

WAQI



WAQI (PRONOUNCED WAA-CHEE) TAI CHI FOR SENIORS WILL ADDRESS SLEEP ISSUES, ANXIETY, BALANCE AND STRENGTH. PLEASE BRING A YOGA MAT OR A BLANKET WITH YOU. WEAR LOOSE CLOTHING AND COMFORTABLE SNEAKERS - NO BARE FEET OR FLIP FLOPS.

SLOW HEALING EXERCISES • ALL FITNESS LEVELS ARE WELCOME

ROBERT E. REID, SR. RECREATION CENTER

DEFENSE HILL ROAD & ROUTE 25A, SHOREHAM, NY 11786

TUESDAYS | 9:30AM - 11:00AM

TUESDAYS - FEBRUARY 4, 11, 18, 25, MARCH 3, 10

PRE-REGISTER BY THURSDAY, JANUARY 30, 2020

\$35.00 PER 6-WEEK SESSION

FRIDAYS | 9:30AM - 11:00AM

FRIDAYS - JANUARY 31, FEBRUARY 7, 14, 28, MARCH 6, 13

PRE-REGISTER BY MONDAY, JANUARY 27, 2020

\$35.00 PER 6-WEEK SESSION

CALL 631-744-2601

FOR MORE INFORMATION OR TO REGISTER.

*ACCEPTABLE PAYMENTS INCLUDE CHECK, MONEY ORDER & CREDIT CARD.

*NO CASH PAYMENTS ACCEPTED.

*ALL CANCELLATIONS, EXCEPT BY THE TOWN, ARE SUBJECT TO A 15% ADMINISTRATIVE HANDLING FEE.



Edward P. Romaine, Supervisor
Edward P. Morris, Commissioner
TOWN COUNCIL

Valerie M. Cartright, District 1
Jane Bonner, District 2
Kevin J. LaValle, District 3

Michael Loguercio, District 4
Neil J. Foley, District 5
Daniel J. Panico, District 6

Donna Lent, Town Clerk
Louis Marcoccia, Receiver of Taxes
Daniel P. Losquadro, Superintendent of Highways
631-451-TOWN



Visit us on the web:
www.BrookhavenNY.gov
www.facebook.com/BrookhavenParks