



Burnaby Neighbourhood House

# TAI CHI & SWORD CLASSES (55+)

## **Tai Chi - Intermediate**

Wednesdays 10:00 – 11:00 am

## **Tai Chi - Beginner**

Wednesdays 11:00am – 12:00 pm

## **Tai Chi Sword**

Fridays 3:00 – 4:00 pm

## **Tai Chi - Advanced**

Fridays 4:00 – 5:00 pm

## **TO REGISTER:**

Call Emily at 604.431.0400  
or [emilyc@burnabynh.ca](mailto:emilyc@burnabynh.ca)



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kwikwəłəm), Squamish (Sḵwəxwú7mesh úxwumíxw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours