

Tai Chi at the Rec



Description: This 45-minute class welcomes all levels of ability, and targets balance, strength, coordination and flexibility. We will start with a series of gentle Qi Gong exercises to open up the body and increase vitality, and then learn a simple Tai Chi routine. The focus of the class will be on having fun and developing a sense of community. Class will be held from 10:00 - 10:45am at the Community Center.

Registration: Registration is open to Exeter residents starting at 8:15am on Wednesday June 3, 2026 and non-residents on Wednesday, June 10, 2026, on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or by phone. (8) Minimum, (14) maximum.

Dates & Time: Tuesdays, June 30 - July 28, 2026 from 10:00 - 10:45am.

Location: Exeter Community Center, 10 Hampton Rd. Exeter, NH 03833

Fee: The fee is \$40 for residents and \$50.00 for non-residents for the entire session or \$10 drop-ins.

Deadline: The deadline to register is June 20, or once the class is full. Note: We need a minimum of 8 people registered for this class. Maximum is 14.

About the instructor: Patrick Flaherty is a certified Tai Chi instructor who has been studying for several years with Jeff Cote, a 35 year martial arts practitioner with multiple black belts. Known as the Occidental Taoist, Jeff has studied in China, and is also a doctor of Chinese medicine. Their tradition is the Chen style, the oldest style of Tai Chi, which features spiraling movements. There is a lot of emphasis on Qi Gong exercises to open up the joints, develop balance, and build up our internal energy, known as Qi. Patrick has been teaching a class in Kittery Point and looks forward to meeting new students in Exeter!

EXETER PARKS & RECREATION

TAI CHI AT THE REC

DATES:
JUNE 30TH - JULY 28TH
TUESDAYS AT 10AM

With Expert Instructor Patrick Flaherty

REGISTRATION OPENS JUNE 7 FOR RESIDENTS, JUNE 17 FOR NON RESIDENTS AT 8:15 AM
CLASS SIZE LIMITED TO 14!

FEES:
\$40 FOR RESIDENTS
\$50 FOR NON-RESIDENTS
DROP IN: \$10 PER CLASS

CONTACT US: 603-778-0591
10 HAMPTON RD EXETER, NH 03833

Exeter Parks & Recreation Department
10 Hampton Road Exeter, NH 03833
www.exeternh.gov/recreation
603-773-6151