

Tai Chi Project Class Schedule

Schedule by Day:

Monday

8:30 - 9:15 , 9:15 - 10:00 am
Porter Hospital Seventh Day Adventist Church, Yale & Downing
Outside: **Harvard Gulch Park**, E. Wesley & S. Emerson

8:30 - 9:15 , 9:15 - 10:00 am
Malley Senior Center, Englewood

3:30 - 4:15 pm Skilled Level,
4:15 - 5:00 pm Beginner
Highland Recreation Center, W. 29th & Osceola

Tuesday

7:00 - 8:00 am, fitness walks follow at 8:00 - 8:30 am
Sunrise Tai Chi
Denver City Park (June - August)
West side of DMNS by the Rose Gardens

7:45 - 8:30 am, *8:30 - 9:15 am (September - May)
Park Hill United Methodist Church - Montview Blvd @ Glencoe/Forest St.
Outside: Forest Blvd. @ Montview Blvd

9:30 am - 10:20 pm (Sept - May)
The Breakers - 9099 East Mississippi Avenue

10:00 - 10:45 am, 11:00 - 11:45 am
Wind Crest - 3235 Mill Vista Road, Highlands Ranch

11:00 am - 12:40 pm
Red Rocks Community College -, Lakewood Campus

11:00 am - 12:55 pm (Sept - May)
Arapahoe Community College Fitness Center, Santa Fe & Bowles

Wednesday

*8:30 - 9:15, 9:15 - 10:00 am
Porter Hospital Seventh Day Adventist Church, Yale & Downing
Outside: Harvard Gulch Park, E. Wesley & S. Emerson

5:30 - 6:15, 6:15 - 7:00 pm
Park Hill United Methodist, Montview Blvd @ Glencoe & Forest St.
Outside: Forest Parkway @ Montview Blvd.

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

Thursday

7:45 - 8:30 am, *8:30 - 9:15 am
Park Hill United Methodist, Montview Blvd @ Glencoe & Forest St.
Outside: Forest Parkway @ Montview Blvd.

11:00 am - 12:40 pm
Red Rocks Community College - Lakewood Campus

11:30 am - 12:30 pm
Jewish Community College - 350 South Dahlia Street

11:00 am - 12:55 pm (Sept - May)
Arapahoe Community College Fitness Center, Santa Fe & Bowles

Friday

*8:30 - 9:15 am Skilled Level
9:15 - 10:00 am Beginner
Aurora Center for Active Adults, 30 Del Mar Circle at 6th Ave.

Saturday

8:00 - 9:30 am All Levels
9:15 - 10:00 am Advanced
10:00 - 10:30 Fan and Sword Forms
Park Hill United Methodist, Montview Blvd @ Glencoe & Forest St.
Outside: Forest Parkway @ Montview Blvd.
Note: Most students attend all sessions and pay for 2 classes

10:00 -10:45 am Beginner
10:45 -11:30 am Beginner/Skilled
Wheat Ridge Senior/Recreation Center, 6363 W. 35th & Harlan

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

T'ai Chi in the Park, **Skyline & Civic Center**
Check calendar for summer dates

Sunday

Afternoons in City Park or Joe's Garage (listen for the drums)

Tuition for Classes:

	Member	Non-member
12-week sessions		
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