

## **Tai Chi Classes at ALC Winter 2008**

Kim Cary – Instructor

### **Beginner** – 12 Weeks

Mondays, Feb. 11 – April 28

6:15 pm – 7:15 pm

\$72 per person / \$65 for ALC members

*FREE – Beginners Demonstration Class*

*February 4 from 6:15 – 7:15*

*All are welcome to participate*

### **Continuing** – 16 Weeks

Mondays, Jan. 21 – May 5

7:30 pm – 8:30 pm

\$96 per person / \$86 for ALC members

Continuing class is for those who have completed the first third of the form.

### **Corrections** – 18 Weeks

Tuesdays, Jan. 15 – May 13

6:30 pm – 7:30 pm

\$108 per person

### **Push Hands** – 18 Weeks

Tuesdays, Jan. 15 – May 13

7:45 pm – 8:45 pm

\$108 per person

Push Hands only:

*Drop in ~ \$7 for students who are not registered.*

### **Sword** – 18 Weeks

Tuesdays, Jan. 15 – May 13

5:45 pm – 6:30 pm ~ \$81 per person

8:45 pm – 9:15 pm ~ \$54 per person

*Sword class is divided into two in order to accommodate those who cannot come early and those who cannot stay late. You are welcome to take both.*