

## **Central Coast Tai Chi Classes – Term 4 - 2016**

### **Empire Bay – Thursday Morning**

1/3 Gordon Road, Empire Bay Progress Hall  
9.15am – 10.15am Shibashi 1 & 2 ( Beginners)  
10.15am – 10.45am Tai Chi Level 1  
10.45am – 11.45am Tai Chi Advanced & Club  
Your AATC certified instructor will be Alain  
Please call Alain on 0422 795 365 for further details

### **Green Point – Friday Morning**

Green Point Community Centre, 96 Koolang Rd, Green Point  
10.00am – 11.00am Shibashi 1 & 2 (Beginners)  
Your AATC certified instructor will be Helen  
Please call Daniel or Helen on 0435 121 520 for details

### **Bonnells Bay – Monday Morning**

Youth & Community Centre, Bonnells Bay  
10.00am - 11.00am. Beginners Tai Chi  
Your AATC certified instructor will be David  
Please call David on 0410 050 080 for further details

### **Davistown – Saturday Morning**

Davistown Progress Hall, McCauley Street, Davistown  
8.00am – 9.00am Beginners Tai Chi / Level 1&2  
Your AATC certified instructor will be David  
Please call David on 0410 050 080 for further details

### **East Gosford – Tuesday morning**

Gosford Regional Art Gallery, Webb Street, East Gosford  
9.00am - 10.00am Beginners Tai Chi, Shibashi 1  
10.00am - 11.00am Tai Chi Level 3 &4  
11.00am - 12.noon Tai Chi Level 5 & 6  
Your AATC certified instructor will be Alain  
Please call Alain on 0422 795 365

### **East Gosford – Friday morning**

East Gosford Progress Hall, Henry Parry Drive & Wells Street, East Gosford  
8.30am - 10.30am Tai Chi Club /Advanced Tai Chi  
10.35am - 11.35am Shibashi 1 & 2 (Beginners)  
11.40am - 12.10pm Tai Chi Level  
Your AATC certified instructor will be Alain  
Please call Alain on 0422 795 365

### **Kanwal – Tuesday morning**

Community Hall, Pearce Road, Kanwal  
10.00am - 11.00am Shibashi & Qigong  
Your AATC certified instructor will be David  
Please call David on 0410 050 080 for further details

**Lisarow – Wednesday Night**

Narara Public School Hall, Lisarow  
6.30pm – 7.30pm Tai Chi for Beginners  
Your AATC certified Instructor will be Daniel  
For further details call Daniel on 0435 121 520

**Kanwal – Tuesday evening**

Community Hall, Pearce Road, Kanwal  
6.00pm – 8.00pm. Tai Chi Levels 1- 6. Weapons  
Your AATC certified instructor will be David  
Please call David on 0410 050 080 for further details

**Kariong – Wednesday morning**

Kariong Neighbourhood Centre, Langford Drive, Kariong  
9.00am - 10.00am Beginners Tai Chi  
Your AATC certified instructor will be Daniel & Helen  
Please call Daniel or Helen on 0435 121 520 for details

**Kincumber – Tuesday morning**

Waterford Retirement Village, Kincumber  
9.30am-10.30am. Beginners Tai Chi  
Your AATC certified instructor will be Helen  
Please call Helen 0435 121 520 for further details

**Kulnura – Thursday Afternoon**

Kulnura Community Hall  
1.30pm - 2.30pm Beginners Tai Chi  
Your AATC certified instructor will be David  
Please call David on 0410 050 080 for further details

**Long Jetty – Wednesday evening**

Uniting Church Hall, The Entrance Road, Long Jetty  
4.30pm – 6.30pm Beginners Tai Chi, advanced Tai Chi  
Your AATC certified instructors will be Louise  
Please call Louise on 4332 1067 for further details

**Watanobbi – Monday afternoon**

Community Centre, Harrington Drive, Watanobbi  
12.30pm - 1.30pm Beginners Tai Chi, Shibashi, Qigong  
Your AATC certified instructors will be David  
Please call David on 0410 050 080