

# Australian College of Tai Chi and Qi Gong

## 2018 Program - Term 2, May to July

Note: the next classes open to beginners start the week of 30-Apr-2018.

### Tai Chi Instruction

CLASS	VENUE	DAY AND TIME	START	COST
SLOW FORM BEGINNER CLASS	Gymea	Tue 8-9 pm	01-May	\$90 for 10 weeks
	Gymea	Wed 10-11am	02-May	
SLOW FORM	Gymea	Tue 7-8 pm	01-May	

### Tai Chi Advanced Classes

CLASS	VENUE	DAY AND TIME	START	COST
FAST FORM	Miranda	Mon 8-9pm	30-Apr	\$100
TAI CHI SWORD		Mon 7-8pm		
TAI CHI AND QI GONG	Gymea	Wed 9-10 am	02-May	\$90
TAI CHI ADVANCED	Gymea	Thurs 8-9 pm	03-May	\$110

### Qi Gong

CLASS	VENUE	DAY AND TIME	START	COST
QI GONG LEVEL 1	Caringbah	Wed 8-9 pm	02-May	\$160
QI GONG LEVEL 2		Wed 7-8 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.