



Beginner Tai Chi



Join our instructor Jose Cuevas, 8th Degree Blackbelt, Grand Master as he teaches you the important principles of Tai Chi and how to apply them to your everyday life. This class is 15 weeks long. Tai Chi movements can be performed by anyone! Join us today!

We are offering a special to all new participants to the Tai Chi program the 1st class is FREE, allowing you to try out the class before you commit to the program.

Fee: \$100 Per Session

Where: Talbot County Community Center

When: Fridays

Time: 11:30 AM to 1:30 PM

Session Dates: March 13 - July 17

*There will be no class on the following Fridays:
4/3, 5/15, 6/5, & 7/3*

Name: _____ Age: _____ Birth Date _____ Gender M F

Parent Names (Please Print): _____

Address: _____ City: _____ State: _____ ZIP: _____

Phone: _____ Cell Phone: _____

Email: _____ Request: _____

I acknowledge that I have complete understanding of the potential risk associated with this activity, including injury and death, and I voluntarily agree to assume all such risk. I hereby release, discharge, indemnify, and agree to hold Talbot County, its officers, agents, and employees, harmless from and against any and all liability, claims actions, suits, damages, losses, or injuries of any kind, nature, or description, including without limitation personal injuries and/or death, medical expenses, and economic damages arising or claimed as a result of any act or omission related to the program (s) offered by the Talbot County Department of Parks and Recreation or any affiliated program. Requests are accepted but not guaranteed. The Talbot County Public Schools neither endorses nor sponsors the organization (s) or activity (ies) contained herein. The views contained herein are those of the author and are not necessarily shared by Talbot County Public Schools. The availability of this material is provided as a community service.

Signature of Parent/Guardian _____

Date _____

For Office Use:

Cash/ Check/ Charge Date _____ Staff Initials _____ Scholarships are available.