



I would like to thank everyone who came to Saturday practice sessions and joined in classes last term, our first chance to do so since COVID restrictions in 2020. It was fun, and wonderful to see the friendly faces of old friends and Tai Chi mates. The term ran well, apart from one hiccup in Week 3, so I think that will be the model we will follow this year. That is, to continue to do Tai Chi unless threatened by an outbreak in Sydney, then we will proceed cautiously.

It's nice to have a plan in these times of uncertainty! Here is the schedule for classes for Term 3 2021.

Term 3 Australian Tai Chi College dates 2021			
Tuesday morning 9-10am Tai Chi/Qi Gong combined	13 <sup>th</sup> July – 14 <sup>th</sup> September 2021	\$110 per term	Helen Lee
Tuesday 7-8pm Beginners Tai Chi	13 <sup>th</sup> July – 14 <sup>th</sup> September 2021	\$110 per term	Martin Shipley
Thursday 7-8pm Advanced class practice	15 <sup>th</sup> July – 16 <sup>th</sup> September 2021	\$160 per term	Sam Li
Saturday Tai Chi practice	Continuing from term 2 onwards until December 2021	\$60 per year	Martin/ Helen

Each student needs to pay \$10 registration fee ONCE only per year to be covered by the College's Insurance policy. Qi Gong has been suspended for the time being, due to the closeness of the space at the Healthcare Clinic.

Registrations are open at [www.taichicollege.com.au](http://www.taichicollege.com.au) now, for you to pay by bank transfer following the instructions on the website. There were very few problems with the website enrolments this term, as everyone was extremely careful logging in and completing the details. Thank you for taking a second look to check your enrolment details!

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.