

## schoolage

### Capoeira 6yrs&up

A Brazilian martial art that combines music, dance, and personal defence. An excellent course to improve fitness while experiencing another culture.

**JBCC, Shoreline Rm**

244110 W Sep 15 4:00-5:00pm

**Free Intro Class- must register**

244112 W Sep 22-Nov 3 4:00-5:00pm

244111 W Nov 10-Dec 22 4:00-5:00pm

\$62.72

244115 W Jan 12-Mar 2 4:00-5:00pm

\$89.60

### Hapkido 13yrs&up

Hapkido is described as the way of coordinating power and is a dynamic, eclectic form of Lorean martial art. A form of self defense, it emphasizes circular motion, non-resisting movement and control of the opponent.

**JBCC, Shoreline Rm**

244012 Th Sep 23-Oct 28 7:15-8:45pm

244013 Th Nov 4-Dec 16 7:15-8:45pm

\$80.64

244015 Th Jan 20-Feb 17 7:15-8:45pm

253629 Th Feb 24-Mar 24 7:15-8:45pm

\$67.20

### Karate Kid 5-8yrs

Karate techniques are combined with boxing skills with an emphasis on stance, posture and traditional values. Benefit from increased self-discipline, self-defence, fitness and fun. (Belts and suits extra.)

**Andrews, Windsor Rm**

245678 Tu Sep 14-Dec 14 3:30-4:30pm

245679 F Sep 17-Dec 17 3:30-4:30pm

\$94.50

247283 Tu Jan 11-Mar 8 3:30-4:30pm

247284 F Jan 14-Mar 11 3:30-4:30pm

\$60.75

**McDougall, Activity Rm**

252013 W Sep 15-Dec 1 5:20-6:20pm

\$81

252030 W Jan 19-Mar 9 5:20-6:20pm

\$54

252007 Sa Sep 18-Dec 4 8:30-9:30am

\$69.30

252031 Sa Jan 15-Mar 12 8:30-9:30am

\$60.75

**Parkgate, Large Multi-purpose Rm**

253012 Th Sep 16-Dec 16 5:00-6:00pm

\$87.75

253018 Th Jan 6-Mar 10 5:00-6:00pm

\$67.50

### Karate Kid Spring Break Camp 5-8yrs

**McDougall, Activity Rm**

253878 M,W,F Mar 14-Mar 25 4:35-5:35pm

\$39 2 weeks/\$19.50 1 week

### Shotokan Karate

For individuals who are interested in learning martial arts skills and self defense, improving fitness - getting into amazing shape, and having fun. Also if you are serious about Conditioning for BC Team, Canadian Team for International Tournaments. (Shotokan) Certified Karate Instructor: Hamid Tarighatbin 3rd DAN Champion of Canada 4 years Champion of BC.

**Neighbourhood House, Inman Rm**

**5-7yrs**

245902 Tu,Th Sep 7-Dec 2 4:00-5:00pm

245911 Tu,Th Jan 4-Mar 31 4:00-5:00pm

**8-12yrs**

245903 Tu,Th Sep 7-Dec 2 5:00-6:30pm

245909 Tu,Th Jan 4-Mar 31 5:00-6:30pm

\$134

### Tae Kwon Do 6-12yrs

A high energy martial arts program teaching personal development and self defense. This modern class helps develop strength flexibility and confidence while learning about urban awareness. This program is very popular with all ages.

**Beginner**

**Delbrook, Gym**

243144 M Sep 13-Sep 27 3:30-4:30pm

243142 W Sep 15-Sep 29 3:30-4:30pm

243143 F Sep 17-Oct 1 3:30-4:30pm

243145 M Oct 4-Oct 25 3:30-4:30pm

\$27

243146 W Oct 6-Oct 27 3:30-4:30pm

243147 F Oct 8-Oct 29 3:30-4:30pm

\$36

243150 M Nov 1-Nov 29 3:30-4:30pm

\$45

243148 W Nov 3-Nov 24 3:30-4:30pm

\$36

243149 F Nov 5-Nov 26 3:30-4:30pm

\$27

243372 M Dec 6-Dec 13 3:30-4:30pm

243374 F Dec 10-Dec 17 3:30-4:30pm

\$18

243373 W Dec 1-Dec 15 3:30-4:30pm

\$27

243272 W Jan 5-Jan 26 3:30-4:30pm

243273 F Jan 7-Jan 28 3:30-4:30pm

243274 M Jan 10-Jan 31 3:30-4:30pm

243276 W Feb 2-Feb 23 3:30-4:30pm

243277 F Feb 4-Feb 25 3:30-4:30pm

243275 M Feb 7-Feb 28 3:30-4:30pm

\$36

243279 W Mar 2-Mar 30 3:30-4:30pm

243989 F Mar 4-Apr 1 3:30-4:30pm

\$27

243278 M Mar 7-Mar 28 3:30-4:30pm

\$18

### Tai Kwon Do cont.

**Seylynn, Gym**

251233 M,W Sep 13-29 6:00-7:00pm

\$54

251234 M Sep 13-27 6:00-7:00pm

251235 W Sep 15-29 6:00-7:00pm

\$27

251236 M,W Oct 4-27 6:00-7:00pm

\$63

251237 M Oct 4-25 6:00-7:00pm

\$27

251238 W Oct 6-27 6:00-7:00pm

\$36

251239 M,W Nov 1-24 6:00-7:00pm

\$72

251240 M Nov 1-22 6:00-7:00pm

251241 W Nov 3-24 6:00-7:00pm

\$36

251245 M,W Nov 29-Dec 15 6:00-7:00pm

\$54

251297 M Nov 29-Dec 13 6:00-7:00pm

251298 W Dec 1-15 6:00-7:00pm

\$27

252274 W,M Jan 5-26 6:00-7:00pm

\$63

252279 W Jan 5-26 6:00-7:00pm

\$36

252278 M Jan 10-24 6:00-7:00pm

\$27

252275 M,W Jan 31-Feb 16 6:00-7:00pm

\$54

252280 M Jan 31-Feb 14 6:00-7:00pm

252281 W Feb 2-16 6:00-7:00pm

\$27

252276 M, W Feb 21-Mar 9 6:00-7:00pm

\$54

252282 M Feb 21-Mar 7 6:00-7:00pm

252283 W Feb 23-Mar 9 6:00-7:00pm

\$27

252277 M,W Mar 14-30 6:00-7:00pm

\$54

252284 M Mar 14-28 6:00-7:00pm

252285 W Mar 16-30 6:00-7:00pm

\$27

252297 M,W Mar 14-16 6:00-7:00pm

252298 M,W Mar 21-23 6:00-7:00pm

252299 M,W Mar 28-30 6:00-7:00pm

\$18

**Preschool Tae Kwon Do see p.115**



northvanrec.com  
for more info



## Tae Kwon Do cont.

### Intermediate-Advanced

#### Delbrook, Gym

243153	M	Sep 13-Sep 27	4:30-5:30pm
243151	W	Sep 15-Sep 29	4:30-5:30pm
243154	M	Oct 4-Oct 25	4:30-5:30pm
\$27			
243155	W	Oct 6-Oct 27	4:30-5:30pm
\$36			
243158	M	Nov 1-Nov 29	4:30-5:30pm
\$45			
243157	W	Nov 3-Nov 24	4:30-5:30pm
\$36			
243376	W	Dec 1-Dec 15	4:30-5:30pm
\$27			
243375	M	Dec 6-Dec 13	4:30-5:30pm
\$18			
243281	W	Jan 5-Jan 26	4:30-5:30pm
243283	M	Jan 10-Jan 31	4:30-5:30pm
243285	W	Feb 2-Feb 23	4:30-5:30pm
243284	M	Feb 7-Feb 28	4:30-5:30pm
\$36			
243287	W	Mar 2-Mar 30	4:30-5:30pm
\$27			
243288	M	Mar 7-Mar 28	4:30-5:30pm
\$18			
243152	F	Sep 17-Oct 1	4:30-5:30pm
\$27			
243156	F	Oct 8-Oct 29	4:30-5:30pm
\$36			
243159	F	Nov 5-Nov 26	4:30-5:30pm
\$27			
243377	F	Dec 10-Dec 17	4:30-5:30pm
\$18			
243282	F	Jan 7-Jan 28	4:30-5:30pm

## Tae Kwon Do cont.

243286	F	Feb 4-Feb 25	4:30-5:30pm
\$36			
243289	F	Mar 4-Apr 1	4:30-5:30pm
\$27			
<b>Seylynn, Gym</b>			
251246	Tu,Th	Sep 14-30	4:45-5:45pm
\$54			
251247	Tu	Sep 14-28	4:45-5:45pm
251248	Th	Sep 16-30	4:45-5:45pm
\$27			
251249	Tu,Th	Oct 5-28	4:45-5:45pm
\$72			
251250	Tu	Oct 5-26	4:45-5:45pm
251251	Th	Oct 7-28	4:45-5:45pm
\$36			
251252	Tu,Th	Nov 2-25	4:45-5:45pm
\$63			
251253	Tu	Nov 2-23	4:45-5:45pm
\$36			
251254	Th	Nov 4-25	4:45-5:45pm
\$27			
251258	Tu,Th	Nov 30-Dec 16	4:45-5:45pm
\$54			
251301	Tu	Nov 30-Dec 14	4:45-5:45pm
251302	Th	Dec 2-16	4:45-5:45pm
\$27			
252304	Tu,Th	Jan 4-27	4:45-5:45pm
\$72			
252305	Tu	Jan 4-25	4:45-5:45pm
252306	Th	Jan 6-27	4:45-5:45pm
\$36			
252301	Tu,Th	Feb 1-17	4:45-5:45pm
\$54			
252307	Tu	Feb 1-15	4:45-5:45pm

## Tae Kwon Do cont.

252308	Th	Feb 3-17	4:45-5:45pm
\$27			
252302	Tu,Th	Feb 22-Mar 10	4:45-5:45pm
\$54			
252309	Tu	Feb 22-Mar 8	4:45-5:45pm
252310	Th	Feb 24-Mar 10	4:45-5:45pm
\$27			
252303	Tu,Th	Mar 15-31	4:45-5:45pm
\$54			
252311	Tu	Mar 15-29	4:45-5:45pm
252312	Th	Mar 17-31	4:45-5:45pm
\$27			
252342	Tu,Th	Mar 15-17	4:45-5:45pm
252343	Tu,Th	Mar 22-24	4:45-5:45pm
252344	Tu,Th	Mar 29-31	4:45-5:45pm
\$18			

## Tae Kwon Do Spring Camp 6-12yrs

A high energy martial arts program teaching personal development and self defense. This modern class helps develop strength flexibility and confidence while learning about urban awareness. This program is very popular with all ages.

#### Delbrook, Gym

### Beginner

243990	M,W,F	Mar 14-18	3:30-4:30pm
243991	M,W,F	Mar 21-25	3:30-4:30pm

### Int/Adv

245831	M,W,F	Mar 14-18	4:30-5:30pm
245832	M,W,F	Mar 21-25	4:30-5:30pm
\$27			



## CAPILANO SEIKIDOKAN JUDO CLUB

Judo is a "gentler" martial art and Olympic sport promoting fitness, coordination and discipline. Beginners welcome!

Classes for 8yrs+ and all levels held at St. Catherine's Church Gym (Edgemont Village).

### Fall Session: Sept 9 - Dec 16, 2010

#### Juniors 8-12yrs

254830 Tuesday & Thursday 7-8pm

#### Seniors 13yrs+

254831 Tuesday & Thursday 8-9:30pm

Cost: \$210

### Winter Session: Jan 11-Mar 31, 2011

#### Juniors 8-12yrs

254832 Tuesday & Thursday 7-8:00pm

#### Seniors 13yrs+

254833 Tuesday & Thursday 8-9:30pm

Cost: \$160

Info: Hiroshi Nishi 604-786-7455  
Registration: 604-987-Play (7529)  
[capseikidokan@gmail.com](mailto:capseikidokan@gmail.com)



## GM William Thurston's DarkStar Martial Arts Systems

An Integrated Martial Art Form Combining:

FMA (Filipino Martial Arts)

Arnis & Balintawak

Kyusho Jitsu Karate

Buno Style Grappling & Hapkido

Joint Manipulation & Acupressure

Empty Hand & Stick Techniques

And More!

Thursdays 7:30 pm to 9:30 pm

Men & Women 18+ yrs \$75/month

Students 16+ yrs \$50/month

**First Class Free!**

Come And Play!  
604.987.1908

[DarkstarSystems.net](http://DarkstarSystems.net)

The North Shore Fun and Fitness Centre  
1172 West 14th Avenue N. Van

## Japan Karate Association

Real Karate  
for adults,  
teens and  
children  
aged 7 or older



Our instructors are fully Karate BC certified, and all are members of the famous Japan Karate Association.

We offer traditional Shotokan karate in a friendly atmosphere.

Now at **St. Pius X Elementary,**  
**1150 Mount Seymour Road,**  
**North Vancouver**

**604 710 1988**  
[www.jkavan.ca](http://www.jkavan.ca)



## Top Karate

Karate techniques combined with boxing skills with an emphasis on stance, posture and traditional values. Benefit from increased self discipline, self defense, fitness and fun. Belt and suit costs extra. (Mike H.)

### Beginner/Intermediate 9-13yrs

#### McDougall, Activity Rm

252060 M,W Sep 13-Dec 6 7:20-8:20pm \$155.25  
252074 M,W Jan 12-Mar 14 7:20-8:20pm \$121.50

### Intermediate 6-11yrs

#### McDougall, Activity Rm

252078 M,W Sep 13-Dec 6 6:20-7:20pm \$155.25; \$77.63 W only  
252077 M,W Jan 12-Mar 14 6:20-7:20pm \$121.50; \$60.75 W only

### Intermediate/Advanced 6-10 yrs

#### Andrews, Windsor Rm

245677 Tu,F Sep 14-Dec 17 4:30-5:30pm \$189 Tu or Fri only \$94.50  
247282 Tu,F Jan 11-Mar 11 4:30-5:30pm \$121.50 Tu or Fri only \$60.75

### All Levels 9-15yrs

Karate techniques combined with boxing skills with an emphasis on stance, posture and traditional values.

#### Andrews, Windsor Rm

245676 Tu, F Sep 14-Dec 17 5:30-6:30pm \$189 Tu or Fri only \$94.50  
247280 Tu, F Jan 11-Mar 11 5:30-6:30pm \$121.50 Tu or Fri only \$60.75

## youth & adults

### Capoeira 12-17yrs

A Brazilian martial art that combines music, dance, and personal defence. An Improve your endurance, balance, strength and overall fitness while experiencing another culture.

#### JBCC, Anchor Rm

244121 Th Sep 16 4:30-5:30pm

### Free Intro Class - must register

244120 Th Sep 23-Oct 28 4:30-6:00pm

253541 Th Nov 4-Dec 16 4:30-6:00pm \$80.64

244123 Th Jan 13-Feb 10 4:30-6:00pm

253555 Sa Feb 17-Mar 17 4:30-6:00pm \$67.20

## Ju-jitsu 12yrs&up

Ju-jitsu encompasses the techniques of Karate, Judo and Akido. This martial art is geared towards developing your own personal self defense system. Participants will learn techniques that have real world applications.

#### Jaycee House, Dance Studio

248558 M,W Sep 13-Oct 27 7:30-9:30pm

\$131.04

248563 M Sep 13-Oct 25 7:30-9:30pm

\$65.52

248559 W Sep 15-Oct 27 7:30-9:30pm

\$76.44

248560 M,W Nov 1-Dec 15 7:30-9:30pm

\$152.88

248561 M Nov 1-Dec 13 7:30-9:30pm

248562 W Nov 3-Dec 15 7:30-9:30pm

\$76.44

251988 M,W Jan 10-Feb 16 7:30-9:30pm

\$131.04

251986 M Jan 10-Feb 14 7:30-9:30pm

251987 W Jan 12-Feb 16 7:30-9:30pm

\$65.52

251989 M,W Feb 21-Mar 30 7:30-9:30pm

\$131.04

251990 M Feb 21-Mar 28 7:30-9:30pm

251991 W Feb 23-Mar 30 7:30-9:30pm

\$65.52

## Shotokan Karate Adults & Teens

For Teens and Adults who are interested in learning martial art skills, self defense, having fun and getting into amazing shape. Also great if you are serious about conditioning for the BC and Canadian Teams for international tournaments.

#### Neighbourhood House, Inman Rm

253784 Tu,Th Sep 7-Dec 2 6:30-8:00pm

\$156.80

253786 Tu,Th Jan 4-Mar 31 6:30-8:00pm

\$170.24

## Shotokan Karate Boot Camp

Condition your body to be strong, flexible, and learn how to punch, kick, Kata and other Martial Arts skills such as Self Defense, and at the same time you'll be getting rid of body fat, and building confidence. This hard core workout is designed to lose weight if needed, and gain strength and endurance.

#### Neighbourhood House, Inman Rm

254349 M,W Sep 13-Nov 22 7:15-8:15am

254350 Tu,Th Sep 14-Nov 23 7:15-8:15am

254377 M,W Jan 10-Mar 16 7:15-8:15am

254378 Tu,Th Jan 11-Mar 17 7:15-8:15am

\$125.44

## Top Karate All Levels 15yrs&up

Karate techniques combined with boxing skills with an emphasis on stance, posture and traditional values. (Mike H.)

#### McDougall, Activity Rm

252079 Tu,Th Sep 14-Dec 2 7:30-9:00pm

\$155.25

252080 Tu,Th Jan 11-Mar 10 7:30-9:00pm

\$194.43

## Qi Gong

Bring harmony and balance to your body, mind and soul, through Qi Gong techniques. This course which is similar to Tai Chi will teach you several techniques which you can take home to practice and experience the benefits for yourself. (Lynne C.)

#### JBCC, Anchor Room

250314 W Sep 15-Dec 1 9:00-10:00am

250315 F Oct 8-Dec 3 9:30-10:30am

252786 W Jan 5-Mar 23 9:00-10:00am

252787 F Jan 7-Mar 25 9:30-10:30am

\$67.20

## Tae Kwon Do

A high energy martial arts program teaching personal development and self defense. This modern class helps develop strength flexibility and confidence while learning about urban awareness. This program is very popular with all ages.

### Beginners

#### Seylynn, Gym

251267 M,W Sep 13-29 7:00-8:00pm

\$90.72

251259 M Sep 13-27 7:00-8:00pm

251260 W Sep 15-29 7:00-8:00pm

\$45.36

251261 M,W Oct 4-27 7:00-8:00pm

\$105.84

251262 M Oct 4-25 7:00-8:00pm

\$45.36

251263 W Oct 6-27 7:00-8:00pm

251265 M,W Nov 1-24 7:00-8:00pm

\$120.96

251264 M Nov 1-22 7:00-8:00pm

251266 W Nov 3-24 7:00-8:00pm

\$60.48

251274 M,W Nov 29-Dec 15 7:00-8:00pm

\$90.72

251299 M Nov 29-Dec 13 7:00-8:00pm

251300 W Dec 1-15 7:00-8:00pm

\$45.36

252568 W,M Jan 5-26 7:00-8:00pm

\$105.84



## Tae Kwon Do cont.

252573	W	Jan 5-26	7:00-8:00pm	\$60.48
252572	M	Jan 10-24	7:00-8:00pm	\$45.36
252569	M,W	Jan 31-Feb 16	7:00-8:00pm	\$90.72
252574	M	Jan 31-Feb 14	7:00-8:00pm	\$45.36
252575	W	Feb 2-16	7:00-8:00pm	\$90.72
252570	M,W	Feb 21-Mar 9	7:00-8:00pm	\$90.72
252576	M	Feb 21-Mar 7	7:00-8:00pm	\$45.36
252577	W	Feb 23-Mar 9	7:00-8:00pm	\$90.72
252571	M,W	Mar 14-30	7:00-8:00pm	\$90.72
252578	M	Mar 14-28	7:00-8:00pm	\$45.36
252579	W	Mar 16-30	7:00-8:00pm	\$90.72
252608	M,W	Mar 14-16	7:00-8:00pm	\$30.24
252612	M,W	Mar 21-23	7:00-8:00pm	\$30.24
252613	M,W	Mar 28-30	7:00-8:00pm	\$30.24

## Intermediate

### Seylynn, Gym

251277	M,W	Sep 13-29	8:00-9:00pm	\$90.72
251275	M,W	Oct 4-27	8:00-9:00pm	\$105.84
251276	M,W	Nov 1-24	8:00-9:00pm	\$120.96
251283	M,W	Nov 29-Dec 15	8:00-9:00pm	\$90.72
252617	W,M	Jan 5-26	8:00-9:00pm	\$105.8
252614	M,W	Jan 31-Feb 16	8:00-9:00pm	\$90.72
252615	M,W	Feb 21-Mar 9	8:00-9:00pm	\$90.72
252616	M,W	Mar 14-30	8:00-9:00pm	\$90.72
252618	M,W	Mar 14-16	8:00-9:00pm	\$30.24
252619	M,W	Mar 21-23	8:00-9:00pm	\$30.24
252620	M,W	Mar 28-30	8:00-9:00pm	\$30.24

## Tai Chi Yang Style All Forms

### Beginner

Yang style emphasizes natural movement and smooth energy flow to develop health, harmony and power. The program can include long forms, short forms, applications, Qi Gong, meditation, long sword, staff etc. Everyone Welcome.

### Delbrook, Tamarack Rm (Brad W.)

253248	Tu,Th	Sep 21-Dec 14	11:15-12:15pm	\$94.08
253245	Tu,Th	Jan 18-Mar 10	11:15-12:15pm	\$94.08

### JBCC, Shoreline Rm

250320	W	Sep 15-Dec 1	10:30-11:30am	\$80.64
252793	W	Jan 5-Mar 23	10:30-11:45am	\$89.60

## Neighbourhood House

Two Instructors teaching 5 section, 24 form, Cheng Man Ching, 108, and Qi Gong. (Lynne C.)

251417	Tu,Th	Sep 14-Oct 21	9:30-10:30am	\$50.40
251418	Tu,Th	Oct 26-Dec 9	9:30-10:30am	\$50.40
251423	Tu,Th	Jan 11-Feb 17	9:30-10:30am	\$53.76
251424	Tu,Th	Feb 22-Mar 31	9:30-10:30am	\$53.76

### Parkgate, Mary Hunter Hall

251687	W	Sep 22-Oct 27	7:00-8:30pm	\$70.56
254029	W	Nov 3-Dec 15	7:00-8:30pm	\$82.32

### Parkgate, 2nd floor multipurpose room

251688	W	Jan 12-Mar 2	7:00-8:30pm	\$94.08
251688	W	Jan 12-Mar 2	7:00-8:30pm	\$53.76

### Seylynn, Gym (Brad. W.)

248423	Tu,Th	Sep 14-Oct 28	7:30-9:00pm	\$164.64
248424	Tu,Th	Nov 2-Dec 16	7:30-9:00pm	\$152.88
251984	Tu,Th	Jan 11-Feb 17	7:30-9:00pm	\$141.12
251985	Tu,Th	Feb 22-Mar 31	7:30-9:00pm	\$141.12

## Intermediate

Two Instructors teaching 5 section, 24 form, Cheng Man Ching, 108, and Qi Gong. (Lynne C.)

### Neighbourhood House

254572	Tu,Th	Sep 14-Oct 21	9:00-10:00am	\$50.40
254573	Tu,Th	Oct 26-Dec 9	9:00-10:00am	\$50.40
254574	Tu,Th	Jan 11-Feb 17	9:00-10:00am	\$53.76
254575	Tu,Th	Feb 22-Mar 31	9:00-10:00am	\$53.76

## Advanced

Two Instructors teaching 5 section, 24 & 48 form, 108, Sword, Chen Man Ching, Yi Jin Jing, Qi Gong, plus advanced form practice in Su, Chen & Fan. Prerequisite: Permission from Head Instructor.

### Neighbourhood House

51736	Tu,Th	Sep 14-Oct 21	8:30-10:00am	\$67.20
251737	Tu,Th	Oct 26-Dec 9	8:30-10:00am	\$67.20
251746	Tu,Th	Jan 11-Feb 17	8:30-10:00am	\$67.20
251747	Tu,Th	Feb 22-Mar 31	8:30-10:00am	\$67.20

## adults 55+

### Qi Gong Healing Exercises

Bring harmony and balance to your body, mind and soul. This course is similar to Tai Chi and will teach you several techniques to practice. Experience the benefits for yourself.

### Parkgate, North Wing Multi-purpose Rm

251556	Th	Sep 23-Oct 28	1:00-2:00pm	\$47.04/\$33.60 Senior
254030	Th	Nov 4-Dec 16	1:00-2:00pm	\$47.04/\$33.60 Senior
251686	Th	Jan 13-Mar 3	1:00-2:00pm	\$62.72/\$44.80 Senior

## Tai Chi Beginners

A program for beginners interested in a very mild form of martial arts. Our instructor works with you to emphasize stretching, balance and relaxation. (Corinne R.)

### Delbrook, Tamarack Rm

#### Beginners 10:00-11:00am

#### Intermediate 10:30-11:30am

252609	W,M	Sep 8-Oct 27	\$49.28
252610	M,W	Nov 1-Dec 15	\$62.72
252634	W,M	Jan 5-Feb 16	\$58.24
252635	M,W	Feb 21-Mar 30	\$53.76

### JBCC, Shoreline Rm

250322	W	Sep 15-Dec 1	10:30-11:30am	\$80.64
252830	W	Jan 5-Mar 23	10:30-11:45am	\$89.60

## Tai Chi Yang Style All Forms

Yang style emphasizes natural movement and smooth energy flow to develop health, harmony and power.

### Neighbourhood House

Two Instructors teaching 5 section, 24 form, Cheng Man Ching, 108, and Qi Gong. (Lynne C.)

## Beginners

251430	Tu,Th	Sep 14-Oct 21	9:30-10:30am	\$50.40
251431	Tu,Th	Oct 26-Dec 9	9:30-10:30am	\$50.40
251434	Tu,Th	Jan 11-Feb 17	9:30-10:30am	\$50.40
251435	Tu,Th	Feb 22-Mar 31	9:30-10:30am	\$50.40

## Intermediate

254576	Tu,Th	Sep 14-Oct 21	9:00-10:00am	\$90.72
254577	Tu,Th	Oct 26-Dec 6	9:00-10:00am	\$90.72

## Intermediate Seniors

254578	Tu,Th	Jan 11-Feb 17	9:00-10:00am	\$47.25
254579	Tu,Th	Feb 22-Mar 31	9:00-10:00am	\$47.25

### Parkgate, Mary Hunter Hall

251687	W	Sep 22-Oct 27	7:00-8:30pm	\$57.12
254029	W	Nov 3-Dec 15	7:00-8:30pm	\$66.64

### Parkgate, 2nd floor multipurpose Rm

251688	W	Jan 12-Mar 2	7:00-8:30pm	\$76.16
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## Advanced

### Neighbourhood House

Permission from Head Instructor.

251754	Tu,Th	Sep 14-Oct 21	8:30-10:00am	\$63.84
251755	Tu,Th	Oct 26-Dec 9	8:30-10:00am	\$63.84
251756	Tu,Th	Jan 11-Feb 17	8:30-10:00am	\$63.84
251757	Tu,Th	Feb 22-Mar 31	8:30-10:00am	\$63.84

## Tai Chi Practice Class

An instructor-supported practice session for beginners to Tai Chi or those at an intermediate level who wish to reinforce and refine their knowledge.

### Mollie Nye, Activity Rm

F 9:00-9:30am  
\$20/month