

## Woodvale & Ainsdale Community Association



'In the hands of  
people that care'

\*Woodvale Community Centre  
Meadow Lane  
Woodvale, SOUTHPORT  
Merseyside. PR8 3RS  
Telephone: 01704 573084

\*Main Office

\*\*WACA Recreation Centre  
Orchard Lane  
Ainsdale, SOUTHPORT  
Merseyside PR8 3RG  
Telephone: 01704 575264

\*\*Address **ALL MAIL TO** Woodvale Community Centre



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[www.woodvalecommunitycentre.co.uk](http://www.woodvalecommunitycentre.co.uk)

Email: [woodvalecentre@btconnect.com](mailto:woodvalecentre@btconnect.com)

Registered Charity No. 1042518

# Tai Chi

**NEW Venue: Woodvale & Ainsdale Recreation Centre**

**Orchard lane**

**Off Sandbrook Road**

**Ainsdale, PR8 3RG**

**Day: Thursday**

**NEW Time: 8.00 - 9.15pm**

**Cost: £3.50**

We welcome people of any age or experience.

So come along.

Improve your balance, posture and breathing with this gentle exercise, and have some fun at the same time.

Our instructor is a Kwong Tam Merseyside School of Tai Chi trained instructor