

# FREE TAI CHI CLASSES!



- All sessions free – No need to register - Just show up –comfortable shoes – loose clothes.
- **BROOKS PARK (Ramsell / Shields Streets)**  
Saturdays 10 am – 11am (A beautiful hilltop park close to SF State University...From SFSU, take Holloway Ave eastward to Ramsell St, go up to the top of the hill - there it is!)
- **WEST PORTAL PLAYGROUND (Taraval / Lenox Way) – tennis court**  
Fridays 11:00am – 12 noon
- **PILGRIM SENIOR COMMUNITY CENTER 446 Randolph Street at Arch Street**  
Fridays 9:30am – 10:30am 415-586-8020

#### Some additional Tai Chi in the Sunset and Richmond:

- **GOLDEN GATE PARK SPRECKELS LAKE - 36<sup>th</sup> & Fulton Sat & Sun 8:30 – 9:30**
- **GOLDEN GATE PARK SENIOR CENTER: 6101 Fulton Street by 37th Ave 666-7015**  
Monday 4 pm and Wednesday 2 pm - beginners  
Monday 3pm and Wednesday 1 pm - advanced

#### SUNSET DISTRICT TAI CHI LOCATIONS:

- **Parkside Square 26th Ave & Vicente**      **Sunset Playground 28th Ave & Lawton**  
Monday - Sunday 8 - 10 am.      Monday-Sunday 7:30 - 9am

Sponsored by: The San Francisco Mayor's office of Criminal Justice,  
For questions, please call instructor Cady Wong at 584-8366 or The Neighborhood Parks Council at 621-3260