



# YOUTH & RECREATION MARTIAL ARTS

UPDATED: August 25, 2020

Register  
Online  
NOW

## STAFF CONTACT

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**REGISTRATION BEGINS ON MONDAY, AUGUST 24**

## COVID INFORMATION

- Staff and participants are required to wear masks. Exemptions include but not limited to; individuals who have difficulty breathing, medical conditions that prevent wearing a face covering, sensory sensitivities, developmental disabilities or when eating or drinking.
- Enhanced cleaning and disinfecting procedures are in place for shared equipment and will be disinfected after every class.
- Spectator areas are restricted for all programs. Parents must wait in their vehicles for those individuals who need a ride to and from programs.

## TAI CHI (Ages 13 & up)

Study this ancient Chinese form for balance, strength, relaxation and health. No uniform required. Tai Chi is considered a highly effective exercise for mind and body health. Exercises are designed to improve muscular strength, flexibility and fitness.

Y Members: \$31

General Public: Not available at this time

8-week session September 14 – November 2

Mondays: 7:00-8:00PM

**Location: All Purpose Room**

Classes are subject to cancelation based on enrollment numbers.