

CRESCENT TOWN CLUB

TAI CHI

**Ancient Yang Style
Tai Chi**

**Improve your fitness with the gentle,
flowing movements of Tai Chi.**

WEDNESDAYS

7:15 to 8:15pm

**Ages
16
& up**



Scan to view
Our Winter
Program Guide

**Members \$30 Non-Members \$40
plus HST**

**Tai Chi runs for 10 weeks, starting
Wednesday January 12th, 2022**

**Registration for our Tai Chi classes begins on Saturday
December 18th, 2021 at 8:30am. Spaces are limited.**

In keeping with the Province of Ontario's Proof of Vaccination Policy, access to Crescent Town Club programs will be restricted to fully COVID-19 vaccinated participants only. Photo Identification and proof of COVID-19 Vaccinations will be required before registering for any of our programs.

Program participants who provide proof of medical exemption and children 11 years of age and under are excluded from this policy. Parents who accompany children into the facility will also need to show proof of vaccination to be allowed entrance into the facility.