

Tai Chi-8 FORM



Tai Chi is a Chinese martial art that uses slow, deliberate movements to benefit health and balance. The particular form we will be studying in this session is called the "8 Form" because it uses eight Tai Chi movements. This form benefits many health conditions. Our instructor is an International Gold Medalist and Hall of Fame Tai Chi Practitioner.

FALL SESSION 2017



October 9th - December 18th
(11 weeks)

Monday Evenings : 6:15pm - 7:15pm

Location: The Cabin, 600 Lippincott Lane

Instructor: Morris Siegel, RN, MA, C.Hy

Fees: One Class Option \$70/Resident \$75/Non-Resident

Two Class Option \$140/Resident \$150/Non-Resident

*Due to the extended sessions we are offering the option to pay for the *Tai Chi Program* in two payments. The Minimum Payment Due at Registration is \$50 for one class option or \$90, with the balance being due on or before November 6th.

REGISTER NOW FOR TAI-CHI!

Name: _____

Address: _____

Town, State, Zip: _____

Email: _____ Phone #: _____

Class Time: Monday Evening _____ Thursday Afternoon _____ TOTAL ENCLOSED _____

FALL 2017 - Tai Chi - Class Code: 139

Please make check payable to:

Borough of Haddon Heights
625 Station Avenue
Haddon Heights, NJ 08035
Attn: Programs

QUESTIONS? 856-546-2585 or programcoordinator@haddonhts.com