

Young Lee's Fall 2026 Classes

October 5 - December 17

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-960-916 Monday 1:00 - 2:00pm **Annapolis Senior Center** - Oct 5 to Dec 7

HTH-960-918 Monday 2:30 - 3:30pm **via Zoom*** - Oct 5 to Dec 7

HTH-960-919 Wednesday 12:30 - 1:30pm **via Zoom*** - Oct 7 to Dec 9

HTH-960-917 Thursday 11:00am - 12:00n **Arnold Senior Center AACC Annex A** - Oct 8 to Dec 17 **No class Nov 26**

***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-958-910 Monday 9:00 - 10:00am **South County Senior Center** - Oct 5 to Dec 7

HTH-958-905 Monday 11:00am - 12:00n **Annapolis Senior Center** - Oct 5 to Dec 7

HTH-958-909 Wednesday 11:30am - 12:30pm **via Zoom*** - Oct 7 to Dec 9

***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-958-907 Monday 12:00n - 1:00pm **Annapolis Senior Center** - Oct 5 to Dec 7

HTH-958-908 Tuesday 9:30 - 10:30am **via Zoom*** - Oct 6 to Dec 8

HTH-958-906 Thursday 9:30 - 10:30am **Annapolis Senior Center** - Oct 8 to Dec 17 **No class Nov 26**

***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 Oct 6th, end Dec 8th

Wednesday 10:00am starts Oct 7th, ends Dec 9th

Zoom:

<https://us02web.zoom.us/j/4754413258pwd=UHE5SU9vVklKc0psMmFNWitaNlFIdz09&omn=83873650587>

Meeting ID: 475 441 3258

Passcode: hello