

American Tai Chi Acacemy Classes - Fall 2024

Classes are listed in local time.

Denver Metro

Location	Class	Day and Time	Dates
Washington Street Community Center 809 S. Washington Street, Denver, CO 80209	Set Review and Foundations of Tai Chi Lok Hup Practice	Tuesday 10 - 11:30am 11:30am - noon	Ongoing Ongoing
	Set Review and Foundations of Tai Chi Lok Hup Practice	Wednesday 7 - 8:30pm Wednesday 8:30 - 9pm	Ongoing Ongoing
Leedom Hall	Introduction to Tai Chi NEW Set Review and Foundations of Tai Chi	Thursday 10 - 11:30am Thursday 10 - 11:30am (<i>blended</i>)	10/3/24 thru 11/7/24 Ongoing
	Tai Chi Intensive	2nd Friday 7 - 9pm	10/11/24, 11/8/24, 12/13/24* *Holiday Potluck
	Lok Hup Ba Fa - First Half Lok Hup Ba Fa - Second Half	Saturday 2 - 3pm Saturday 3 - 4pm	thru November Ongoing
	Sword Practice Saber Practice	Saturday 4:15 - 5pm Saturday 4:15 - 5pm	1st & 3rd Saturdays 2nd & 4th Saturdays
	Introduction to Tai Chi NEW Set Review and Foundations of Tai Chi	Sunday 2 - 3:30pm Sunday 2 - 3:30pm (<i>blended</i>)	9/15/24 thru 10/20/24 Ongoing

Tampa Bay

Location	Class	Day and Time	Dates
St. Clement's Episcopal Church 706 W 113th Ave, Tampa, FL 33612	Set Review and Foundations of Tai Chi	Tuesday 6:30 - 8:30pm* *except for the 2nd Tuesday 2nd Monday 6:30 - 8:30pm	Ongoing
	Introduction to Tai Chi (Part 2) Set Review and Foundations of Tai Chi Lok Hup Ba Fa	Friday 9:30 - 11am Friday 11 - 12pm Friday 11:30am - 12:30pm	thru November Ongoing Ongoing

Tampa Bay

Location	Class	Day and Time	Dates
Countryside Recreation Center 2640 Sabal Springs Dr, Clearwater, FL 33761	Introduction to Tai Chi NEW	Tuesday 10:30am - 12pm	9/17/24 thru 10/22/24

Valdosta

Location	Class	Day and Time	Dates
Valdosta State University Recreation 1300 Sustella Ave, Valdosta, GA 31601	Introduction to Tai Chi NEW <i>through Learning in Retirement @ VSU</i>	Monday 10 - 11am Thursday 10 - 11am	9/16/24 thru 12/12/24
	Set Review and Foundations of Tai Chi	Monday 11am - 12:30pm Thursday 11am - 12:30pm	Ongoing

Additional Classes - Fall 2024

Location	Class	Day and Time	Dates
Jackson County Council on Aging Jackson County Park, Scottsboro AL	Introduction to Tai Chi for Seniors	email for details	Ongoing
First United Methodist Fellowship Campus 1609 Scott St, Scottsboro, AL 35768	Introduction to Tai Chi NEW	Monday 5:30-6:30pm Wednesday 5:30-6:30pm	Starts Wednesday, 11/4/24
Sialom Springs Park and Rec Sialom Springs AR	Introduction to Tai Chi	email for details	
Paonia - The Creamery, Senior Center Paonia CO	Introduction to Tai Chi	email for details	
Abiquiu NM	Introduction to Tai Chi	email for details	