

Young Lee's Summer 2026 Classes

July 6 - September 14

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-939-319 Monday 1:00 - 2:00pm Annapolis Senior Center - July 6 to Sept 14 (NO class Sept 7)

HTH-939-321 Monday 2:30 - 3:30pm via Zoom* - July 6 to Sept 14 (NO class Sept 7)

HTH-939-322 Wednesday 12:30 - 1:30pm via Zoom* - July 8 to Sept 9

HTH-939-320 Thursday 11:00am - 12:00n Arnold Senior Center AACCC Annex A - July 9 to Sept 10

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

Beginner Tai Chi

Prerequisite: None

Recommended Equipment: None

HTH-928-310 Monday 9:00 - 10:00am South County Senior Center - July 6 to Sept 14 (NO class Sept 7)

HTH-928-305 Monday 11:00am - 12:00n Annapolis Senior Center - July 6 to Sept 14 (NO class Sept 7)

HTH-928-309 Wednesday 11:30am - 12:30pm via Zoom* - July 8 to Sept 9

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

Intermediate Tai Chi

Prerequisite: Beginner Tai Chi

Recommended Equipment: None

HTH-928-307 Monday 12:00n - 1:00pm Annapolis Senior Center - July 6 to Sept 14 (NO class Sept 7)

HTH-928-308 Tuesday 9:30 - 10:30am via Zoom* - July 7 to Sept 8

HTH-928-306 Thursday 9:30 - 10:30am Annapolis Senior Center - July 9 to Sept 10

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

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 starts July 7th, end Sept 8th

Wednesday 10:00am starts July 8th, ends Sept 9th

Zoom:

<https://us02web.zoom.us/j/4754413258pwd=UHE5SU9vVklKc0psMmFNWitaNlFlZ09&omn=83873650587>

Meeting ID: 475 441 3258

Passcode: hello