



Tai Chi & Chi Kung Institute ®

38 years in S.A.

G.P.O. Box 66, Adelaide, S.A. 5001 Australia

Website: www.taichi.com.au Email: office@taichi.com.au

Student information Sheet - Class Rules & Guidelines

Welcome to our Institute and congratulations on starting your 7- week course of Tai Chi or Chi Kung (Chinese Yoga).

Here are some important points & rules to consider, for the smooth running of classes for all students.

1. **A course cannot be transferred from one person to another once the term has started.**
2. **Doctor's approval form** is on our website for those with pre-existing conditions. Check with your doctor before joining. www.taichi.com.au/doctor.pdf

NO REFUNDS

after the commencement of the course, except when the Institute cancels the class.

Cancellation by student before commencement of the course incurs \$22 deduction off pre-paid fees.

3. **Making up missed lessons:** If you are unable to attend your assigned class, you can make up the class at the **North Adelaide or Adelaide venues**. Your name will be on the roll at the other venue, so that you will not be charged, just sign the visitors roll and let the Instructors at the door know which course you are doing. Be aware - Friday 9.30 class is CHI KUNG ONLY.
You can email us if you wish to attend another venue to make up a class.
Venue address details and class times are on our website www.taichi.com.au (Class duration - 45 minutes.)
Always check the website www.taichi.com.au or www.chikung.com.au
DVDs, USBs & Textbooks available at the venue can help you through the course.
4. **Colds, Flu or Covid: Do NOT COME TO CLASS IF YOU ARE SICK.** Please consider yourself, fellow students and the Instructors. If Instructors get sick, we may have to cancel their classes.
Recover from your illness & then make up the lesson.
5. **Textbooks and/or charts:** purchase any textbooks, videos/DVD, USB (mp4), within the first three weeks of the course, so you get maximum assistance during the term. These items are available from the venue.
6. **DEFERMENTS** If you are unable to continue the course due to illness or injury or work, the options are:
 - **DEFER** the remaining classes until the following term, where vacancies exist. You need to notify the Institute **within two weeks** of deferring, by email.
(Include your phone number & email address, in case the office needs to contact you.)
 - Please forward a copy of your doctor's certificate and a stamped, self-addressed envelope so your Deferment Verification form will be **sent to you by email**.
 - **Do not wait until the end of the term or beginning of the next term.**
 - **Deferment applies for ONE term only.** You may join a class only where vacancies exist.
 - An administration fee of \$22 will be charged. *Conditions apply.* If you choose this option, we recommend that you start from the beginning. The deferred lessons are held in credit and you need only pay the balance on the first week.
7. **TRANSFER** (switch) If you have found **Tai Chi** too challenging or **Chi Kung** not challenging enough you may change course in weeks 1 - 2 of term. (There is an \$11 transfer fee.)
 - If your situation has changed or the venue time is no longer suitable, you may transfer to the other venue. All you need to do is inform your new Instructor. - CHI KUNG ONLY
You cannot transfer the course to another person during the term.
8. **Only fee-paying students are permitted in the venue during lesson times.**
 - Visitors are not permitted in class to look. If you have a friend or relative who wishes to try a class, invite them to come to a free lesson, at one of the venues preceding each term, or they may attend a Chi Kung class or a Tai Chi class, but only in weeks 1 & 2, and for a \$16.50 fee.
(The \$16.50 will be counted as a deposit should the visitor enroll for the rest of the course *for that term only*) *Special discounts apply if you give them an introduction card.*
 - **Children not enrolled in the course are not permitted in class**, these classes are for adults & keen teenagers. We do not provide a crèche service. (Children of high school age & above can enroll with parents).
 - Carers are required to pay a fee when joining in the class. The concession discount is available for carers.
9. **All mobile phones are to be switched off or put on 'silent mode' in class time.**

10. **No strong perfumes or aftershave in class - please consider asthmatics and those with allergies**

11. **No bare feet in class.** It is required that students **WEAR SHOES IN CLASS** low-heeled flat soft shoes.
NO thongs or sandals, socks or bare feet).

12. A Newsletter / schedule is distributed midterm on week 5, with details of ongoing and advanced courses.

13. A discount applies for ongoing courses if paid in advance at the end of each term. Check the newsletter for details.

14. If joining after week 1, you should consult our website to see which classes are running or changed.

15. **No calling out or interjecting during lessons:** This disrupts the lesson and distracts others.

Please respect other students' need to relax in a quiet atmosphere. Instructors will make time to answer questions.

15. **No Alcohol or Drugs:** any student under the influence of alcohol or illegal drugs will be asked to leave the class.

If you have any queries, talk to your Instructor or email to the Tai Chi & Chi Kung Administration. Updated Feb 2023

Please retain for future reference