



TAI CHI



Tai Chi is a meditative exercise based on Taoist philosophy and other centuries-old Chinese principles of health, spirituality, and self-defense. Its natural, relaxed movements promote inner calm and improve self-awareness, balance, and coordination. Recently published studies have confirmed that seniors who do Tai Chi have improved blood pressure and are much less susceptible to falls and resulting injuries.

Please wear comfortable clothing and bring a water bottle to class.

INSTRUCTOR: Robert Chuckrow

LOCATION: William J. Vescio Community Center – Upper Level

DAY/TIME: Thursdays 10:00am to 11:00 AM

DATES: April 18, 25, May 2, 9, 16, 23, 30, June 6th

FEES: \$40.00 - Village Residents (VBMR)
\$56.00 – School District Residents (BMSD) and Non-Residents (NONR)

REGISTRATON: Registration begins Monday, March 11th at 9:00 AM. Registration may be done * online, in person at the Recreation Office, or by using our drop box located outside of the WJV Community Center. Space for all programs is limited and will be handled on a first-come first-served basis. In person and online registration will occur simultaneously. The drop box will be processed with the days' mail. Note: For those who do not have an existing online account, you must create an account through our Registration software CivicRec at <https://secure.rec1.com/NY/briarcliff-manor-ny/catalog>

Tai Chi – Spring 2024

Fees: - \$40.00 Village of Briarcliff Residents and \$56.00 –School District/ Non-resident (BMSD/NONR)

NAME: _____ PHONE: _____

ADDRESS: _____

E-MAIL ADDRESS: _____ CELL PHONE: _____

EMERGENCY CONTACT/RELATIONSHIP: _____

EMERGENCY CONTACT PHONE: _____

The undersigned hereby recognizes that there are inherent risks involved with participation in this program and agrees to release and hold harmless the Village of Briarcliff Manor, its employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above-named person may sustain as a result of participation.

Signature

METHOD OF PAYMENT: CASH CHECK # _____ CREDIT CARD ** (will incur an additional 3% or a \$2 min. fee)

Checks payable to: Village of Briarcliff Manor (\$20 fee for returned checks) ** Credit Card information below is shredded after processing.

DATE: _____ **AMOUNT:** _____ **RECEIPT#:** _____