Chi Advanced Classes

CLASS	VENUE	DAY AND TIME	START	COST
FAST FORM	Miranda	Mon 8-9pm	05-Feb	\$100
TAI CHI SWORD		Mon 7-8pm		
TAI CHI AND QI GONG	Gymea	Wed 9-10 am	07-Feb	\$90
TAI CHI ADVANCED	Gymea	Thurs 8-9 pm	08-Feb	\$110

Qi Gong

CLASS	VENUE	DAY AND TIME	START	COST
QI GONG LEVEL 1	Caringbah	Wed 7-8 pm	07-Feb	\$160
QI GONG LEVEL 2		Wed 6-7 pm		

Class Locations:

- **Miranda:** Miranda Community Centre: Karimbla Rd (Cnr Kiora Road)
- **Gymea:** Gymea Community Centre, 39 Gymea Bay Road (opposite railway station)
- **Cronulla:** Community Centre. In Cronulla Plaza, next to Cronulla Library. Access via the Plaza, Croydon Street or the multi-level carpark. Please note, we are in Hall #2.
- **Caringbah:** Caringbah Healthcare Centre. Shop 2, 52 President Avenue, Caringbah (Cnr Willarong Road)

For more detail, please visit <http://www.taichicollege.com.au/classinfo> on the world wide web or phone +61 2 9525 8886 in Caringbah, NSW, Australia.