

Tai Chi

Gentle exercises to improve strength, fitness and flexibility. Increases balance and mobility while promoting relaxation. A good form of exercise for people of all levels of fitness as tai chi can be practiced at any preferred level and place.

Kingston

Venue/Organisation	Contact
Aspendale	
Aspendale Senior Citizens Club 151A Station St	9580 1555
Aspendale Gardens	
Aspendale Gardens Community Centre 103-105 Keamey Dr	9587 5955
Chelsea	
Alan Niemann Community Hall 14 Baxter Ave	9581 4801
Chelsea Heights	
Chelsea Heights Community Centre 160 Thames Prom	9772 3391
Cheltenham	
Cheltenham Community Education & Activity Centre 8 Chesterville Rd	9583 0095
Cypriot Women Kingston Reserve, Cheltenham Rd	
Life Activities Club Follet Rd	9553 1707
Bayside Tai Chi Centre St Mathew's Church Hall Corner Park Rd & Nepean Hwy	9598 4881
Clarinda	
Sundowner Avenue Neighbourhood House 24 Sundowner Ave	9551 8711
Dingley Village	
Dingley Village Neighbourhood Centre 31B Marcus Rd	9558 1866
Highett	
Waves Leisure Centre 111 Chesterville Rd	9559 7111
Mordialloc	
Mordialloc Community & Youth Centre 115A Warren Rd	9580 3675
Mordialloc Neighbourhood House 47 Main St	9587 4534

Parkdale	
Central Bayside Community Health Services 335 Nepean Hwy	8587 0200
Patterson Lakes	
Patterson Lakes Community Centre 54-70 Thompson Rd	9772 8588

Bayside

Venue/Organisation	Contact
Beamaris	
Bentleigh Bayside Community Health Centre Tai Chi For Life Beamaris East Senior Citizens Centre 30 Bonanza Rd	9575 5333
Brighton	
Brighton Recreational Centre 93 Outer Crescent	9592 3033
Tai Chi Australia Brighton Primary School Male St	9889 9999
Cheltenham (Parts of)	
Cheltenham Community Education & Activity Centre 8 Chesterville Rd	9583 0095
Tai Chi Australia Cheltenham Primary School Charman Rd	9889 9999
Hampton	
Bentleigh Bayside Community Health Centre Tai Chi For Life Hampton Senior Citizens Centre 14 Service St	9575 5333
Bayside Tai Chi Centre Trackside Sports 10 Railway Walk	9598 4881
Sandringham	
Crystal Image Tai Chi Academy Sandringham Uniting Church Hall Trentham St	9553 0419
Sandybeach Centre 2 Sims St	9598 2155
Bayside Tai Chi Centre Sandringham Uniting Church Hall 17 Trentham St	9598 4881