



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY

**Southeast Family Center/ Armed Services YMCA**  
**TAI CHI**  
**From the Arthritis Foundation**

Tai Chi originated in Ancient China and is still practiced around the world as an effective exercise for health. Tai Chi from the Arthritis Foundation consists of gentle, fluid movements that are relaxed and slow tempo.

Breathing is slowed, aiding visual and mental concentration. It can be practiced almost anywhere and is a suitable form of exercise for just about everyone.

Tai Chi has been known for centuries to be an effective tool in managing arthritis and can improve muscular strength, flexibility, stamina, and balance.

<u>Day</u>	<u>Time</u>
Monday and Wednesday	11:00 – 12:00 Noon

Participants in the program will learn proper warm-up and cool down exercises and a set of twelve movements. In addition, Qigong exercises will be taught, focusing on breathing integrated with movements and meditation. Each session runs eight weeks.

Tai Chi is progressive and requires registration at the Welcome Center prior to the first class. The class is limited to 12 participants.

<u>Session</u>	<u>Class Level</u>	<u>Session Dates</u>
1103	Tai Chi I	Mar 28 – May 18
1105	Tai Chi II	May 23 – July 27
1108	Tai Chi I	Aug 15 – Oct 12
1110	Tai Chi II	Oct 17 – Dec 14

\*Completion of Tai Chi I is required before registering for Tai Chi II\*