

# INTRODUCTION TO TAI CHI

Winter 2026

## London Location



V1

### Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

Monday 9:30 AM – 11 AM

Open House/Start Date: Monday Feb. 2

Monday 8 PM – 9:30 PM

Open House/Start Date: Monday Jan. 5

Tuesday 6:30 PM – 8 PM

Open House/Start Date: Tuesday Feb. 3

### St. Ansgar Lutheran Church

600 Lawson Road

Thursday 10 AM – 12:00 PM

Open House/Start Date: Thursday Jan. 8

### Westmount Presbyterian Church

521 Village Green Avenue

Monday 2 PM – 3:30 PM

Open House/Start Date: Monday Jan. 5

Tuesday 12:45 PM – 2:15 PM

Open House/Start Date: Tuesday Feb. 3

Friday 6:30 PM – 8 PM

Open House/Start Date: Friday Jan. 9

### Komoka Community Centre

133 Queen Street, Komoka

Monday 1 PM – 3 PM

Open House/Start Date: Monday Jan. 12

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

### St. Anne's Anglican Church

1344 Commissioners Road West

Tuesday 1 PM – 3 PM

Open House/Start Date: Tuesday Jan. 6

### Church of St. Jude

1537 Adelaide Street North

Monday 9:30 AM – 11 AM

Open House/Start Date: Monday Jan. 5

Thursday 10:30 AM – 12 PM

Open House/Start Date: Thursday Feb. 5

### Ilderton Community Centre

13168 Ilderton Road, Ilderton

Thursday 1 PM – 3 PM

Open House/Start Date: Thursday Jan. 15

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

### Guy Lombardo Pavilion

Springbank Gardens – 285 Wonderland Rd S

Wednesday 12:30 PM – 1:30 PM (Restarts in the Spring)

Wednesday 1:30 PM – 2:30 PM (Restarts in the Spring)

**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](mailto:info@LondonTaiChi.ca) or 226-270-8502

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

## CONTINUING CLASSES Winter 2026

### Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

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

### 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 3 PM – 4:30 PM, Starts: Jan. 15

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

### Westmount Presbyterian Church

521 Village Green Avenue

Monday 12:30 PM – 2 PM Foundations of Tai Chi

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

## OTHER CLASSES Winter 2026

### Introduction to Lok Hup Ba Fa

Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

Monday 6:30 PM – 8 PM

Tuesday 11 AM – 12 PM

Friday 11:15 AM – 12:45 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.

### Zoom Foundations of Tai Chi

Wednesday 9:30 AM – 10:30 AM

Contact Cathy for the zoom invitation

[catmoore@LondonTaiChi.ca](mailto:catmoore@LondonTaiChi.ca)

### Zoom Book Discussion Group

Wednesday 10:45 – 11:45 AM, Starts Jan 2026

Contact Cathy for the zoom invitation

[catmoore@LondonTaiChi.ca](mailto:catmoore@LondonTaiChi.ca)

### Zoom Chanting

Sunday 10:30 AM – 11:30 AM

Contact Cathy for the zoom invitation

[catmoore@LondonTaiChi.ca](mailto:catmoore@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](mailto:dues@londontaichi.ca) ]