

## Young Lee's Winter 2025 Classes

Some are presented by Zoom Others are at a Senior Center

### **Seated Tai Chi** (College name: Adapted Physical Education)

Prerequisite: None

Recommended Equipment: a low-backed, light weight chair without arms

HTH-939-119 Monday 1:00pm - 2:00pm at Annapolis Senior Center No Class Jan 20, Feb 17

HTH-939-121 Monday 2:30pm - 3:30pm via Zoom\* No class on Jan 20

HTH-939-122 Wednesday 12:30pm - 1:30pm via Zoom\*

HTH-939-120 Thursday 11:00am - 12:00n at AACCC Annex A

\*Zoom: Locate the Zoom link at AACCC's Canvas 3 days prior to start of class

### **Beginner Tai Chi** (College name: Functional Mobility/Balance)

Prerequisite: None

Recommended Equipment: None

HTH-928-112 Monday 9:00am - 10:00am at South County Senior Center No class Jan 20, Feb 17

HTH-928-107 Monday 11:00am - 12:00n at Annapolis Senior Center No class Jan 20, Feb 17

HTH-928-111 Wednesday 11:30am - 12:30pm via Zoom\*

\*Zoom: Locate the Zoom link at AACCC's Canvas 3 days prior to start of class

### **Intermediate Tai Chi** (College name: Functional Mobility/Balance)

Prerequisite: Beginner Tai Chi

Recommended Equipment: None

HTH-928-109 Monday 12:00n - 1:00pm at Annapolis Senior Center No class Jan 20, Feb 17

HTH-928-110 Tuesday 9:30am - 10:30am via Zoom\*

HTH-928-108 Thursday 9:30am - 10:30am at Annapolis Senior Center

\*Zoom: Locate the Zoom link at AACCC's Canvas 3 days prior to start of class

**This class is pending awaiting approval from the new Annapolis Director and County officials.**

### **County Sponsored Chair Tai Chi** -- no need to register with AACCC, class is free to participants

Prerequisite: None

Recommended Equipment: a low-backed, light weight chair without arms

Tuesday 10:30am – 11:30am starts Jan 7, ends Mar 11

Wednesday 10:00am – 11:00am starts Jan 8, ends Mar 12

Zoom: <https://us02web.zoom.us/j/82773105025?pwd=KzNkTCtpSnM1VDZvdU92SUVoMDRhQT09>

Meeting ID: 827 7310 5025

Passcode: 318815