



**January - May 2025
Winter/Spring Schedule**

Day / Dates	Course	Code	Time	Location	Instructor	tel. no.
EVENING COURSES AT VARIOUS LOCATIONS						
BEGINNERS						
Wed./Jan. 8 - Mar. 5 (8 classes)	Introduction to Tai Chi no class Feb. 5	HDIntro	6:00-7:00	Elijah Smith School	Helene Dobrowolsky	334-6460
Mon./Jan. 6 - Mar. 24 (10 classes)	Qigong / Meditation	JJQig	7:00-8:15	Jack Hulland School	Jill Johnstone	336-5087
TRADITIONAL FORM						
Tues./Jan. 7-Apr. 1 (11 classes)	Traditional Form, Section 2A	ACTF2A	6:30-7:45	Jack Hulland School	Alison Conant	335-6773
Wed./Jan. 22-Feb. 12 (4 classes)	Traditional Form, Section 1 refinements	JGTF1Rf	7:00-8:30	Grey Mountain	Jo-Ann Gates	334-1873
Wed./Jan. 8-Mar. 5 (7 classes)	Traditional Form, Section 3 (continued)	ACTF3Ct	7:15-8:30	Elijah Smith School	Alison Conant	335-6773
Thurs./Jan. 9-Mar. 6; Mar. 27-May 1 (15 classes)	Traditional Form (continued)	PBTFCt	6:30-7:30	Hidden Valley School	Pam Boyde	633-6034
Thurs./Jan. 9-Mar. 5; Mar. 27-May 1 (15 classes)	Yang Hand Forms refinements (continued)	PBRef	7:45-8:45	Hidden Valley School	Pam Boyde	633-6034
MORNING COURSES AT VARIOUS LOCATIONS						
Mon./Jan. 20-Mar. 31 (11 classes)	Tai Chi Kung Form (Seniors)	GASTCK	10 -11:00	Golden Age Centre	Marina McCready`	335-4269
Wed./Jan. 15-Mar. 26 (11 classes)	Essential Form (continued)	MMEssCt	10-11:00	Heart of Riverdale	Marina McCready	335-4269
Thurs./Jan. 9-Mar. 27 (12 classes)	Traditional Form practice (Seniors)	GASTF	10-11:00	Golden Age Centre	Alison Conant	335-6773
Sun./Jan. 12-Jan. 26 (6 hours)	Taiji Kungfu Fan (continued)	PBFanCt	10:00-noon	Whistle Bend School	Pam Boyde	633-6034
Sun./Feb 2-Mar. 30 (12 hours)	Sword (No class March 16)	PBSword	10:30-noon	Whistle Bend School	Pam Boyde	633-6034
FREE PRACTICE TIME						
Sat./Jan. 11-Apr. 19	free drop-in Tai Chi Practice open to all TCY members		10:00-noon	Takhini School	various instructors	