



Peng You International Tai Chi Academy

270 Windsor Street (Junot Street Entrance)

Spring 2018 Tai Chi Programmes

Starts March 19 and ends May 26 (10 weeks)

Prices include HST



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

COURSE	CODE	DAY	TIME	FEE
Tai Chi for Arthritis beginners (seated and standing)	1001	Monday	12 to 1pm	\$65
Chen 5 and 18 forms beginners	1002	Mon and Wed	1 to 2 pm	\$95
Chen Style Sword	1003	Mon and Wed	2 to 3 pm	\$120
Chen Style Old Frame 1 & 2	1004	Mon and Wed	3 to 4 pm	\$120
Tai Chi 8 & 16 forms beginners	1005	Mon and Wed	6 to 7 pm	\$120
Tai Chi 24 & 48 forms beginners	1006	Mon and Wed	7 to 8 pm	\$120
Tai Chi Sword 32 & 42 forms	1007	Mon and Wed	8 to 9 pm	\$120
Tai Chi 48 forms and Sword	1008	Tues and Thurs	9:30 to 10:30 am	\$95
Chen Tai Chi Fan beginners	1009	Tues and Thurs	5:30 to 6:30 pm	\$120
Chen Essential 18 forms beginners	1010	Tues and Thurs	6:30 to 7:30 pm	\$120
Chen Old Frame 1 and push hands beginners	1011	Tues and Thurs	7:30 to 8:30 pm	\$120
Tai Chi 8, 16, 24 forms beginners	1012	Wed and Fri	9:30 to 10:30 am	\$95
Tai Chi and Qigong beginners	1013	Saturday	10 to 11 am	\$70
Yang Long Form practice	1014	Saturday	11 to 12 noon	\$55
Broadsword beginners	1015	Saturday	12 to 1 pm	\$80
Tai Chi Fan 30 and 42 forms beginners	1016	Saturday	1 to 2 pm	\$80

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 _____