



Spring 2010 Program Guide

TRA Community Events

Used Toy and Clothing Sale

Saturday, March 6th - 9 am to 2 pm

Tables are available at \$20 each to TRA members. It's a giant indoor garage sale! Admission is free to the public. 40+ tables of great stuff!

Health and Wellness Fair

Saturday, March 20th - 10 am to 4 pm

This event will showcase a variety of activities, ideas, products and services for all ages designed to help lead a more healthy lifestyle. Booth displays, interactive demos, mini-classes and food samples are all part of the program. Yoga, massage, nutrition, fitness, natural and healthy foods and much more. Free public admission.

Children's Easter Party

Saturday, April 3rd - 1 pm to 3 pm

Share a fun afternoon of holiday activities at the Tuscany Club. Hop in for some special treats, games and crafts for the kids, face painting and even a visit from the Easter Bunny with goodies for everyone!

Community Clean Up Day

Saturday, May 8th - 9 am to 1 pm

Get involved in keeping our community clean—volunteer a few hours with friends and family and help out with the annual spring clean up. Email clubprograms@shaw.ca or call 241-6402 to sign-up. We'll meet for morning juice and coffee before cleaning up the trails, streets and parks then enjoy a bbq at the Club to wrap up the event. Free electronics recycling and paper shredding services will be available.

Tuscany's Giant Garage Sale

Saturday, June 12th - 9 am to 3 pm

Don't miss out, get involved in this supersized event when the community gets together for a giant garage sale. Email clubprograms@shaw.ca by June 7th to register. Complimentary lawn signage for all participants. Over 150+ homes usually participate! Area maps of participating homes will be available at the Club on Friday and Saturday.

Calgary Stampede Breakfast

Saturday, July 10th - 9:30 am to 11:30 am

Join us at the Club to kick off Stampede in style with your friends and neighbours in Tuscany. Enjoy coffee, juice, pancakes, sausage and entertainment too. Email clubprograms@shaw.ca for more info on how to help out or to sign up for a shift.

contact clubprograms@shaw.ca for information on any of these events



Tuscany Residents Association

212 Tuscany Way NW
(403) 241-6402
www.tuscany-connect.com

Club Park Hours

Monday to Sunday
9:00 am - 10:00 pm

TRA Office Hours

Monday to Saturday
9:00 am to 4:30 pm
(closed 12:00 to 1:00 pm)

TRA General Manager
Chris Tomiyama
gm.tuscany@shaw.ca

Recreation Manager
John Mains
clubprograms@shaw.ca

Parks+Facility Manager
Larry Dzioba
parks.tuscany@shaw.ca

Administration Manager
Melinda Becskei
accounting.tuscany@shaw.ca

Program Registration Notes

- ◇ Registration is done online through
- ◇ **www.tuscany-connect.com** - check your access or sign up before February 11th. Fees are paid online with credit card at time of registration
- ◇ **Registration opens Thu. Feb. 11th at 9 am**
- ◇ **Children must be listed on your account and dates of birth are required for registration**—if you're not sure if your family is updated, email clubprograms@shaw.ca with details.

Tuscany Club Features

- Gymnasium
- 2 outdoor tennis courts
- Summer wading pool and fountain
- Fitness and Dance studios
- Outdoor basketball courts
- Banquet and Meeting Rooms
- Hockey Rink and Skating Oval
- Horseshoe Pits
- Outdoor Park and Playground

Spring 2010 Gym Schedule - March 1 to June 27

Open gym times subject to change—call 241-6402 to confirm daily times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Open Gym 9 am - 4:00 pm	Open Gym 9:00 - 10:15 am	Open Gym 9:00 - 9:30 am	Muscle Conditioning 8:45 - 9:45 am	Open Gym 9:00 - 9:30 am	Muscle Conditioning 8:00—9:00 am	Open Gym 9:00 am - 3:30 pm		
		kaleidescope 9:30 - 10:00 am		kaleidescope 9:30 - 10:00 am				
	parent+tot drop in time 10:30 am - Noon	Open Gym 10:00 - 11:00 am	kaleidescope 9:45 - 10:15 am	parent+tot drop in time 10:30 am - Noon	Open Gym 10:00 - 11:00 am	Fusion Fitness 9:15 - 10:15 am		
			preschool adventures 11:00 - 11:30 am					kaleidescope 12:15 - 12:45 pm
	Open Gym Noon - 2:00 pm	preschool adventures 2:00 - 2:30 pm	Open Gym 11:30 - Noon	Open Gym 12:45-2:45 pm	Open Gym 11:30 am - Noon	kaleidescope 11:30 am—1:00 pm	available for rentals 3:30 - 4:30 pm	
			kaleidescope Noon - 12:30 pm					Open Gym 12:30 - 2:30 pm
	Teen Basketball 4:00 - 5:30 pm	Open Gym 2:30 - 6:00 pm	Open Gym 12:30 - 2:30 pm	kaleidescope 2:45 - 3:15 pm	kaleidescope 2:30 - 3:00 pm	1:00—3:00 pm	Adult Drop-In Badminton 4:30 - 5:45 pm	
			kaleidescope 2:30 - 3:00 pm	Youth Sports 4:00 - 5:00 pm				Open Gym 3:00 - 7:00 pm
			Open Gym 3:00 - 4:00 pm	Open Gym 5:00—6:15 pm				Open Gym 3:00 - 5:30 pm
	Open Gym 5:30 - 6:45 pm	Girl Guides 6:00 - 8:00 pm	Karate Group 4:00 - 7:00 pm	Zumba! Fitness 6:30 - 7:30 pm	Cubs Scouts Ventures 5:30-9:30 pm	Teen Gym 7:00 - 9:45 pm	Adult Drop-In Basketball 7:15 - 9:45 pm	
Adult Fitness 7:00 - 8:00 pm								
Adult Fitness 7:00 - 8:00 pm								
Bootie Blasting 8:15 - 9:30 pm	Adult Drop-In Volleyball 8:15-9:45 pm	Adult Drop-In Badminton 8:15 - 9:45 pm	Adult Drop In Floor Hockey 7:45 - 9:45 pm					

Drop-In Programs and Open Gym

Remember your TRA Membership Card - You need it to access the facility and sign out equipment

- * Adult Drop-In programs are for residents 18 years and older only, no exceptions and no children in the gym
- * All drop-in activities are free to residents and do not require registration
- * Due to popularity and limited space guests cannot be signed in to any drop-in programs

Teen Saturday Night Open Gym

Day+Time: Saturday 7:00—9:45 pm

Ages: 13-18 yrs.

A time especially for teens to drop-in and shoot some hoops, play floor hockey, soccer, badminton or volleyball. You must have your TRA card with you to sign in guests.

Teen Basketball Drop-In

Day+Time: Monday 4:00—5:30 pm

Teens only, basketball only, every Monday after school.

50+ Social Club

Day+Time: Wednesday 1:00-3:00pm

Join others from around the community for cards and games, good conversation, occasional outings and great coffee and treats. Call or email the recreation manager for more details.

Parent & Tot Playtime Drop-In

Tuesday and Thursday - 10:30 am - Noon

Enjoy playing and visiting with other tots and parents from the community during this unstructured playtime. Balls, toys, mats, tunnels, ride-ons, and more! Ages 0 to 3 years suggested.

- * *Parents are asked to help clean up after each day.*

OPEN GYM TIMES

- Open gym times are unsupervised and activities are on a first come, first serve basis.
- Badminton may be limited to one court during open gym times
- Times may vary due to weekend special events - contact customer service for daily schedule @ 241-6402

Mondays: 9:00 am to 4:00 pm

Tuesdays: 12:00 to 2:00 + 2:30 to 5:45 pm

Wednesdays: 12:30 to 2:30 pm + 3:00 to 4:00 pm

Thursdays: 12:30 to 2:30 pm + 5:00 to 6:15 pm

Fridays: 12:30 to 2:30 pm + 3:00 to 5:30 pm

Saturdays: 11:30 am to 1:00 pm + 3:00 to 7:00 pm

Sundays: 9:00 am to 3:30 pm

Adult Badminton Drop-In

Days +Times: Wednesday 8:15-9:45 pm+Sunday 4:30-6:00 pm

All levels are welcome, drop in and meet some new players and partners. Participants may be limited to first 18 to sign in.

*bring your own racquets.

Family Badminton Drop-In

Day+Time: Sunday 6:00—7:30 pm

*parents and children must play together, no single players!

*bring your own racquets

Adult Volleyball Drop-In

Day +Time: Tuesday 8:15-9:45 pm

New players always welcome for this recreational level night of volleyball. Try a new sport or get back in the game.

Adult Floor Hockey Drop-In

Day+Time: Thursday 7:45 - 9:45 pm

Drop in anytime for this competitive but fun and fast-paced night of hockey action. New players welcome anytime to join our veterans.

* only hockey sticks with plastic blades are permitted.

Adult Basketball Drop-In

Day+Time: Sunday 7:30 -9:45 pm

Get your weekly hoops fix every Sunday night. All levels of play are welcome to come out.

Shuffleboard Courts and Horseshoe Pits

Equipment for these popular outdoor games is available at the Club front desk after May 1.

TENNIS COURTS

The Tuscany Club has two outdoor tennis courts available on a first come basis with a half-hour courtesy wait time. Courts open daily at 9 am and close by 9:45 pm.

Bring your own racquets—balls can be loaned from front desk. Children under 13 must be accompanied by an adult.

HOCKEY RINK AND SKATING OVAL

The rinks remain open as long as conditions allow. We strive to maintain the ice to allow for as long a skating season as possible and will notify residents through the website and email once the ice is closed for the season.

- * The ice is not available for booking or rental
- * ***All minors must wear helmets at all times***

**2010 Tuscany Cup Outdoor Hockey Classic
Champions—"BIG STICKS"**

Captain Kelly Wist, Chris Everett, Mike Wenninger,
Darryle Hawkings, Jason Wist

Preschooler Programs

Kindermusik "Village" - 0 to 18 months

A great new music and movement class that focuses on physical, emotional, cognitive and social skills in a special place for learning and connecting with other babies and parents.

Instructor: Lisa Skilnick (this is a parented class)

Day+Time: Monday 10:30 - 11:15 am

Spring 1 - March 8 to April 19 \$90

Spring 2 - April 26 to June 14 \$90

*no class April 5 or May 24

Kindermusik "Our Time" - 18 months to 3 years

Enjoy singing, moving and creative dancing, listening, interacting socially and playing simple instruments. Explore specially designed instruments, textures and sounds and even a story.

Instructor: Lisa Skilnick (this is a parented class)

Day+Time: Monday 9:30—10:15 am

Spring 2 only—May 3 to June 21 \$90

*no class May 24

*check out www.kindermusik.com to see more about these programs

Parent & Tot Playtime Drop-In

Tuesday and Thursday - 10:30 am to Noon

Enjoy playing and visiting with other parents and tots from the community during this unstructured playtime. Balls, mats, riding toys, and more are put out each week! Parents are asked to help clean up after. This program takes place in the gym.

Please read important program notes about cancellations and withdrawals on page 8

ARE YOU READY TO REGISTER?

All Program Registration is done online through your www.tuscany.connect.com account

- * check your access before February 11th to verify log-in info - follow the links on the home page to sign up or have log-in reminders sent
- * all immediate family members must be listed on your account to register them for classes
- * *children's dates of birth are now needed for most youth programs*
- * *email clubprograms@shaw.ca with family info to have added to your profile*

Miss Marilyn's Preschool

Miss Marilyn's Preschool Programs offer an hour of fun and friendship to your little ones. Each program is based around a simple theme and every week features crafts, activities, stories, songs and games.

- * Programs are for 2 to 3 years of age only.
- * All these programs are unparented with two staff.
- * Send your kids in indoor shoes and playclothes, we can get a bit messy!
- * Each program is \$60 for 7 classes.
- * There are no classes the week of April 5th to 9th.

Spring 1 March 2 to April 22

Funny Farm 1 - 2 to 3 years - Tuesday

Day+Time: Tuesday 9:30 - 10:30 am

Funny Farm 2 - 2 to 3 years - Tuesday

Day+Time: Tuesday 10:35 - 11:35 am

Wacky Weather 1 - 2 to 3 years - Wednesday

Day+Time: Wednesday 12:30 - 1:30 pm

Wacky Weather 2 - 2 to 3 years - Wednesday

Day+Time: Wednesday 1:35—2:35 pm

Milky Way Magic 1 - 2 to 3 years - Thursday

Day+Time: Thursday - 9:30 - 10:30 am

Milky Way Magic 2 - 2 to 3 years - Thursday

Day+Time: Thursday - 10:35 - 11:35 am

Milky Way Magic 3 - 2 to 3 years - Thursday

Day+Time: Thursday - 11:40 - 12:40 pm

Spring 2 April 27 to June 10

Bugs + Butterflies 1 - 2 to 3 years - Tuesday

Day+Time: Tuesday 9:30—10:30 am

Bugs + Butterflies 2 - 2 to 3 years - Tuesday

Day+Time: Tuesday 10:35 - 11:35 am

Spring Fever 1 - 2 to 3 years - Wednesday

Day+Time: Wednesday 12:30 - 1:30 pm

Spring Fever 2 - 2 to 3 years - Wednesday

Day+Time: Wednesday 1:35—2:35 pm

Down By the Bay 1 - 2 to 3 years - Thursday

Day+Time: Thursday - 9:30 - 10:30 am

Down by the Bay 2 - 2 to 3 years - Thursday

Day+Time: Thursday - 10:35 - 11:35 am

Down by the Bay 3 - 2 to 3 years - Thursday

Day+Time: Thursday - 11:40 am—12:40 pm

If the program you want is full, register on the wait list—use the same process, there is no fee for wait list registrations

Youth Dance and Theatre Programs

Little Ballerina Beginners Thursday- 3 years

An introduction to the classic dance form for your tiny dancer. Be sure to dress in comfortable clothing and bring indoor shoes. Ballet shoes are optional.

Instructor: Breanne, Puddle of Mud Productions

Thursday 4:30 - 5:00 pm

Spring 1— March 4 to April 15 \$30

Spring 2— April 22 to June 3 \$30

Little Ballerina Advanced Thursday- 3 years

A special advanced class for prima little ballerinas. Your dancer must have taken the Little Ballerinas Beginners class with us at least once to sign up for this class.

Instructor: Breanne, Puddle of Mud Productions

Thursday 5:05- 5:35 pm

Spring 1— March 4 to April 15 \$30

Spring 2— April 22 to June 3 \$30

Dance Explosion Thursday- 4 to 6 years

A different style of dance is introduced weekly so children get to sample jazz, tap, ballet, creative movement and modern. A great introduction for a new dancer and fun for everyone.

Instructor: Breanne, Puddle of Mud Productions

Thursday 5:40—6:25 pm

Spring 1— March 4 to April 15 \$45

Spring 2— April 22 to June 3 \$45

Pre-Jazz –Thursday 4 to 6 years

An introduction to what jazz dance is and how it differs from ballet. Basic jazz steps and choreography are included. Dress in comfortable clothing and bring indoor shoes.

Instructor: Breanne, Puddle of Mud Productions

Thursday 6:30- 7:15

Spring 1— March 4 to April 15 \$45

Spring 2— April 22 to June 3 \$45

Hip Hop Modern Fusion - Thursday 7 to 10 yrs.

Learn the latest steps and explore dance styles and put together creative routines to great dance music. Be sure to dress in comfortable clothing and bring indoor shoes

Instructor: Breanne, Puddle of Mud Productions

Thursday 7:15—8:00 pm

Spring 1— March 4 to April 15 \$45

Spring 2— April 22 to June 3 \$45

Notes About Dance+Arts Programs

**All classes are unparented
unless indicated.**

**Parents are allowed to stay for the first and
last class of each session only.**

* contact the Recreation Manager if this is a concern. Our studio is not equipped with a suitable viewing area and it can be a distraction to have parents so close during lessons.

Dance Explosion Saturday- 4 to 6 years

A different style of dance is introduced weekly so children get to sample jazz, tap, ballet, creative movement and modern. A great introduction for a new dancer and fun for everyone.

Instructor: Breanne, Puddle of Mud Productions

Saturday - 10:55 am—11:40 am

Spring 1—March 6 to April 24 \$45

Spring 2—May 1 to June 19 \$45

* no class april 3 or may 22

Primary Ballet 1 Saturday - 4 to 6 years

This course will be an introduction to the basic fundamentals and steps of ballet. Emphasis will be placed on movement, rhythm and fun! Ballet shoes are optional

Instructor: Breanne, Puddle of Mud Productions

Saturday 10:05 am—10:50 am

Spring 1—March 6 to April 24 \$45

Spring 2—May 1 to June 19 \$45

* no class april 3 or may 22

Little Ballerinas Beginners Saturday - 3 years

An introduction to the classic dance form for your tiny dancer. Be sure to dress in comfortable clothing and bring indoor shoes. Ballet shoes are optional.

Instructor: Breanne, Puddle of Mud Productions

Saturday 9:30 am—10:00 am

Spring 1—March 6 to April 24 \$45

Spring 2—May 1 to June 19 \$45

* no class april 3 or may 22

Primary Ballet 2 - Saturday—4 to 6 years

We added a second class since primary ballet filled up so fast last sessions. This extra class must meet minimum enrolment of 5 participants to run.

Instructor: Breanne, Puddle of Mud Productions

Saturday 11:45 am—12:30 pm

Spring 1—March 6 to April 24 \$45

Spring 2—May 1 to June 19 \$45

* no class april 3 or may 22

On Stage!- Tuesday—6 to 10 years

Get on stage with us and learn all about 'the biz' from a musical theatre professional as we perform an all-time favourite childrens' play. Invite your parents to the last class show.

Instructor: Centre Stage Theatre

Tuesday 6:05 - 7:05 pm

Spring 1 only— March 9 to April 20 \$95

Little Stars - 3 to 5 years

All new stories, All new fun! Jump into your favourite story books and bring them to life on stage with a professional actor. Make cool costumes and props each week and invite your family to the last evening show.

Instructor: Centre Stage Theatre

Tuesday 5:00 - 6:00pm

Spring 1 only— March 9 to April 20 \$95

**If the program you want is full, register
on the wait list—use the same process,
there is no fee for wait list registrations**

Youth Sports, Fitness and Tennis

Fit Kids 1 - 4 to 7 years

Get a head start on your child's fitness and healthy lifestyle through active play. Build endurance, flexibility and strength and develop good health and fitness habits for life. Every class includes yoga, active games and fun relays, exercise and a nutrition tip.

Instructor: Richelle Ross or Susan To

Ages: 4 to 7 years

Day+Time: Saturday - 10:30 - 11:30 am \$60

Dates: March 13 to May 8

* no classes march 20 or april 3

Badminton—9 to 12 years

A fun after school activity for your older elementary aged child. We'll cover the basic skills and have a lot of fun playing this challenging and active indoor sport. All equipment provided. Dress comfortable and bring a water bottle weekly.

Instructor: TBA

Ages: 9 to 12 yrs

Day+Time: Tuesday - 4:00 - 5:00 pm \$60

Spring 1 only—March 9 to April 20

* needs minimum enrollment of 6 to run

Floor Hockey—5 to 8 years

Join John in the gym for a weekly game of floor hockey. We'll choose up sides, put on some jerseys, and play Canada's game. Mostly games, but some skills and drills plus a focus on safe play. Please wear comfortable clothing and bring a water bottle weekly.

Instructor: John Mains

Ages: 5- 8 yrs

Day+Time: Thursday- 4:00 - 4:45 pm

Spring 1 only—March 11 to April 22 \$45

* needs minimum enrollment of 10 to run

Little Sports Players - 5 to 8 years

Play a variety of different games and learn the basics of many sports like basketball, floor hockey, soccer and badminton through fun, age activities in a safe and non-competitive setting. Wear suitable clothing and indoor shoes and bring a water bottle. We'll even go outside, weather permitting.

Instructor: John Mains

Ages: 5-to 8 years

Day+Time: Thursday - 4:00—5:00 pm

Spring 2 only—April 29 to June 10 \$60

* needs minimum enrolment of 10 to run

Kids Intro to Tennis—6 to 8 years

Learn the rules and basic skills of the game through fun drills and activities and practice. No previous experience required! Bring your own tennis racquet and water bottle weekly. Maximum 8 students per class on two courts.

Instructor: TBA

Ages: 6 to 8 years

Day+Time: Wednesday 5:45—6:45 pm \$60

Dates: May 5 to June 16

Youth Intro to Tennis—9 to 12 years

Now's the time to get into the game and enjoy the Tuscan courts this summer. Learn the rules and basic skills of the game through fun drills and activities and practice. No previous experience required! Bring your own tennis racquet and water bottle weekly. Maximum 8 students per class on two courts

Instructor: TBA

Ages: 9 to 12 years

Day+Time: Wednesday 6:50—7:50 pm \$60

Dates: May 5 to June 16

- * players bring own racquet each week—other equipment is supplied
- * join the wait list if you don't get in right away - there is no fee to register on a wait list, follow the same process as a regular registration
- * some classes may be cancelled due to inclement weather—pro-rated credits are applied following the season based on lessons missed. Participants are always notified of cancelled lessons, or call the Club to confirm—we do wait as long as possible before cancelling outdoor programs and run them whenever possible

eServus Online Concierge

Log onto www.tuscany-connect.com to purchase discounted tickets for attractions, events, entertainment, concerts, and more!

Great deals and discounts on Cineplex movies, Flames games, concerts and more!

Tickets are conveniently delivered to the Tuscan Club every Friday and are available for pick-up from Customer Service any evening before closing.

All orders must be placed before 4:00 pm on Thursday to meet Friday's delivery time.



Adult Yoga, Dance + Tennis

Pre-Natal Yoga—Sunday

This series of yoga postures for the expectant mother addresses the changes her body is going through. Build strength and flexibility and improve focus and concentration to make your pregnancy more comfortable and assist labour and delivery. Please bring a blanket and pillow to each class.

Instructor: Amy Bidrman

Day+Time: Sunday - 7:30 - 8:45 pm

Spring 1 - March 7 to April 25 (6 weeks) \$70

Spring 2— May 2 to June 13 (6 weeks) \$70

* no classes March 28, April 4 or May 23

Hatha Flow—Tuesday

Awaken body and mind in a yoga practice designed to energize and inspire. This gentle strengthening and stretching class gives time, support and instruction to truly understand how the body works. Learn proper alignment of yoga poses and breathing technique. Begin your yoga journey or take a refresher as you build confidence and focus.

Instructor: Carolyn Bedford

Day+Time: Tuesday 7:15 - 8:30 pm

Spring 1— March 2 to April 13 \$80

Spring 2— April 20 to June 1 \$80

Power Yoga—Wednesday

This more intense strengthening and stretching class incorporates traditional Ashtanga poses while allowing for more varied practice. You will focus breath, building full body strength and flexibility and spinal alignment. Postures will flow from one to the other with modifications given for all levels.

Instructor: Carolyn Bedford

Day+Time: Wednesday 7:15 - 8:30 pm

Spring 1— March 3 to April 14 \$80

Spring 2— April 21 to June 2 \$80

50+ Yoga - Thursday

A gentler yoga class using traditional poses for strengthening and stretching, flexibility and spinal alignment. Postures will flow from one to the other with modifications given for this age group

Instructor: Carolyn Bedford

Day+Time: Thursday - 1:00 - 2:15 pm

Spring 1— March 4 to April 15 \$60

Spring 2— April 22 to June 3 \$60

Hip Hop and Jazz Dance - Monday

Tired of the same old workout routine? Mix it up with a fun, high energy dance class that gets your heart pumping and muscles working. Created for all levels so come out and learn some moves while getting fit too.

Instructor: Breanne Duncan

Day+Time: Monday 7:45—8:45 pm

Spring 1—March 1 to April 19 \$60

Spring 2— April 26 to June 14 \$60

*no class april 5 or may 24

Learn to Play Tennis—Tuesday

Learn the basic rules and skills of this fun sport and enjoy our outdoor courts. No experience needed, small class sizes. Bring own racquet.

Instructor: TBA

Day+Time: Tuesday 6:00—7:00 pm

May 4 to June 15 \$60

Tennis Brush-Up—Tuesday

Need some refresher drills or want to improve your current game? This class is tailored to individual needs and class sizes are small. Recommended for intermediate players. Bring own racquet.

Instructor: TBA

Day+Time: Tuesday 7:00— 8:00 pm

May 4 to June 15 \$60

Adult Fitness

Muscle Conditioning AM. - Thursday

Start your week feeling good and invigorated with this weekday version of our most popular fitness program. No excuses now! See other times for program description.

Instructor: Ameira Steidl

Day+Time: Thursday 8:45 am - 9:45 am

Spring 1— March 4 to April 22 \$60

Spring 2— April 29 to June 10 \$60

* no class April 15

Amazing Abs, Buns and Thighs - Monday

Back by popular demand! New and improved with bursts of fat burning cardio. Squats, lunges, leg lifts and abdominal work to keep everyone smiling through 'the burn'. We'll use tubing, stability balls, weights, medicine balls and more.

Instructor: Ameira Steidl

Day+Time: Mondays - 7:00 - 8:00 pm

Spring 1— March 1 to April 26 \$60

Spring 2— May 3 to June 21 \$60

*no class April 5, April 12, or May 24

Bootie Blasting Bootcamp - Monday

This is an interval circuit class that will alternate between cardio sets and resistance training using weights. Every class will be different so you won't be bored! Participants are encouraged to work at their own pace so all fitness levels are welcome. Be prepared to zig zag across the entire gym floor, shuffle, run over top of steps, etc. Your bootie will never be the same!

Instructor: Ameira Steidl

Day+Time: Monday - 8:15 - 9:30pm

Spring 1— March 1 to April 26 \$60

Spring 2— May 3 to June 21 \$60

*no class April 5, April 12 or May 24

Muscle Conditioning AM - Saturday

Can't make it during the week? Each class will involve weights, fitness balls and your own body weight for resistance. Tighten and tone your body from head to toe! This class is a must do for anyone who wants more lean muscle mass! Please wear comfortable clothing and bring indoor shoes.

Instructor: Ameira Steidl

Day+Time: Saturday 8:00 am—9:00 am

Spring 1 - March 13 to May 1 (6 weeks) \$55

Spring 2 - May 8 to June 19 (6 weeks) \$55

* no class April 3, April 17 or May 22

Kickin' Cardio

An entire class of fat burning cardio. We'll use the floor for boxing moves like punches and kicks, plus lots of skipping too. Steps and balls to keep heart rates and interest levels up.

Warning...you will sweat!

Instructor: Ameira Steidl

Day+Time: Wednesday- 7:00 - 8:00 pm

Spring 1— March 3 to April 21 \$60

Spring 2— April 28 to June 9 \$60

* no class April 14

Muscle Conditioning Wednesday

Results! This is the class participants swear by and it always fills up early! Work every muscle group, moving quickly from one exercise to another. A variety of techniques and equipment is used, like weights, resistance bands and stability balls, so you won't be bored and always challenged.

Instructor: Ameira Steidl

Day+Time: Wednesday 8:15 - 9:15 pm

Spring 1— March 3 to April 21 \$60

Spring 2— April 28 to June 9 \$60

* no class April 14

Adult Fitness

*

Fusion Fitness - Saturday

Fusion Fitness is a unique blend of fitness conditioning, yoga and Pilates. Using fitness as the foundation of training, a progressive series of exercises and yoga postures focus on core and stabilizing techniques. Integrate mind/body awareness, breathing techniques, biomechanics of movement and exercise execution. A great overall workout!

Instructor: Michelle Neufeldt

Ages: 16+ yrs.

Day+Time: Saturday 9:15 am to 10:15 am

Spring 1 - March 13 to May 1

\$60

Spring 2— May 8 to June 26

\$60

* no class April 3 or May 22

Zumba! - Thursday

Michelle brings this exciting new fitness craze to Tuscany that fuses latin music rhythms with easy to follow moves to create a dynamic fitness program. An exhilarating hour of calorie burning, body energizing movements. Work out...and have fun!

Instructor: Michelle Neufeldt

Ages: 16+ yrs.

Day+Time: Thursday - 6:30 - 7:30 pm

Spring 1— March 4 to April 15

\$60

Spring 2—April 22 to June 3

\$60

Stott Pilates - Thursday

Pilates is designed to improve posture, and re-align the natural curves in the spine. Benefits include a stronger core and abdomen, improved balance and coordination plus injury prevention and rehabilitation. This full body conditioning class stretches and strengthens muscles. Please wear comfortable clothing and bring indoor shoes.

Instructor: Kaila Wright—Spring 1, Spring 2 TBA

Day+Time: Thursday 8:00 - 9:00 pm

Spring 1— March 4 to April 15

\$60

Spring 2— April 22 to June 3

\$60

PROGRAM REGISTRATION AND CANCELLATION NOTES

- * Programs with low registration are cancelled up to three days before start date. Full refund or credit is issued.
- * Requests to withdraw after registration and up to 7 days prior to program start date incur a \$10 fee
- * Requests to withdraw less than 7 days before program start incur a \$10 fee plus up to 25% program fee.
- * After two classes into the program, refunds will be issued for medical reasons only and confirmation may be required. A minimum \$10 fee will still apply.

Enrichment + First Aid

CPR Level B

Get trained in easier to remember CPR and choking First Aid skills. Join this interactive infant & child CPR course to confidently recognize and respond to cardiovascular and breathing emergencies.

Instructor: Leona Verburg

Ages: 14 yrs+

Day+Time: Sunday, April 18 9:00 am—1:00 pm \$50

Emergency First Aid

Emergency First Aid teaches how to treat life threatening emergencies. This course includes the new CPR guidelines for all ages plus treatment for choking, bleeding and other injuries. You will also learn how to use an Automated External Defibrillator now in use at the Tuscany Club, arenas and other public places. This course is taught in an informative and interactive environment by an experienced Red Cross First Aid instructor.

Instructor: Leona Verburg

Ages: 14 yrs.+

Day+Time: Sunday, April 18 9:00am-4:00pm \$70

Babysitter Training Course—11+ years

Learn to confidently handle the responsibilities of being a babysitter. Participants learn to diaper and feed infants, first aid, safety tips, and injury prevention for children of all ages as well as some basic business skills. Course includes a helpful babysitter's manual and certificate upon completion. The program is taught in a fun and interactive environment by a certified Red Cross First Aid Instructor

Instructor: Leona Verburg

Ages: 11 yrs & up

Day+Time: Sunday, April 25 - 9:00 am - 4:00 pm \$70

- * Fees are paid by credit card at time of registration
- * Your online registration is only successful and complete if you paid by credit card and can view a receipt
- * **Failure to attend a class for which you have registered does not cancel the enrollment and refunds will not be issued**
- * Only listed occupants of your household may register for programs. We can no longer accept registrations for other residents or guests

ALL REQUESTS TO WITHDRAW FROM OR CANCEL PROGRAMS MUST BE MADE BY EMAIL TO THE RECREATION MANAGER
clubprograms@shaw.ca

TRA Membership Cards

All new or relocated residents must visit the Tuscany Club to register their new address and become eligible for TRA privileges.

- * You must show your Tuscany Club card EVERY TIME you enter the Tuscany Club. The doors are on a swipe entry system which is unlocked with your card.
- * A TRA card is required to sign out gym equipment.
- * Entry to the facility and grounds is a privilege of TRA members in good standing only and entry may be denied if membership cannot be properly established.
- * Your membership is automatically renewed when annual fees are paid.

Members 12+ years are eligible for their own cards. Those under 12 should not be unparented at the Club.

www.tuscany-connect.com

are you signed up yet?

- ◇ In order to register for programs on-line, you must be registered with www.tuscany-connect.com and have a valid username and password.
- ◇ If you have not yet signed up to the website, visit www.tuscany-connect.com and “SIGN UP” as a new user.
- ◇ If you have forgotten your previous log-in info, check the website homepage and click on “help”
- ◇ For more help, email clubprograms@shaw.ca

Have a Special Occasion coming up? Rent Space at The Tuscany Club!

Contact customerservice.tuscany@shaw.ca for information on bookings or call 241-6402

- * Space available for receptions, banquets, birthday parties, seasonal events, club and business meetings and other functions
- * Rooms cannot be booked for ‘open house’ events or for-profit activities (ie fundraisers, seminars, etc)
- * Only available to members in good standing with the Tuscany Residents Association
- * A completed rental agreement form and payment (damage deposit & room rental fee) is required for each booking. All bookings must be finalized in person at the Tuscany Club.
- * Gymnasium only available Saturdays 1:00 - 3:00 pm (1 hour blocks only) & Sundays 3:30 - 4:30 pm
- *

Room	Capacity	Hourly	Day Rate (Fri. + Sat. Only)	Deposit
Full Banquet Room 'ABC'	125 seated at tables	\$48.30	\$420.00	\$500.00
Banquet Room 'A'	75 seated at tables	\$24.15	\$215.25	\$500.00
Banquet Room 'B' or 'C'	25 seated at tables	\$17.85	\$157.50	\$500.00
Banquet Room 'AB' or 'AC'	100 seated at tables	\$36.75	\$299.25	\$500.00
Studio 'D' or 'E'	25	\$24.15	n/a	\$500.00
Studio 'DE'	50	\$29.40	n/a	\$500.00
Full Gym	200	\$36.75	n/a	\$500.00
½ Gym	100	\$24.15	n/a	\$500.00