

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.

SPRING SESSION 2017



April 17th - June 26th

(10 weeks - No Class Monday May 29th)

Two Class Time Options!

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

And / Or

Thursday Afternoons : 12:30-1:30pm

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 May 11th.

REGISTER NOW FOR TAI-CHI!

Name: _____

Address: _____

Town, State, Zip: _____

Email: _____ Phone #: _____

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

SPRING 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