

2018 Events*

T'ai Chi Step One celebrates 28 YEARS in the Mahoning Valley this year!

- Wednesdays, 12:00 Noon** **T'ai Chi Step One in the Gardens.**
Fellows Riverside Gardens, Mill Creek MetroParks.
Classes resume January 10 & continue **year round.**
Warm-ups and complete form practice. Focused instruction. **Beginners/Drop-ins welcome!**
- February 16** **Happy Chinese New Year, Year of the Dog!**
- March 15-May 24** **Spring Session, 10 Classes. Beginners & Upper Level.**
Thursdays, 6:00 p.m.
No class March 29
First Presbyterian Church, 201 Wick Avenue
Youngstown, OH 44503.
- March 15- May 17** **T'ai Chi Basics for Beginners Course.**
Thursdays, 12:00 Noon
Fellows Riverside Gardens. 10-class program for those with little or no previous experience in t'ai chi.
Pre-registration with FRG required. No drop-ins.
- March 20** **Spring Drop-in Session begins.**
Tuesdays, 6:00 p.m.
A Moment for Me, 972 Youngstown-Kingsville Rd.,
Route 193 – Vienna. Second floor, Governor Ins. Bldg.
DROP-IN CLASS. EVERYONE IS A BEGINNER.
- June, July & August
Summer Practice in Wick Park, 6:00 p.m., Thursdays,
weather permitting. Call for start date in June.
- TBA **Fall Session, 10 classes. Beginners & Upper Level.**
Thursdays, 6:00 p.m.
First Presbyterian Church.
- TBA **T'ai Chi Basics.** Ten classes for beginners.
Thursdays, 12 noon
Fellows Riverside Gardens, Mill Creek MetroParks.

*This schedule is subject to change.

For more information, please call 330-746-5933
Or email mlew@neo.rr.com