

Class Schedule

Date	Time	Class Description	Instructor	Location
Monday	8:30 am	Beginners	Mari Lewis	Founders Hall
	9:15 am	Intermediate	Mari Lewis	Founders Hall
	11:00am	Corrections, Review	Mari Lewis	Westport Senior Center
Tuesday	9:00am	Practice Review	Mari Lewis	Weston Library
	10:30am	Beginners	Aiki Kelley	JCC, Manhattan
	12:00pm	Advanced	Mari Lewis	Founders Hall
	2:30pm	Intermediate, Advanced	Aiki Kelley (John Brown, assistant instructor)	JCC, Manhattan
Wednesday	8:30am	Introduction to Tai Chi	Diane Kerner, Dinah Sours, Founders Hall	
	10:30am	Beginners	Mari Lewis	Westport Senior Center
	11:30am	Advanced	Mari Lewis	Westport Senior Center
	6:00pm	Push Hands	Aiki Kelly	Manhattan
Thursday	9:00am	Beginners, Intermediate	Helen Barnard, Norwalk Senior Center	
	12:00pm	Advanced	Mari Lewis	Founders Hall
	5:30pm	Advanced, Weapon	Mari Lewis	Weston Library
Friday	8:30am	Beginners	Mari Lewis	Founders Hall
	9:15am	Intermediate	Mari Lewis	Founders Hall
	1:00pm	Beginners	Mari Lewis	Easton Rec Center

Founders Hall, Ridgefield, CT

Westport Senior Center, Westport, CT

Weston Library, Weston, CT

Easton Recreation Center, Easton, CT

