

Young Lee's Spring 2026 Classes

April 6 - June 15

Some are presented by Zoom Others are at a Senior Center

Seated Tai Chi

Prerequisite: None

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

HTH-934-218 Monday 1:00 - 2:00pm **Annapolis Senior Center - Apr 6 to Jun 15 (NO class May 25)**

HTH-939-220 Monday 2:30 - 3:30pm **via Zoom*** - Apr 6 to Jun 15 (NO class May 25)

HTH-939-221 Wednesday 12:30 - 1:30pm **via Zoom*** - **Apr 8 to Jun 10**

HTH-939-219 Thursday 11:00am - 12:00pm **at Arnold Senior Center AACC Annex A - Apr 9 to Jun 11**

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

Beginner Tai Chi

Prerequisite: None

Recommended Equipment: None

HTH-928-210 Monday 9:00 - 10:00am **South County Senior Center - Apr 6 to Jun 15 (NO class May 25)**

HTH-928-205 Monday 11:00am - 12:00pm **Annapolis Senior Center - Apr 6 to Jun 15 (NO class May 25)**

HTH-928-209 Wednesday 11:30am - 12:30pm **via Zoom* - Apr 8 to Jun 10**

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

Intermediate Tai Chi

Prerequisite: Beginner Tai Chi

Recommended Equipment: None

HTH-928-207 Monday 12:00n - 1:00pm **Annapolis Senior Center - Apr 6 to Jun 15 (NO class May 25)**

HTH-928-208 Tuesday 9:30 - 10:30am **via Zoom*** - Apr 7 to Jun 9

HTH-928-206 Thursday 9:30 - 10:30am **Annapolis Senior Center - Apr 9 to Jun 11**

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

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

Prerequisite: None

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

Tuesday 10:30am starts April 7th, end June 9th

Wednesday 10:00am starts April 8th, ends June 10th

Zoom:

<https://us02web.zoom.us/j/4754413258pwd=UHE5SU9vVklKc0psMmFNWitaNIFldz09&omn=83873650587>

Meeting ID: 475 441 3258

Passcode: hello