



## Activities & Curriculum

Instruction is given on a weekly basis with classes available in Pembroke and Petawawa, for beginners, intermediate students and general level players.

Beginners will learn the first 59 moves of the popular Yang Style Long Form Tai Chi Chuan, as well as, basic breathing and relaxation techniques, emphasizing the importance of good posture and stance work.

Intermediate students will continue to learn the complete Yang Style Long Form and more advanced Chi Kung breathing and strength training postures.

General Level players will advance their knowledge of the Tai Chi form and can learn additional weapons forms such as staff, sword and fan.



Saturday Workshops will be held throughout the year with Grandmaster John or other Instructors, at no additional cost to members paying monthly dues.

Tai Chi is like getting strength training, self defense techniques, meditation, muscle conditioning, calorie burning aerobics and a flexibility workout...all in one simple exercise routine.



## Fees / Classes

Operating as a not-for-profit group has enabled the club to keep membership and lesson rates affordable for all. The Club charges a life-time membership fee of \$20 and low monthly dues of just \$30 for the 8 months of classes. This monthly rate entitles members to attend any and all classes plus sponsored workshops, with no extra cost. There is a discount in fees if your yearly dues are paid in full in October – \$210.00

Fees are used as follows for rent, teacher training, workshops for members and operating costs. Our teachers and executive are unpaid volunteers.



### CLASSES

Petawawa Civic Centre (upstairs), Petawawa  
Wednesdays  
Beginners 6:30 to 8:00 pm  
Intermediates 8:00 to 9:30 pm

Algonquin College Gymnasium, Pembroke  
Tuesdays  
Beginners 6:30 to 8:00 pm  
Intermediates 6:30 to 8:00 pm

Algonquin College Gymnasium, Pembroke  
Thursdays  
General Level Players 6:00 to 8:00 pm  
(Thursday night students must know the entire 108 moves of the Tai Chi Set)

**For more information, please contact us:**

[www.upperottawavalleytaichiclub.ca](http://www.upperottawavalleytaichiclub.ca)

Email:

[info@upperottawavalleytaichiclub.ca](mailto:info@upperottawavalleytaichiclub.ca)

visit us on Facebook or call:



# Tai Chi Chuan



since 1990

[www.upperottawavalleytaichiclub.ca](http://www.upperottawavalleytaichiclub.ca)

The Upper Ottawa Valley Tai Chi Club is a not-for-profit group sharing the enjoyment and health benefits of this ancient art form in the Valley since 1990.



We have enthusiastic volunteer instructors, trained by Grandmaster John Oliver Peel with over 35 years expertise. Our relaxed, supportive classes run weekly from October to May. Available in Petawawa and/or Pembroke for beginner players to advanced martial artists.

**There is no special clothing or equipment necessary and we have classes for any age and fitness ability.**



We are a Heart Wise Exercise Program partner with the University of Ottawa Heart Institute and the Renfrew County Paramedics.