

# INTRODUCTION TO TAI CHI Winter 2024

## London Location



V4

### Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

Monday 9:30 AM – 11 AM

Open House/Start Date: Monday January 29

Monday 7 PM – 8:30 PM

Open House/Start Date: Monday January 22

Tuesday 6:30 PM – 8 PM

Open House/Start Date: Tuesday January 2

### St. Ansgar Lutheran Church

600 Lawson Road

Thursday 10 AM – 12:00 PM

Open House/Start Date: Thursday January 4

### St. Anne’s Anglican Church

1344 Commissioners Road West

Tuesday 1 PM – 3 PM

Open House/Start Date: Tuesday February 27

### Westmount Presbyterian Church

521 Village Green Avenue

Tuesday 1 PM – 2:30 PM

Open House/Start Date: Tuesday February 6

### Church of St. Jude

1537 Adelaide Street North

Thursday 10:30 AM – 12 PM

Open House/Start Date: Thursday February 1

Friday 6:30 PM – 8 PM

Open House/Start Date: Friday January 26

### Komoka Community Centre

133 Queen Street, Komoka

Monday 1 PM – 3 PM

Open House/Start Date: Monday January 8

Register [middlesexcentre.ca/rec-programs](http://middlesexcentre.ca/rec-programs)

### Ilderton Community Centre

13168 Ilderton Road, Ilderton

Thursday 1:30 PM – 3:30 PM

Open House/Start Date: Thursday Feb. 1

Register [middlesexcentre.ca/rec-programs](http://middlesexcentre.ca/rec-programs)

## MEMBERSHIP DUES STRUCTURE April 4, 2022

Category	Monthly	Special Offer	Annual	Notes
Adult	\$35	\$105	\$385	
Seniors	\$28	\$84	\$308	65 Years and older
Student	\$28	\$84	\$308	Full time student
Youth	Free	Free	Free	Must be accompanied by an adult
Supporter	Free	Free	Free	

- Special Offer:** All new members that sign-up and pay for three months get the fourth month included!
- Membership fee entitles member access to **all classes and events.**
- Guests are welcome and encouraged to contribute \$5 for the class (CTCA Members exempt)
- Members with fixed incomes are asked to submit a letter indicating what level of membership dues they can afford.
- We accept: Cash, Cheque and E-Transfer (Interac) [ send to [dues@londontaichi.ca](mailto:dues@londontaichi.ca) ]

Contact us at [info@LondonTaiChi.ca](mailto:info@LondonTaiChi.ca) or 226-270-8502

More information available at [www.LondonTaiChi.ca](http://www.LondonTaiChi.ca)

## CONTINUING CLASSES Winter 2024

### Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

Monday 11 AM – 12:30 PM Foundations of Tai Chi  
Tuesday 9:30 AM – 11 AM Foundations of Tai Chi  
Tuesday 8 PM – 9:30 PM Foundations of Tai Chi  
Friday 9 AM – 10:30 PM Foundations of Tai Chi  
Friday 1 PM – 2:30 PM Continuing Tai Chi

### Church of St. Jude

1537 Adelaide Street North

Thursday 9 AM – 10:30 AM Foundations of Tai Chi

### Guy Lombardo Pavilion

Springbank Gardens – 285 Wonderland Rd S

Wednesday 12:45 PM – 1:30 PM Lok Hup  
Open Practice / Ends Dec. 20  
Wednesday 1:30 PM – 2:30 PM Tai Chi  
Open Practice / Ends Dec. 20

### Westmount Presbyterian Church

521 Village Green Avenue

Foundations of Tai Chi  
Friday 8 PM – 9:30 PM

**Introduction to Tai Chi:** Learn the 108 movements of the Tai Chi Set and introducing foundation exercises.

**Foundations of Tai Chi:** Focus on reviewing the 108 movements of the Tai Chi Set and introducing foundation exercises.

**Continuing Tai Chi:** Suitable for all members who have completed the Introduction to Tai Chi class.

**Open Practice:** There is no instruction during this session. Members can work together on any of the Arts from the Mr. Moy Tradition.

## INTRODUCTION TO LOK HUP BA FA Winter 2024

### Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

Tuesday 11 AM – 12 PM Review class  
Friday 2:30 PM – 4 PM Ends January 26

### Church of St. Jude

1537 Adelaide Street North

Thursday 10:30 AM – 12 PM

Learn the Lok Hup Ba Fa first half of the set.  
It is recommended that you have completed the Introduction to Tai Chi class.  
New class starting in 2024.

### 2<sup>nd</sup> Half Lok Hup Ba Fa

Starting May to End of July  
Must already know the 1<sup>st</sup> Half

## LONDON ZOOM Winter 2024

### Foundations of Tai Chi

Wednesday 9:30 AM – 10:30 AM  
Contact Cathy for the zoom invitation  
[catmoore@LondonTaiChi.ca](mailto:catmoore@LondonTaiChi.ca)

### Chanting

Sunday 10:30 AM – 11:30 AM  
Contact Cathy for the zoom invitation  
[catmoore@LondonTaiChi.ca](mailto:catmoore@LondonTaiChi.ca)

### Book Discussion Group

Wednesday 10:45 AM – 11:45 AM  
Contact Cathy for the zoom invitation  
[catmoore@LondonTaiChi.ca](mailto:catmoore@LondonTaiChi.ca)

### Tai Chi Lecture Series

Sunday 4:30 PM – 6:30 PM Once per month  
Send an email request to join  
[workshop@LondonTaiChi.ca](mailto:workshop@LondonTaiChi.ca)

### Tai Chi Lecture Practice

Sunday 4:30 PM – 6:30 PM  
Send an email request to join  
[workshop@LondonTaiChi.ca](mailto:workshop@LondonTaiChi.ca)

### Introduction to Lok Hup Ba Fa

Monday 7:30 PM – 9 PM – **Starts Jan. 29**  
Wednesday 4 PM – 5:30 PM – **Starts Jan. 31**  
Registration: [workshop@LondonTaiChi.ca](mailto:workshop@LondonTaiChi.ca)