

Tai Chi

Tai Chi teaches movement that keeps your body & mind physically fit. *Relax* with this soft style martial art.

ACTIVITY NUMBER	DAY	ACTIVITY NAME	2023 DATES	TIME	RESIDENT FEE	NON-RESIDENT FEE
W23-2022	Monday 8 Weeks	Tai Chi	JAN 9 – FEB 27	7:00 – 8:00 pm	\$96.00	\$101.00
W23-2023	Wednesday 8 Weeks	Tai Chi	JAN 4 – MARCH 1 <u>No Class Feb 8</u>	1:00 – 2:00 pm	\$96.00	\$101.00
W23-2024	Monday	Walk in Tai Chi	JAN 9 – FEB 27	7:00 – 8:00 pm	\$15.00	\$15.00
W23-2025	Wednesday	Walk in Tai Chi	JAN 4 – MARCH 1 <u>No Class Feb 8</u>	1:00 – 2:00 pm	\$15.00	\$15.00

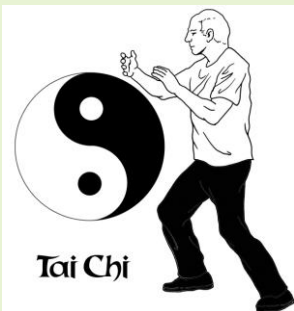
INSTRUCTOR: *Rick Catizone* has been studying Tai Chi for over twenty years as a student of Stan Swartz. Rick studied Jiu-Jitsu for twenty years under Sensei Joseph Hedderman & was the primary teacher for 10 years. He also did years of cross-training in karate.

WHEN: January – February 2023


WHO: Adults Make up classes are not given.

WHERE: Mt. Lebanon Recreation Center 2nd Floor Room A-1

EQUIPMENT: Wear loose, comfortable clothing & flat-soled tennis-style shoes. Bring water. Refund requests must be made a minimum of 7 days prior to event.



6 Tai Chi is a wonderful exercise which relieves muscle tension, improves balance, & improves the mind because of the focus placed on maintaining the principles while in movement. Life moves at such a fast pace; we need time to slow down & refresh. Movements are done very slowly & methodically to achieve a sense of peace as well as fine-tune one's balance. Students will begin with a few simple exercises to let go of muscle tensions & then begin to learn the actual Tai Chi form.

Register Online - Save time by registering online today! Go to www.mtlebanon.org, click the  on the bottom of the page, then click "Register Online" in the middle of the page.

Walk-ins for the 7pm class must register online before 5pm.

You will need your username & password.

Register In Person - Stop by our office prior to class, Mt. Lebanon Recreation Department 2nd floor Monday – Friday 8:30am-5:00pm
Make checks payable to: Mt. Lebanon, PA Visa, MasterCard, & Debit Cards accepted

Mt. Lebanon Recreation Department 900 Cedar Blvd Mt. Lebanon, PA 15228 (412) 343-3409
www.mtlebanon.org

LeboALERT is a FREE notification service (phone, text, e-mail) used in the event of an emergency to provide you with updates about cancellations of recreation department programs & events. Visit www.mtlebanon.org, scroll down, & click LeboAlert. All recreation participants should sign up, & select the "Cancellations" category.
LeboNet is free WiFi in the Mt. Lebanon Recreation Center.