

TUNBRIDGE WELLS – TAIJI (TAI CHI) CLASSES 09/10

Adult Ed – Mondays 2.30pm & Thursdays 10.30am – these classes are called Tai Chi for Mobility and consist mainly of qigong which usually attracts older people who wish to improve mobility and balance. Beginners always welcome. First course starts Sept. 09. Second course starts Feb. 2010. Enrol through Adult Ed. tel. 0845 606 5606 or online at www.kent.gov.uk/adulted or at the Adult ed office on Monson Road.

Adult Ed - Thursdays 5.30pm – complete tai chi syllabus (i.e. qigong, tai chi forms, partner exercises - but excluding self-defence). Beginners always welcome. First course starts Sept. 09. Second course starts Feb. 2010. Enrol through Adult Ed. tel. 0845 606 5606 or online at www.kent.gov.uk/adulted or at the Adult ed office on Monson Road

St. Barnabas – Thursdays 7pm – Complete tai chi syllabus, including self-defence - ask for separate leaflet – 27 week course starts Sept. 09. This class is not suitable for the average beginner. Enrol by emailing Katherine.

Dunorlan Park – Saturdays 11am – 12pm – May to Sept – outside - £5 per class - ask for separate leaflet – this is a fun class with no booking required – just come along when you can.

LA Fitness – Mondays 9am, Camden Road – LA membership required - ongoing classes - mainly qigong and Tai Chi hand form.

Royal Spa Health Club - Fridays 10am - Vale Road – Royal Spa Club membership required – ongoing classes -mainly qigong and Tai Chi hand form.

Private/One-to-One/Small Groups - times to suit £30 per one hour class

TAI CHI SUMMER CAMP

Cranbrook School, Cranbrook, Kent – Wed. 26 Aug to Sun. 30 Aug – all levels – ask for separate leaflet.

Email Katherine with any questions.