



Hamilton

Dundas Senior Citizens Club, 10 Market St., S

SCHEDULE

November 16, 2020 – February 5, 2021 *(No Programs December 21, 2020 – January 3, 2021)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tai Chi Advance 9:00-10:00am (no instructor) Program is Full	*Tai Chi (Advance) 9:10 – 10:20 am Program is Full	Tai Chi (Volunteer Instructor) 9:40am – 11:00am Program is FULL	*Tai Chi (Beginner) 12:15-1:30pm Program is Full	*Tai Chi (Advance) 9:00am-10:15 am Program is Full		
	*Tai Chi (Advance) 10:45am – 12:00 pm Program is Full		Folk Dance 2:00- 3:15pm Program is Full	*Tai Chi (Advance) 10:45am – 12:00pm Program is Full		

NOTES: Due to COVID-19 the Club is only able to accommodate current paid members. All current Tai Chi participants will be entered in to a lottery draw as there are only 9 spots per class. This process will be done with an Executive Board Member and a City of Hamilton Recreation Staff.

***Advanced & Beginner Tai Chi is \$10 - this fee goes to the Canadian Tai Chi Academy as a donation. All Tai Chi classes run in 10-week sessions.**

Membership sales are currently on hold do to COVID 19.

Due to COVID-19 Board Members are not available to answer the phone. For more information on any Senior Clubs contact City of Hamilton, Recreation general information line at 905-546-3747 or recreation@hamilton.ca or Dundas Lions Memorial Community Centre, 905-546-2424 Ext. 2260



*Funded in partnership with the
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