

# class schedule

## august 2018



Beginners

Intermediate

Advanced

| Sun | Mon            | Tue | Wed | Thu | Fri | Sat |
|-----|----------------|-----|-----|-----|-----|-----|
| 29  | 30             | 31  | 1   | 2   | 3   | 4   |
| 5   | Heritage Day 6 | 7   | 8   | 9   | 10  | 11  |
| 12  | 13             | 14  | 15  | 16  | 17  | 18  |
| 19  | 20             | 21  | 22  | 23  | 24  | 25  |
| 26  | 27             | 28  | 29  | 30  | 31  | 1   |

No regular classes during summer.

See you in September!



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太极拳

year of  
earth  
dog



I am alert  
Worldwide violence is  
why I'm here  
To listen to complaints  
and dismiss your fears  
To guide you to a more  
peaceful time  
To protect what's pure  
and eliminate crime  
My vision fixed on  
cowardice acts  
My intent to stop bullies  
in their tracks  
I stand for honor,  
justice and fair play  
And will stop at nothing  
to save the day  
I AM THE DOG.

# class schedule





## september 2018

Beginners

Intermediate

Advanced

| Sun  | Mon  | Tue  | Wed   | Thu | Fri | Sat |
|--|--|--|---|-----|-----|-----|
| 2  | 3  | 4  | 5   | 6   | 7   | 8   |
| 9  | 10<br>Labour Day   | 11   | 12<br><br>7:00pm<br><b>OPEN HOUSE</b><br>MH Cultural Centre<br>Everyone welcome | 13  | 14  | 15  |
| 16   | 17<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 18<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 19<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms  | 20  | 21  | 22  |
| 23<br>Chinese<br>Mid-Autumn<br>Festival<br> | 24<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 25<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 26<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms  | 27  | 28  | 29  |
| 30   | 1  | 2  | 3   | 4   | 5   | 6   |



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## october 2018

Beginners

Intermediate

Advanced

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|-----|--|--|--|-----|-----|-----|
| 30  | 1  | 2  | 3  | 4   | 5   | 6   |
| 7   | 8<br>Thanksgiving<br>No classes                                  | 9<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT)  | 10<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms               | 11  | 12  | 13  |
| 14  | 15<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 16<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 17<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms               | 18  | 19  | 20  |
| 21  | 22<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 23<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 24<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms               | 25  | 26  | 27  |
| 28  | 29<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 30<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 31<br>Hallowe'en<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms | 1   | 2   | 3   |

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## november 2018

Beginners

Intermediate

Advanced

| Sun                      | Mon  | Tue  | Wed  | Thu | Fri | Sat |
|--------------------------|--|--|--|-----|-----|-----|
| 28                       | 29   | 30   | 31   | 1   | 2   | 3   |
| 4                        | 5<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT)  | 6<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT)  | 7<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms  | 8   | 9   | 10  |
| 11<br>Remembrance<br>Day | 12<br>Remembrance<br>Day (observed)<br>No classes                | 13<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 14<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms | 15  | 16  | 17  |
| 18                       | 19<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 20<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 21<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms | 22  | 23  | 24  |
| 25                       | 26<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 27<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 28<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms | 29  | 30  | 1   |

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## december 2018

Beginners

Intermediate

Advanced

| Sun | Mon  | Tue  | Wed  | Thu  | Fri | Sat |
|-----|--|--|--|--|-----|-----|
| 2   | 3<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT)  | 4<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT)  | 5<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms  | 6  | 7   | 8   |
| 9   | 10<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 11<br>7:00-8:00pm<br>YANG (SHORT)<br>8:00-9:00pm<br>CHEN (SHORT) | 12<br>7:00-9:00pm<br>YANG & CHEN<br>Traditional &<br>Weapons forms | 13<br>14<br>Happy Holidays!<br>See you in January! |     | 15  |
| 16  | 17   | 18   | 19   | 20   | 21  | 22  |
| 23  | 24<br>Christmas<br>Eve   | 25<br>Christmas<br>Day   | 26<br>Boxing<br>Day  | 27   | 28  | 29  |
| 30  | 31<br>New Year's<br>Eve  | 1  | 2  | 3  | 4   | 5   |



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