



Here is the timetable for Tai Chi and Qi Gong classes for Term 2, 2021. The College looks forward to picking up where we left off before the start of the Covid-19 pandemic. We have hardly seen each other and it will be wonderful to practice the beautiful calming movements and sequences of Tai Chi together again. I am really looking forward to it.

All Tai Chi Classes will be held in the Gymea Community Hall, and Qi Gong classes held at Caringbah Healthcare, 2/52 President Avenue, Caringbah.

Tuesday Morning 9-10am Tai Chi/Qi Gong	20 th April – 22 st June 2021	\$110 per term
Tuesday 7-8pm Beginners Tai Chi	20 th April – 22 nd June 2021	\$110 per term
Thursday 7-8pm Advanced class practice	22 nd April – 24 th June 2021	\$120 per term
Qi Gong classes 7-8pm Caringbah Healthcare Centre	21 st April – 23 rd June 2021	\$160 per term
Saturday Tai Chi practice	24 th April – December 2021	\$60 per year including \$10 registration fee

Each student needs to pay \$10 registration fee per year to be covered by the College’s insurance. This needs to be paid once only either on Saturdays, or with the class fees.

Registrations will open up on our website www.taichicollege.com.au during April, for you to pay by bank transfer following the instructions on the website.

Unfortunately the Gymea Community Hall has been hired to different tenants on Wednesday mornings, so if you would normally be part of the Wednesday class, please attend the Tuesday 9-10am class

Sutherland Council Hall hire COVID -19 Regulations

- Do not attend classes or practice if you are feeling unwell.
- If you or any of your close contacts have been near anyone that has been diagnosed positive for COVID-19, or if you have travelled to a COVID-19 hotspot in the past 14 days you must not participate in this activity.
- Practice good hand hygiene by regularly washing your hands.
- Please maintain your distance of 1 person every 2 sq. m. while you are in the Gymea Community Hall. Outside, maintain a distance of 1.5m from all others.

Helen Lee
Secretary Tai Chi College