



**September-December 2024
Fall Semester**

We are an Affiliated School of the International Yang Family Tai Chi Chuan Association.

Contact the Instructor for more information and to pre-register. Website: www.taichiyukon.com Email: taichiyukon@gmail.com

Day / Dates	Course	Code	Time	Location	Instructor	tel. no.
EVENING COURSES AT VARIOUS LOCATIONS						
BEGINNERS						
Wed./Sep. 18-Dec. 11 (13 classes)	Catch Your Breath - Qigong & Tai Chi movement	HDCYB	6:00-7:00	Elijah Smith School	Helene Dobrowolsky	334-6460
Tues./Sep. 17-Dec. 3 (11 classes)	Introduction to Tai Chi	ACIntro	6:30-7:45	Jack Hulland School	Alison Conant	335-6773
Wed./ Sep. 18- Nov. 27 (9 classes)	Introduction to Tai Chi	JGIntro	7:00-8:30	Grey Mt. Elementary	Jo-Ann Gates	334-1873
Thurs./Oct. 3-Nov. 28 (9 classes)	Introduction to Tai Chi	PBIntro	6:30-7:30	Hidden Valley School	Pam Boyde	633-6034
TRADITIONAL FORM						
Wed./Sep. 18-Nov. 27 (11 classes)	Traditional Form, Section 3	ACTF3	7:15-8:30	Elijah Smith School	Alison Conant	335-6773
Thurs./Oct.3- Nov. 28 (9 classes)	Traditional Form refinements	PBTRef	7:45-8:45	Hidden Valley School	Pam Boyde	633-6034
MORNING COURSES AT VARIOUS LOCATIONS						
Mon./Sept. 9-Dec. 9 (14 classes)	Qigong (Seniors)	GASQi	10 -11:00	Golden Age Centre	Various instructors	335-6773
Wed./Sept.11-Dec. 11 (14 classes)	Essential Form	MMEss	10-11:00	Heart of Riverdale	Jo-Ann, Marina	334-1873
Thurs./Sept.12-Dec.12 (14 classes)	Traditional Form practice (Seniors)	GASTF	10-11:00	Golden Age Centre	Alison Conant	335-6773
Sun./Sep. 29-Nov 10 (18 hours)	Push Hands No class on Oct. 13	PBPH	09:00 - noon	Holy Family School	Pam Boyde	633-6034
Sun./Nov. 17-Dec. 8 (12 hours)	Taiji Kungfu Fan	PBFan	09:00 - noon	Holy Family School	Pam Boyde	633-6034
FREE PRACTICE TIME FOR ALL TAI CHI YUKON MEMBERS						
Sat./Sept. 14-Dec. 14 (excluding Dec. 7)	free drop-in Tai Chi Practice open to all TCY members		10:00-noon	Takhini School	various instructors	



January-April 2025 Winter Semester

Day / Dates	Course	Code	Time	Location	Instructor	tel. no.
EVENING COURSES AT VARIOUS LOCATIONS						
BEGINNERS						
Wed./Jan. 8 - Mar. 5 (9 classes)	Introduction to Tai Chi	HDIntro	6:00-7:00	Elijah Smith School	Helene Dobrowolsky	334-6460
TRADITIONAL FORM						
Tues./Jan. 7-Apr. 1 (11 classes)	Traditional Form, Section 2A	ACTF2A	6:30-7:45	Jack Hulland School	Alison Conant	335-6773
Wed./Jan. 8-Mar. 25 (8 classes)	Traditional Form, Section 1 refinements	JGTF1	7:00-8:30	Grey Mountain	Jo-Ann Gates	334-1873
Wed./Jan.8-Apr. 2 (11 classes)	Traditional Form, Section 3 (continued)	ACTF3	7:15-8:30	Elijah Smith School	Alison Conant	335-6773
Thurs./Jan. 9-May 15 (19 classes)	Traditional Form (continued)	PBTF	6:30-7:30	Hidden Valley School	Pam Boyde	633-6034
Thurs./Jan. 9-May 15 (19 classes)	Yang Hand Forms refinements (continued)	PBRef	7:45-8:45	Hidden Valley School	Pam Boyde	633-6034
MORNING COURSES AT VARIOUS LOCATIONS						
Mon./Jan. 13 - Mar. 31 (12 classes)	Tai Chi Kung Form (Seniors)	GASTCK	10 -11:00	Golden Age Centre	Marina McCready`	335-4269
Wed./Jan. 15-Mar. 31 (12 classes)	Essential Form (continued)	MMEss	10-11:00	Heart of Riverdale	Marina McCready	335-4269
Thurs./ Jan. 9-Mar. 27 (12 classes)	Traditional Form practice (Srs.)	GASTF	10-11:00	Golden Age Centre	Alison Conant	335-6773
Sun./Jan. 12-Jan. 26 (9 hours)	Taiji Kungfu Fan (continued)	PBFan	09:00-noon	Whistle Bend School	Pam Boyde	633-6034
Sun./Feb 2 - May 11 (33 hours)	Sword No classes from Mar. 6-23	PBSWD	09:00-noon	Whistle Bend School	Pam Boyde	633-6034
FREE PRACTICE TIME						
Sat./Jan. 11-Feb. 22 Apr. 4- Apr. 18	free drop-in Tai Chi Practice open to all TCY members		10:00-noon	Takhini School	various instructors	