

INTRODUCTION TO TAI CHI Fall 2026

London Location



V2

Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

Monday 9:30 AM – 11 AM

Open House/Start Date: Monday Sep 21

Monday 7 PM – 8:30 PM

Open House/Start Date: Monday Sep 14

Tuesday 6:30 PM – 8 PM

Open House/Start Date: Tuesday Sep 29

St. Ansgar Lutheran Church

600 Lawson Road

Thursday 10 AM – 12:00 PM

Open House/Start Date: Thursday Oct 1

Westmount Presbyterian Church

521 Village Green Avenue

Monday 2 PM – 3:30 PM

Open House/Start Date: Monday Sep 14

Tuesday 12:45 PM – 2:15 PM

Open House/Start Date: Tuesday Sep 8

Friday 6:30 PM – 8 PM

Open House/Start Date: Friday Sep 4

Komoka Community Centre

133 Queen Street, Komoka

Monday 1 PM – 3 PM

Open House/Start Date: Monday Sep 14

Register middlesexcentre.ca/rec-programs

St. Anne's Anglican Church

1344 Commissioners Road West

Tuesday 1 PM – 3 PM

Open House/Start Date: Tuesday Sep 15

Church of St. Jude

1537 Adelaide Street North

Monday 9:30 AM – 11 AM

Open House/Start Date: Monday Sep 14

Thursday 10:30 AM – 12 PM

Open House/Start Date: Thursday Oct 1

Ilderton Community Centre

13168 Ilderton Road, Ilderton

Thursday 1 PM – 3 PM

Open House/Start Date: Thursday Sep 17

Register middlesexcentre.ca/rec-programs

Guy Lombardo Pavilion

Springbank Gardens – 285 Wonderland Rd S

Saturday 1 PM – 2 PM Start Oct 3

Saturday 2 PM – 3 PM Start Oct 3

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 Fall 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

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

Ilderton Community Centre

13168 Ilderton Road, Ilderton

Thursday 3 PM – 4:30 PM, Starts: Sep 17

Register middlesexcentre.ca/rec-programs

OTHER CLASSES Fall 2026

Introduction to Lok Hup Ba Fa

Elmwood Avenue Presbyterian Church

111 Elmwood Avenue

Tuesday 11 AM – 12 PM Open Practice / Review

Wednesday 7 PM – 8:30 PM Start Sep 30

Friday 11:15 AM – 12:45 PM Start Oct 2

Zoom Foundations of Tai Chi

Wednesday 9:30 AM – 10:30 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

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]