

# INTRODUCTION TO TAI CHI Summer 2024

## London Location



V1

### Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

Monday 9:30 AM – 11 AM

Open House/Start Date: Monday May 6

Monday 7 PM – 8:30 PM

Next classes Fall 2024

Tuesday 6:30 PM – 8 PM

Open House/Start Date: Tuesday May 7

### St. Ansgar Lutheran Church

600 Lawson Road

Thursday 10 AM – 12:00 PM

Open House/Start Date: Thursday April 4

### Westmount Presbyterian Church

521 Village Green Avenue

Tuesday 1 PM – 2:30 PM

Next classes Fall 2024

Friday 6:30 PM – 8 PM

Next classes Fall 2024

### Komoka Community Centre

133 Queen Street, Komoka

Monday 1 PM – 3 PM

Next classes Fall 2024

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

### St. Anne's Anglican Church

1344 Commissioners Road West

Tuesday 1 PM – 3 PM

End Date: Tuesday May 21

### Church of St. Jude

1537 Adelaide Street North

Thursday 10:30 AM – 12 PM

Next classes Fall 2024

### Ilderton Community Centre

13168 Ilderton Road, Ilderton

Thursday 1:30 PM – 3:30 PM

Next classes Fall 2024

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 Summer 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 12:30 PM – 2 PM Lok Hup  
Open Practice  
Wednesday 2 PM – 3 PM Tai Chi Open Practice

### Westmount Presbyterian Church

521 Village Green Avenue

Foundations of Tai Chi

Friday 7 PM – 8:30 PM Summertime Change

**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 Summer 2024

### Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

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

### 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 intro class starting in Fall of 2024.

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

Starting May 2 to July 25

Must already know the 1<sup>st</sup> Half

## LONDON ZOOM Summer 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 2<sup>nd</sup> Half LHBF

Monday 7:30 PM – 9 PM – May 6 to July 29

Wednesday 4 PM – 5:30 PM – May 8 to July 31

Registration: [workshop@LondonTaiChi.ca](mailto:workshop@LondonTaiChi.ca)