

# Tai Chi Project Class Schedule

## Schedule by Day:

### Monday

8:30 - 9:15 , 9:15 - 10:00 am

**Porter Hospital Seventh Day Adventist Church**, Yale & Downing  
**Outside: Harvard Gulch Park**, E. Wesley & S. Emerson

8:30 - 9:15 am Fundamentals, 9:15 - 10:00 am Skilled Level  
**Malley Center, Englewood**

3:15 - 3:30 pm Skilled Level, 3:30 - 4:15 pm Fundamentals  
**Highland Recreation Center**, W. 29th & Osceola

5:00 - 5:55 p.m. All Levels  
**Wheat Ridge Senior/Recreation Center**, 6363 W. 35th & Harlan

### Tuesday

7:00 - 8:00 am, fitness walks follow at 8:00 - 8:30 am  
**Sunrise Tai Chi**  
Denver City Park (June - August)  
West side of DMNS by the Rose Gardens

7:45 - 8:30 am, \*8:30 - 9:15 am (September - May)  
**Park Hill United Methodist Church** - Montview Blvd @ Glencoe/Forest St.  
Outside: Forest Blvd. @ Montview Blvd

9:30 am - 10:20 pm (Sept - May)  
**The Breakers** - 9099 East Mississippi Avenue

10:00 - 10:45 am, 11:00 - 11:45 am  
**Wind Crest** - 3235 Mill Vista Road, Highlands Ranch

11:00 am - 12:40 pm  
**Red Rocks Community College** -, Lakewood Campus

11:00 am - 12:55 pm (Sept - May)  
**Arapahoe Community College Fitness Center**, Santa Fe & Bowles

### Wednesday

\*8:30 - 9:15, 9:15 - 10:00 am  
**Porter Hospital Seventh Day Adventist Church**, Yale & Downing  
Outside: Harvard Gulch Park, E. Wesley & S. Emerson

5:30 - 6:15, 6:15 - 7:00 pm  
**Park Hill United Methodist**, Montview Blvd @ Glencoe & Forest St.  
Outside: Forest Parkway @ Montview Blvd.

### Thursday

7:45 - 8:30 am, \*8:30 - 9:15 am  
**Park Hill United Methodist**, Montview Blvd @ Glencoe & Forest St.  
Outside: Forest Parkway @ Montview Blvd.

11:00 am - 12:40 pm  
**Red Rocks Community College** - Lakewood Campus

11:30 am - 12:30 pm  
**Jewish Community College** - 350 South Dahlia Street

11:00 am - 12:55 pm (Sept - May)  
**Arapahoe Community College Fitness Center**, Santa Fe & Bowles

### Friday

\*8:30 - 9:15 am Skilled Level  
9:15 - 10:00 am Fundamentals  
**Aurora Center for Active Adults**, 30 Del Mar Circle at 6th Ave.

### Saturday

8:00 - 9:30 am All Levels  
8:45 - 9:30 am Advanced/Fan and Sword Forms  
**Park Hill United Methodist**, Montview Blvd @ Glencoe & Forest St.  
Outside: Forest Parkway @ Montview Blvd.  
Note: Most students attend all sessions and pay for 2 classes

Barefoot Doctor Tutorials  
Saturdays 10:30-12 noon, Must register in advance

Drumming with Friends of Red Rocks 12:00 noon - 2:00 pm  
Last Saturday in April & October

T'ai Chi in the Park, **Skyline & Civic Center**  
Check calendar for summer dates

### Sunday

Afternoons in City Park or Joe's Garage (listen for the drums)

### Tuition for Classes:

	Member	Non-member
12-week sessions		
Once a week	\$90	\$110
Twice a week	\$135	\$170
Unlimited classes	\$150	\$60 (1 month)
Drop-in class fee	\$10	\$15

### Registration Fee:

New Member \$25  
Returning Member \$12

**Before attending a class, call us to confirm the schedule: 303-744-7676**