

INTRODUCTION TO TAI CHI Winter 2025

London Location



V3

Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

Monday 9:30 AM – 11 AM

Open House/Start Date: Monday Jan. 20

Monday 7 PM – 8:30 PM

Open House/Start Date: Monday Jan. 27

Tuesday 6:30 PM – 8 PM

Open House/Start Date: Tuesday Jan. 7

St. Ansgar Lutheran Church

600 Lawson Road

Thursday 10 AM – 12:00 PM

Open House/Start Date: Thursday Jan. 9

Westmount Presbyterian Church

521 Village Green Avenue

Tuesday 12:45 PM – 2:15 PM

Open House/Start Date: Tuesday Jan. 7

Friday 6:30 PM – 8 PM

Open House/Start Date: Friday Jan. 24

Komoka Community Centre

133 Queen Street, Komoka

Monday 1 PM – 2:30 PM

Open House/Start Date: Monday Jan. 6

Register middlesexcentre.ca/rec-programs

St. Anne's Anglican Church

1344 Commissioners Road West

Tuesday 1 PM – 3 PM

Open House/Start Date: Tuesday Feb. 4

Church of St. Jude

1537 Adelaide Street North

Monday 9:30 AM – 11 AM

Open House/Start Date: Monday Jan. 6

Thursday 10:30 AM – 12 PM

Open House/Start Date: Thursday Jan. 30

Ilderton Community Centre

13168 Ilderton Road, Ilderton

Thursday 1 PM – 2:30 PM

Open House/Start Date: Thursday Jan. 9

Register middlesexcentre.ca/rec-programs

Guy Lombardo Pavilion

Springbank Gardens – 285 Wonderland Rd S

Wednesday 12:45 PM – 1:30 PM Lok Hup Open Practice

Wednesday 1:30 PM – 2:30 PM Tai Chi Open Practice

Starts Spring of 2025

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.

Book Discussion Group: Open to all members. Weekly 'book club' discussing Chinese texts relevant to the Mr. Moy tradition.

Chanting: Weekly chanting practice class of material from Buddhist, Confucian and Taoist sources (Three Teachings Tradition).

Contact us at info@LondonTaiChi.ca or 226-270-8502

More information available at www.LondonTaiChi.ca

CONTINUING CLASSES Winter 2025

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 9:30 AM – 11 PM Foundations of Tai Chi
Friday 1 PM – 2:30 PM Continuing Tai Chi

Church of St. Jude

1537 Adelaide Street North

Monday 11 AM – 12:30 PM Foundations of Tai Chi
Thursday 9 AM – 10:30 AM Foundations of Tai Chi

Ilderton Community Centre

13168 Ilderton Road, Ilderton

Thursday 2:30 PM – 4 PM, Starts: Jan. 9
Register middlesexcentre.ca/rec-programs

Komoka Community Centre

133 Queen Street, Komoka

Monday 2:30 PM – 4 PM, Starts: Jan. 6
Register middlesexcentre.ca/rec-programs

Westmount Presbyterian Church

521 Village Green Avenue

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

OTHER CLASSES Winter 2025

Introduction to Lok Hup Ba Fa

Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

Tuesday 11 AM – 12 PM Review class
Friday 2:30 PM – 4 PM Started fall of 2024

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

Zoom Foundations of Tai Chi

Wednesday 9:30 AM – 10:30 AM

Contact Cathy for the zoom invitation

catmoore@LondonTaiChi.ca

Zoom Book Discussion Group

Wednesday 10:45 AM – 11:45 AM

Contact Cathy for the zoom invitation

catmoore@LondonTaiChi.ca

Zoom Chanting

Sunday 10:30 AM – 11:30 AM

Contact Cathy for the zoom invitation

catmoore@LondonTaiChi.ca

Zoom Southwest Instructor Training

Sunday 4:30 PM – 6:30 PM, Starts Feb. 1

Registration required. Email to request form:

workshop@LondonTaiChi.ca

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

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