

The Australian Academy of Tai Chi Rockhampton & District

Contact Russell on 49364009 / 0417721146

Classes are held at Uniting Church Hall, Berserker Street opposite North Rockhampton High School
\$12 per one hour lesson or \$8 for concession card holders/students

2019 Calendar

Term 1 (10 weeks)

- Beginning of term **Wednesday 30th January 6pm** Tai Chi classes
- Gardens Lesson (**Botanical Gardens**) Sunday 9.00am the **3rd March – free lesson**
- Term ends **3rd April** (Wednesday night 6pm, end of term break up)

Term 2 (10 weeks)

- Beginning of term **Wednesday 24th April 6pm** Tai Chi classes
- **World Tai Chi Day** Saturday 27th April (Botanic Gardens at 10am)
- Gardens Lesson (**Botanical Gardens**) Sunday 9.00am the **26th May – free lesson**
- Term ends **26th June** (Wednesday night 6pm, end of term break up)

Term 3 (10 weeks)

- Beginning of term **Wednesday 17th July 6pm** Tai Chi classes
- Gardens Lesson (**Botanical Gardens**) Sunday 9.00am the **18th August – free lesson**
- Term ends **18th September** (Wednesday night 6pm, end of term break up)

Term 4 (10 weeks)

- Beginning of term **Wednesday 9th October 6pm** Tai Chi classes
- Gardens Lesson (**Botanical Gardens**) Sunday 9.00am the **10th November – free lesson**
- Term ends **11th December** (Wednesday night 6pm, end of term break up)

Other Classes

- **Daytime classes for Rockhampton 60 & Better members are 10:30 am Monday** at Indoor Bowling Centre in Kent Street from February to November with breaks for public holidays only. **Contact – 49140065**
- **Daytime classes for Rockhampton University of the Third Age (U3A) are 7:30 am Friday** at the Kershaw Gardens (via parking area opposite Stockland roundabout). **Contact - 49364792**

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), either by download or by ordering from AATC Brisbane -

Ph. 33581955 as appropriate.

Local resources from AATC Rockhampton at www.zelmeroz.com/taichi