

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 2018

October 8th - December 10th

10 weeks

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

Location: The Cabin, 600 Lippincott Lane

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

Fees: \$75/Resident \$80/Non-Resident

Senior Discount(55+): \$60/Resident

HADDON HEIGHTS TAI-CHI

Name: _____

Address: _____

Town, State, Zip: _____

Email: _____ Phone #: _____

Email and Phone # are used for notification of class changes, cancellations, etc.

Total Enclosed: _____

FALL 2018 - Tai Chi - Class Code: 139

55+ Resident Senior Discount

ONLINE REGISTRATION AND CREDIT CARD PAYMENTS NOW AVAILABLE! Information can be found on the Borough's Website at www.haddonhts.com/programs. You can also pay with credit card over the phone by calling the Borough Hall Mon-Fri 9am-5pm at 856-547-7164 ex 3. There will be an additional 2.95% service fee on all credit card payments. Any questions please contact the Program Coordinator at 856-546-2585 or ProgramCoordinator@haddonhts.com.

Checks can be made payable to: Borough of Haddon Heights and mailed or dropped off at the Borough Hall ATTN: Programs, 625 Station Avenue, Haddon Heights, NJ 08035

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