

April/May 2016

Tai Chi for Arthritis - Instructor Three Week Rotation Schedule							
Assignment:	WEEK I		WEEK II		WEEK III		
	<u>Tu</u> Apr 26	Th Apr 28	<u>Tu</u> May 3	Th May 5	<u>Tu</u> May 10	Th May 12	
Lead *	Alvin/Ellie						
Seated	Rhoda						
Beginners	Ellie						
Basic 6	Susan						
Advanced	Ron						
Final 9	Corinne						
Forty-one	Lead	<u>Kel-Alvin</u>					
	Point	Laraine					
Grace abs indefinitely							
<p>* = Make announcements, lead warm up, open - setup- secure room. <u>Ileina</u> to co-teach with lead when in class. ** = Back up for Beginners Float instructor to help other instructors if needed. Stay with one group rather than moving around to different groups.</p>							