Young Lee's Winter 2027 Classes

January 4 - March 22

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-960-126 Monday 1:00 - 2:00pm Annapolis Senior Cntr - Jan 4 to Mar 22 No class Jan 18th and Feb 15th
HTH-960-128 Monday 2:30 - 3:30pm via Zoom* - Jan 4 to Mar 15 No class Jan 18th
HTH-960-125 Tuesday 2:00 - 3:00pm South Cnty Senior Cntr - Jan 5 to Mar 9
HTH-960-129 Wednesday 12:30 - 1:30pm via Zoom* - Jan 6 to Mar 10
HTH-960-127 Thursday 11:00am - 12:00n Arnold Senior Center AACC Annex A - Jan 7 to Mar 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-958-110 Monday 9:00 - 10:00am South Cnty Senior Ctr - Jan 4 to Mar 22 No class Jan 18th & Feb 15th
HTH-958-105 Monday 11:00am - 12:00n Annapolis Senior Cter - Jan 4 to Mar 22 No class Jan 18th & Feb 15th
HTH-958-109 Wednesday 11:30am - 12:30pm via Zoom* - Jan 6 to Mar 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-958-107 Monday 12:00n - 1:00pm Annapolis Senior Center - Jan 4 to Mar 22 No class Jan 18th & Feb 15th
HTH-958-108 Tuesday 9:30 - 10:30am via Zoom* - Jan 5 to Mar 9
HTH-958-106 Thursday 9:30 - 10:30am Annapolis Senior Center - Jan 7 to Mar 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 Jan 5th, ends Mar 16th
Wednesday 10:00am starts Jan 6th, ends Mar 17th
Zoom:
https://us02web.zoom.us/j/4754413258pwd=UHE5SU9vVklKc0psMmFNWitaNlFIdz09&omn=83873650587
Meeting ID: 475 441 3258
Passcode: hello