



January - May 2026
Winter/Spring Semester

Day / Dates	Course	Code	Time	Location	Instructor	tel. no.
YANG FAMILY TRADITIONAL HAND FORM - BEGINNERS						
Thur./Jan. 8 - Feb. 26 (8 evening classes)	Introductory Tai Chi Chuan - Section 1	PBIntro	6:30-7:45	Hidden Valley School	Pam Boyde	633-6034
YANG FAMILY TRADITIONAL HAND FORM - CONTINUING						
Mon./ Jan. 5 - Mar. 2 (9 evening classes)	Section 2 review/Section 3	HDSct2-3	6:45-8:00	Jack Hulland School	Helene Dobrowolsky	334-6460
Wed./Jan. 14 - Mar. 25 (11 morning classes)	Traditional Form/Essential Form	MMTFESS	10:00-11:00	Golden Age Centre	Marina McCready	335-4269
Wed./Jan. 14 - Apr. 29 1 5-week block 3 3-week blocks	Yang Family Tai Chi Chuan Syllabus (for 2+ years traditional form experience)	PBSyll	6:45 - 8:15	Hidden Valley School	Pam Boyde	633-6034
Thur./Mar. 26 - May 14 (8 evening classes)	Traditional Hand Form, Section 2	PBSct2	6:30 - 7:45	Hidden Valley School	Pam Boyde	633-6034
QIGONG						
Tues./Jan. 20 - Mar. 3 Tues./Mar. 24 - May 5 (7 evening classes each)	Qigong / Meditation (for all levels)	JJQig-1 JJQig-2	7:00-8:15	Jack Hulland School	Jill Johnstone	336-5087
GOLDEN AGE SOCIETY - MORNING CLASSES						
Mon./Jan. 12 - Mar. 23 (11 morning classes)	Tai Chi Kung (10 movement form)	MMTCK	10:00-11:00	Golden Age Centre	Marina McCready	335-4269
Wed./Jan. 14 - Mar. 25 (11 morning classes)	Traditional Form/Essential Form	MMTFESS	10:00-11:00	Golden Age Centre	Marina McCready	335-4269
Thurs./Jan. 15 - Mar. 26 (11 morning practices)	Traditional Form practice	GASTFP	10:00-11:00	Golden Age Centre	Helene Dobrowolsky	334-6460
FREE PRACTICE TIME						
Sat./Jan. 10 - May 9	Free drop-in Tai Chi practice - open to all TCY members		10 - Noon	Takhini School	Led by various instructors	