

**The Australian Academy of Tai Chi  
Rockhampton & District**

*Contact Russell on 49364009 or Debbie on 0437 740 278 or [jwvnunen@gmail.com](mailto:jwvnunen@gmail.com)  
Classes held at Uniting Church Hall, Berserker Street opposite North Rockhampton High*

*\$12 per one hour lesson or \$8 for concession card holders/students*

**2018 Calendar**

**Term 1 (10 weeks)**

- Beginning of term **Wednesday 24th January 6pm** Tai Chi classes
- Gardens Lesson (**Botanical Gardens**) Sunday 9.00am the **25th February** -free lesson
- Term ends **28th March** (Wednesday night 6pm, end of term break up)

**Term 2 (11 weeks)**

- Beginning of term **Wednesday 18th April 6pm** Tai Chi classes
- World Tai Chi Day (**Botanical Gardens**) Saturday **28th April 10am Botanical Gardens** - free lesson
- Gardens Lesson (**Botanical Gardens**) Sunday 9.00am the **20th May** - free lesson
- Term ends **27th June** (Wednesday night 6pm, end of term break up)

**Term 3 (10 weeks)**

- Beginning of term **Wednesday 18th July 6pm** Tai Chi classes
- Brisbane annual seminar - New Farm - **to be confirmed**
- Gardens Lesson (**Botanical Gardens**) Sunday 9.00am the **19th August** - free lesson
- Term ends **19th September** (Wednesday night 6pm, end of term break up)

**Term 4 (10 weeks)**

- Beginning of term **Wednesday 10th October 6pm** Tai Chi classes
- Gardens Lesson (**Botanical Gardens**) Sunday 9.00am the **4th November**
- Term ends **12th December** (Wednesday night 6pm, end of term break up)

**Other Classes**

**Daytime classes for Rockhampton 60 & Better members are 10:30 am Mondays** at the Kent Street Indoor Bowls Club from February to November with breaks for public holidays only. **Contact 4914 0065**

**Daytime classes for Rockhampton University of the Third Age (U3A) are 7:30 am Friday** at the Kershaw Gardens (Traffic circle entrance opposite Stocklands). **Contact: 4936 4792**

*All Rockhampton and District students are welcome to attend the lessons in the Botanical Gardens and the evening class term end break-up sessions.*

*Exercise notes, music CDs and video DVDs are available from the web site ([www.livingchi.com.au](http://www.livingchi.com.au)), either by download or by ordering from AATC Brisbane -*

*Ph. 07 3358 1955 as appropriate.*

**[www.zelmeroz.com/taichi](http://www.zelmeroz.com/taichi)**