



Peng You International Tai Chi Academy

270 Windsor Street (Junot Street Entrance)

Spring 2010 Tai Chi Programmes

Start the week of March 22 and end on May 29 (10 weeks)

Prices include GST

Contact Peng at 628-4305 or taichi@tbaytel.net

www.pengyou-taiji.ca

COURSE	CODE	DAY	TIME	FEE
*Tai Chi for Health 1	1001	Monday	10 to 11am	\$52.50
*Tai Chi for Health 2	1002	Monday	12 to 1pm	\$52.50
Chen Style Sword	1003	Monday	1 to 2:30pm	\$95
Chen Style Old Frame One	1004	Monday	2:30 to 4:00 pm	\$95
48 Forms and Sword	1005	Tues & Thurs	9:30 to 10:30 am	\$73.50
Tai Chi For All Levels	1006	Tuesday	7 to 8:30 pm	\$95
*Tai Chi Hockey Stick	1008	Thursday	10:45 to 12 noon	\$63
*Tai Chi Beginners (16 forms)	1009	Mon and Wed	7 to 8 pm	\$105
*Tai Chi Sword Beginners (42 forms)	1010	Mon and Wed	8 to 9 pm	\$105
*Chen Style Beginners	1011	Tues and Thurs	6 to 7 pm	\$105
*Tai Chi Fan Beginners	1012	Tues	10:45 to 12 noon	\$63
Kung Fu Fans	1013	Thursday	7 to 8:30pm	\$95
Drop In	1014	Friday	4:30 to 6:00pm	\$5 & \$8
*Push Hands Beginners	1015	Saturday	11:30 to 1:00pm	\$95

* suitable for newcomers to Tai Chi

We can do Tai Chi in your workplace!

Peng You International Tai Chi Academy - Registration Form

Course number _____ Time _____ Cost _____

Name _____

Address _____ City _____ PC _____

Phone number _____ email _____

Emergency Contact Person _____ Phone _____

I understand that there is an inherent risk in any exercise programme, and I do hereby release and hold harmless the Peng You International Tai Chi Academy and its programme instructors and volunteers.

Signature _____ Date _____