

Young Lee's Spring 2025 Classes (4/7 - 6/30)

Some are presented by Zoom Others are at a Senior Center

Chair/Seated Tai Chi (College name: Adapted Physical Education)

Prerequisite: None

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

HTH-939-215 Monday 1:00pm - 2:00pm at Annapolis Senior Center no class May 26, June 16 HTH-939-217 Monday 2:30pm - 3:30pm via Zoom* no class May 26, June 16

HTH-939-218 Wednesday 12:30pm - 1:30pm via Zoom*

HTH-939-216 Thursday 11:00am - 12:00n at Arnold Senior Center AACC Annex A *Zoom: Locate the Zoom link at AACC's Canvas 3 days prior to start of class

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

Prerequisite: None

Recommended Equipment: None

HTH-928-212 Monday 9:00am - 10:00am at South County Senior Center no class May 26, June 16 HTH-928-207 Monday 11:00am - 12:00n at Annapolis Senior Center no class May 26, June 16 HTH-928-211 Wednesday 11:30am - 12:30pm via Zoom*

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

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

Requirement : Beginner Tai Chi

Recommended Equipment: None

HTH-928-209 Monday 12:00n - 1:00pm at Annapolis Senior Center no class May 26, June 16 HTH-928-210 Tuesday 9:30am - 10:30am via Zoom*

HTH-928-208 Thursday 9:30am - 10:30am at Annapolis Senior Center *Zoom Locate the Zoom link at AACC's Canvas 3 days prior to start of class

County sponsored Chair/Seated Tai Chi - no need to register with AACC, class is free to participants prerequisite: Anne Arundel County senior center member

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

Tuesday 10:30am - 11:30am starts April 8, ends June 10

Wednesday 10:00am - 11:00am starts April 9, ends June 11

Zoom: <https://us02web.zoom.us/j/82773105025?pwd=KzNKTCtpSnM1VDZvdU92SUVoMDRhQT09> Meeting ID:827 7310 5025

Passcode: 318815