

Tai Chi Classes - 2018 Dates

Arthritis ACT offers Tai Chi for Health & Falls Prevention programs.

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. It is a low impact exercise that improves strength, flexibility and balance.

Term 1

Date Commencing	Date Ending	Time
Monday 12 th February	Monday 9 th April	1pm -1.45pm 170 Hayden Drive Bruce
Tuesday 20 th February	Tuesday 3rd April	1pm-1.45pm 170 Hayden Drive Bruce
Thursday 15 th February	Thursday 5 th April	12.30pm to 1.15pm Tuggeranong Sea Scouts Hall

Term 2

Date Commencing	Date Ending	Time
Monday 7 th May	Monday 25 th June	9.30am to 10.15am Kaleen Community Hall
Thursday 10 th May	Thursday 28 th June	11.45am to 12.30pm Tuggeranong Sea Scouts Hall

Cost: Members: \$40 per term Non-members: \$80.00 per term

Note: A term usually consists of 7-8 classes depending on school holidays.

To register: Contact Arthritis ACT on info@arthritisact.org.au or phone 1800 011 041

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Term 3

Date Commencing	Date Ending	Time
Monday 30 th July	Monday 17 th September	9.30am to 10.15am Kaleen Community Hall
Thursday 2 nd August	Thursday 20 th September	11.45am to 12.30pm Tuggeranong Sea Scouts Hall

Term 4

Date Commencing	Date Ending	Time
Monday 22 nd October	Monday 10 th December	9.30am to 10.15am Kaleen Community Hall
Thursday 25 th October	Thursday 13 th December	11.45am to 12.30pm Tuggeranong Sea Scouts Hall

Kaleen Community Hall – 28 Georgina Crescent, Kaleen

Lake Tuggeranong Sea Scouts Hall – Mortimer Lewis Drive, Greenway

Cost: Members: \$40 per term Non-members: \$80.00 per term

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