



太极 *Tai* Chi



"Tai Chi is a soft style of Martial Arts, which is a great way of dealing with stress and at the same time enhancing strength."

Where: Guild Hall

**When: Starting June 8th – August 5th every
Tuesday & Thursday, 4:30-5:30pm**

Ages: 18 and older

No Cost

NOTE: Participants can sign up and join anytime while the programme is being offered.

**For more information or to pre-register call
Seth at the Parks and Recreation Office at
875-3873**

