



Burnaby Neighbourhood House

# TAI CHI & SWORD CLASSES (55+)

## Tai Chi 24 - Intermediate

Wednesdays 10:00 am - 11:00 am

## Tai Chi Sword

Wednesdays 11:00 am - 12:00 pm

## Tai Chi 24 - Beginner

Fridays 1:00 pm - 2:00 pm

## Tai Chi - 48 Advanced

Fridays 2:00 pm - 3:00 pm

## TO REGISTER:

Contact Lea at (236)-668-1712  
or [leake@burnabynh.ca](mailto:leake@burnabynh.ca)



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səililwətaʔt), Kwikwetlem (kwikwəłəm), Squamish (Sḵw̱xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours

CARE

CONNECT

ENGAGE

BELONG