

## **TAI CHI**

Monday Nights 6:30 p.m. to 7:30 p.m.

Sheridan Hill Small Gymnasium

Cost: Session I,II, and III : \$25

Session IV: \$30

Walk- Ins Welcome at \$5/day

Session I: Sept: 17, 24, Oct: 1,15,22,29

Session II: Nov: 5, 19,26 Dec: 3, 10, 17

Session III: Jan: 7,14,28 Feb: 4,11,25

Session IV: April: 8, 15,22,29 May: 6,13,20

All ages are welcome, come and experience this unique form of exercise.

Call 407-2162 or email: [ctrapper@clarence.ny.us](mailto:ctrapper@clarence.ny.us) to register.

## **ADULT CO-ED VOLLEYBALL**

Tuesday Nights 7:00 pm to 9:00 pm

Clarence Middle School

BEGINS OCTOBER 16<sup>th</sup>

Cost: \$2.00/Night Register at Location

Co-Ed Pick Up play, all levels of players welcome