



**September - December 2026
Fall Semester**

Over 35 years of helping Yukoners increase strength and flexibility, improve balance and coordination, relieve stress, calm the mind, and improve general health.

Day / Dates	Course	Code	Time	Location	Instructor	tel. no.
YANG FAMILY TRADITIONAL FORM: BEGINNERS						
Wed./Sep. 16 - Dec. 9 (12 classes)	Introduction to Tai Chi	HDIntro	6:45-8:00 PM	Jack Hulland School	Helene Dobrowolsky	334-6460
Tues./Sep. 15 - Nov. 24 (11 classes)	Introduction to Tai Chi, Traditional Form, Section 1	JGSct1	7:00-8:30 PM	Grey Mountain Primary School	Jo-Ann Gates	334-1873
CONTINUING CLASSES						
Wed./Sep. 16 - Dec. 9 (12 morning classes)	26 Movement Form	GAS26	10 -11:00 AM	Golden Age Centre	Pam Boyde / Helene D.	633-6034
Thur./Sep 10 - Dec. 11 (14 evening classes)	Traditional Form, Section 2	PBSct2	6:30-7:30 PM	Hidden Valley School	Pam Boyde	633-6034
QIGONG - ALL LEVELS						
Mon./Sep. 14 - Dec. 8 (11 evening classes)	Qigong/Meditation	JJQig	7:00-8:15	Jack Hulland School	Jill Johnstone	336-5087
GOLDEN AGE SOCIETY MORNING CLASSES						
Mon./Sep. 14 - Dec. 7 (12 classes)	Qigong - for all levels	GASQig	10:00-11:00	Golden Age Centre	Jo-Ann Gates	334-1873
Wed./Sep. 16 - Dec. 9 (12 classes)	26 Movement Form	GAS26	10:00-11:00	Golden Age Centre	Pam Boyde / Helene D.	633-6034
Thurs./Sep. 17-Dec. 10 (13 practices)	Traditional Form - guided practice	GASTFP	10:00-11:00	Golden Age Centre	Jo-Ann Gates	334-1873
FREE PRACTICE TIME						
Sat./Sep. 19 - Dec. 12	Free drop-in Tai Chi Practice open to all TCY members	10:00 AM - Noon		Takhini School	Led by various instructors	