

Tai Chi Project Class Schedule

Schedule by Area:

Aurora

Aurora Center for Active Adults - 30 Del Mar Circle at 6th Ave.

Friday

8:30 - 9:15 am Skilled Level

9:15 - 10:00 am Beginner

East Denver/Park Hill

Park Hill United Methodist Church - Montview Blvd @ Glencoe/Forest St.

Outside: Forest Blvd. @ Montview Blvd

Tuesday

7:45 - 8:30 am Beginner (Sept- May)

8:30 - 9:15 am Skilled level

Note: Most students attend all sessions and pay for 2 classes

Wednesday

5:30 - 6:15 pm Beginner

6:15 - 7:00 pm Skilled level

Note: Most students attend all sessions and pay for 2 classes

7:00 - 8:30 pm Drumming Call for directions

Thursday

7:45 - 8:30 am Beginner

8:30 - 9:15 am Skilled Level

Note: Most students attend all sessions and pay for 2 classes

Saturday

8:30 - 9:15 am Beginner

9:15 - 10:00 am Advanced

10:00 - 10:30 am Fan and Sword Forms

Drumming with Friends of Red Rocks 12:00 noon - 2:00 pm Last Saturday in April & October

Tai Chi in the Park (formerly held at Denver Botanic Gardens)

Sunrise Tai Chi

City Park, West side of DMNS by the Rose Gardens
sponsored by Denver Parks and Recreation

Tuesday

7:00 - 8:00 am, fitness walks follow 8:00 - 8:30am

June - August

Downtown

T'ai Chi in the Park Skyline & Civic Center

Check calendar for summer dates

South Denver/Englewood

Porter Hospital, Seventh Day Adventist Church - E. Yale & S. Downing

Outside: Harvard Gulch Park - E. Wesley & S. Emerson

Monday and Wednesday

8:30 - 9:15 am Skilled Level

9:15 - 10:00 am Beginner

Malley Senior Center, Englewood

Monday and Wednesday

8:30 - 9:15 am Skilled Level

9:15 - 10:00 am Beginner

Northwest Denver

Highland Recreation Center

W. 29th & Osceola

Monday

3:30 - 4:15 pm Skilled Level

4:15 - 5:00 pm Beginner

Wheat Ridge Senior/Recreation Center

6363 W. 35th & Harlan

Saturday

10:00 -10:45 am Beginner

10:45 -11:30 am Beginner/Skilled

East Denver/Glendale

Jewish Community Center

350 South Dahlia Street

Thursday

11:30 -12:30 am

Southeast Denver

The Breakers

9099 East Mississippi Avenue

Tuesday

9:30 - 10:20 am

Highlands Ranch

Wind Crest Community

3235 Mill Vista Road

Tuesday

10:00 - 10:45am

11:00 - 11:45am

Tuition for Classes:

12-week sessions	Member	Non-member
Once a week	\$90	\$110
Twice a week	\$135	\$170
Unlimited classes	\$150	\$45 (1 month)
Drop-in class fee	\$10	\$15

Registration Fee:

New Member \$25
Returning Member \$12

Before attending a class, call us to confirm the schedule: 303-744-7676