



Beginner Tai Chi



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.

Join our instructor Jose Cuevas, 8th Degree Black Belt, 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!

Fridays, October 28th-March 3rd

No Classes on November 11th, 25th, December 23rd, 30th

TALBOT COUNTY COMMUNITY CENTER

\$100 11:30 AM to 1:00 PM

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

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 _____ Date _____

For Office Use: Cash/ Check/ Charge _____ Date _____ Staff Initials _____ Scholarships are available.