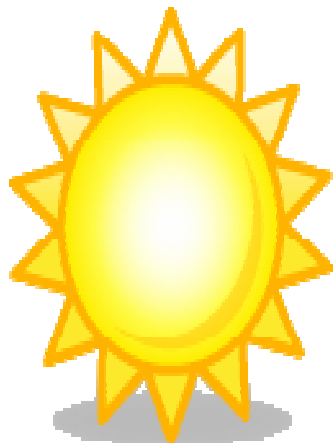


Summer 2009 Program Guide



Community Events

Tuscany Neighbourhood Garage Sale

Saturday, June 13th - 9 am to 3 pm

Sign up now for this supersized event when the whole community gets together for a giant garage sale. Email clubprograms@shaw.ca by June 8th to register. Complimentary lawn signage for all participants and area maps of sale homes will be available.

12th Annual Stampede Breakfast

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

Celebrate Stampede with your friends and neighbours. Don your western wear and enjoy a pancake breakfast with sausage, juice and coffee and enjoy entertainment including music, face painting, balloon artists, kids play area, and more.

Volunteers are always welcome and shifts can be as short as half an hour.

Email clubprograms@shaw.ca for more info on how to help out.

Family Movie Night

Friday, August 21st—7:00 pm

“Monsters vs. Aliens”

Join us in the Tuscany Club gym for a great night of free family entertainment. Enjoy a recent hit movie on the big screen and snack on some popcorn. New TRA cards needed for admittance — watch for info on www.tuscany-connect.com

Used Toy and Clothing Sale

Saturday, September 5th - 10 am to 2 pm

Clear out the closets or stock up for fall and winter.

Tables are \$20 each to any Tuscany resident and admission is free to the public.

Registration starts August 10th. Contact clubprograms@shaw.ca for information.

This always popular event sells out early and draws big crowds for the sale!

Home-Based Business Fair

Saturday, October 24th—10 am to 2 pm

Check out the various local products and services offered by your neighbours. Exhibits are \$20 each and available only to Tuscany residents. Admission is free to the public.

Registration will be open Monday, September 14th at 9 am.

Info from clubprograms@shaw.ca or check www.tuscany-connect.com

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

Club Park Hours

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

Club Office Hours

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

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

Customer Service
Venezia Foubert
tuscanyclub@shaw.ca

GET YOUR NEW TRA CARD NOW

Tuscany Club doors and park gates will be set up with a new security system that requires swiping a valid TRA card to gain access. Email tuscanyclub@shaw.ca or call 241-6402 for more info.

UPDATE YOUR TRA ACCOUNT NOW...

- * confirm your access works on www.tuscany-connect.com
- * verify your email address and contact phone number
- * confirm all family members are on your account

Tuscany Club Features

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

Summer 2009 Main Gym Schedule

June 30 to August 30 *some exceptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DayCamps 9 am - Noon	DayCamps 9 am - Noon	DayCamps 9 am - Noon	DayCamps 9 am - Noon	DayCamps 9 am - Noon	Open Gym 9 am - 1 pm	Open Gym 9 am - 3:30 pm
Open Gym Noon - 1 pm	Open Gym Noon - 1 pm	Open Gym Noon - 1 pm	Open Gym Noon - 1 pm	Open Gym Noon - 1 pm	Rentals 1 -2 pm	Rentals 3:30 - 4:30 pm
DayCamps 1 pm - 4 pm	DayCamps 1 pm - 4 pm	DayCamps 1 pm - 4 pm	DayCamps 1 pm - 4 pm	DayCamps 1 pm - 4 pm	Open Gym 2:00 - 7:00 pm	Adult Badminton Drop-In 4:30 - 6:00 pm
Open Gym 4 pm - 7 pm	Open Gym 4 pm - 6:45 pm	Open Gym 4 pm - 7 pm	Open Gym 4 pm - 5:30 pm	Open Gym 4 pm - 7:00 pm	Teen Drop-In 7 - 9:30 pm	Family Badminton Drop-In 6:00 - 7:30 pm
Adult Volleyball Drop-In 7 pm - 9:45 pm	Bootie Blasting Bootcamp 7 pm - 8 pm	Adult Badminton Drop-In 7 pm - 9:45 pm	Fusion Fitness 6 pm - 7 pm	Teen Drop-In 7 - 9:30 pm		Adult Drop In Basketball 7:30 - 9:45 pm
	Muscle Condition- ing Class 8:15 - 9:15 pm		Adult Floor Hockey Drop In 7:15 - 9:45 pm			

Fitness Classes run mid-June to end of August

DayCamps run July 6th to August 28th

Revised Adult Drop In times and days start week of June 29th

Drop-In Programs and Open Gym

Remember your Tuscany Club Membership Card - You need it to access the building and park

- * Adult Drop-In programs are for residents 18 years and older only - no children in the gym
- * Equipment can be signed out from the front desk using your Tuscany Club card
- * Due to popularity and limited space, *guest privileges do not extend to drop-in programs*

Teen Gym Drop-In

Day+Time: Fridays 7:00—9:30 pm
Saturdays 7:00—9:30 pm

Ages: 13-18 yrs.

A time especially for teens to drop-in and shoot some hoops, play floor hockey or volleyball. Come with your group or meet some new friends.

50+ Social Drop-In

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

Join others from around the community for cards and games, good conversation, and great coffee. Drop-in during this popular scheduled time to enjoy an afternoon with the group. Call or email the Recreation Manager for more details.

Parent & Tot Playtime Drop-In - Tuesday and Thursday

Ages: 0-3 yrs.

Day +Time: Tuesday and Thursday 10:30 am - Noon

Enjoy playing and visiting with other parents and tots from the community during this unstructured playtime. Balls, mats, riding toys, and more! Parents are asked to help clean up toys.

(ends July 2nd until Sept. 8th)

OPEN GYM TIMES

July 6th to September 6th

- 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. The Club does not have badminton equipment to loan.
- Basic gym equipment is available for loan from the front desk using your TRA card.
- Times may vary daily due to special events - contact customer service for details.

Monday: Noon to 1 pm + 4 to 7 pm

Tuesday: Noon to 1 pm + 4 to 6:45 pm

Wednesday: Noon to 1 pm + 4 to 7 pm

Thursday: Noon to 1 pm + 4 to 5:45 pm

Friday: Noon to 1 pm + 4 to 7 pm

Saturday: 9 am to 1 pm + 2 pm to 7 pm

Sunday: 9 am to 3:30 pm

Adult Badminton Drop-In

Day +Time: Wednesday 7:00-9:45 pm
Sunday 4:30 - 6:00 pm

Bring your own racquet and birdies

- * number of participants may be limited to the first 18

Family Badminton Drop-In

Day +Time: Sunday 6:00 - 7:30 pm

- * parents must be accompanied by a child, no single players!

Adult Volleyball Drop-In

Day +Time: Monday 7:00-9:45 pm

Adult Floor Hockey Drop-In

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

Only hockey sticks with plastic blades are permitted.

Adult Basketball Drop-In

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

Tuscany Tennis Club Drop In

Day+Time: Mondays - 6:30 - 9:00 pm

Saturdays - 8:30 - 11:00 am

Ages: 18 years and up

Email the Recreation Manager to join the Tuscany Tennis Club and drop in on Club nights to get paired with someone at a similar level. Please bring your own equipment to the court.

Shuffleboard Courts and Horseshoe Pits

Equipment for these popular traditional outdoor games is available at the Club's front desk. Courts are on a first-come, first-serve basis with residents asked to be considerate when others are waiting.

Tennis Courts - Open Times

The Tuscany Club has two outdoor courts available on a first-come basis with a 1/2 hour courtesy wait time. Courts are open at 9 am and closed only for youth and adult lessons (see website for dates and times). We do not have tennis equipment for loan.



Youth Summer DayCamps

Tuscany DayCamps offer a safe and friendly setting to have fun, meet new friends, and enjoy the summer

DayCamps registration takes place online through www.tuscany-connect.com

Call or email the Recreation Manager for info or help on signing up for summer camps.

Explorers 4+5 and 6+7 years old 1/2 day programs—9:00 am to Noon and 1:00 to 4:00 pm
Adventurers 8 to 11 years old Full Day programs - 9:00 am to 4:00 pm

Camp Fees: Explorers \$90 weekly (week 5 is \$75)
 Adventurers \$180 weekly (week 2 is \$145)

- ◇ All families will receive the camp info package after registration. This will include camper contact and medical info plus more important information and must be returned at least one week prior to start date.
- ◇ A camp newsletter will be sent out weekly highlighting activities for that week as well as any special notes and news.
- ◇ Pre and post camp care will be available from 8:30 to 9 am and 4:00 to 4:30 pm for \$10 per week.
- ◇ **Registration opens Friday, May 8th at 9 am**

Explorers DayCamps (4 to 7 years)

Week 1 July 6th to 10th - Western Week

Saddle up and honour Calgary's western heritage. Crafts, games, cooking and special guests will all be part of our mini-Stampede. Wrap up the week by joining us on Sat. July 11th for our Pancake Breakfast at the Tuscany Club

Week 2 July 13th to 17th - Super Sports +Games Week

Bring your energy and sneakers this week as we play lots of different sports and active games in the gym and outside. Soccer, baseball, hockey, badminton, relay races....we'll keep you moving!

Week 3 July 20th to 24th - Wet, Wild and Wacky Week

Get set to get wet and have some wild and wacky fun this week. Silly games, dress up days, crazy crafts and whatever else we can dream up! The Wacky Olympics wraps it up on Friday!

Week 4 July 27th to 31st - World Wide Week

Camp games, crafts, events and activities this week all take on an international flavour as we explore and celebrate many of the different peoples and cultures living together right here in Calgary.

Week 5 August 4th to 7th Oh Canada!

Have fun at camp this week as we explore all those things that make us uniquely Canadian—games, foods, crafts, people, animals..oh Canada!

Week 6 August 10th to 14th Holiday Week

Celebrate a year of holidays in a week with us this summer! Christmas carols, easter egg hunts, Halloween crafts, dress up days and more are all part of the fun.

Week 7 August 17th to 21st - Naturally Curious

Camps 'go green' this week as we focus on nature and the environment. Bug studies, nature hikes, and eco-friendly activities highlight this special week of looking at nature and learning how we can do more to help.

Week 8 August 24th to 28th The Arts...and Crafts

Explore the arts and express your creative side this week. Special guests and activities in theatre, music, dance, drawing, and crafts along with our usual fun stuff will make this a special week for your camper.

Adventurers DayCamps (8 to 11 years)

Week 1—July 13th to 17th—Super Sports + Games

Here's a great way to test some new sports and learn more about the games we play. Basketball, soccer, badminton, hockey, baseball, volleyball, lacrosse - the list goes on! Pick up sport specific skills, fit tips, and have fun playing the games.

Week 2—August 4th to 7th— Cooking and Crafts

Join us this week as we have fun in the kitchen and with crafts. Mornings will be spent preparing some fun and easy recipes while afternoons will see us working on some neat craft projects. Mix in some gym time and outdoor play and that's a great week!

*Adventurers will need to bring a lunch , snack and water bottle to camp every day.

Preschooler Summer DayCamps

Little Stars Mini Camp - 3 to 5 years

Think you have a little star that likes to perform in your house? Come to play and create props with a CentreStage professional actor while we create characters based on superheroes, fairy tales, pirates and mermaids and jungle adventures. We bring the costumes, sets and your favourite stories and you come for the fun! Families are invited to the last day for the Cookie Cabaret. This camp is presented by CentreStage Theatre. Bring a snack and juice each day.

July 6th to 10th - 9:00am to 11:00 am \$100

Sing, Dance and Play Mini Camp - 3 to 5 years

Want to learn all the songs and dances from your favourite childrens classic stories? Join a CentreStage professional actor/director. Come to sing, dance and act out the stories you have dreamed, now starring you! Family can join us the last day for our mini-musical play. This camp is presented by CentreStage Theatre.

August 17th to 21st - 9:00am to 11:00 am \$100

Miss Marilyn's Summer Adventure - 2 to 3 years

CAMP IS FULL

July 20th to 24th - 9:00am to 11:00 am \$90

Youth Summer Tennis Camps

Learn how to play tennis or improve your skills this summer with Calgary Tennis through fun games, activities and drills while learning the basic rules of the game in a friendly and non-competitive setting. Class sizes are small (max. 8 for 2 courts) so players get quality coaching time. Bring your own racquet plus a hat, sunblock and water bottle

Week 1 - July 20th to 24th

3 to 5 years - 9:00 - 10:00 am - \$40
6 to 9 years - 10:15 - 11:45 am - \$60
6 to 9 years - 12:00 - 1:30 pm - \$60

Week 2 - August 10th - 14th

3 to 5 years - 9:00 - 10:00 am - \$40
6 to 9 years - 10:15 - 11:45 am - \$60
6 to 9 years - 12:00 - 1:30 pm - \$60

Adult Fitness Classes

Fusion Fitness - Thursday

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.

Instructor: Michelle Neufeldt Ages: 16+ yrs. Day+Time: Thursday 6:00 - 7:00 pm 6 classes - \$55

Dates: June 25, July 2, July 9, July 23, July 30, August 6

Muscle Conditioning - Tuesday

This is the class that many past participants swear by! Results come quickly with this total body workout. No body part is left out! Each class will involve weights, fitness balls and your own body weight for resistance. Tighten and tone 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 Ages: 16+ yrs. Day+Time: Tuesday 7:00 - 8:00 pm 7 classes - \$60

Dates: June 30, July 7, July 14, July 21, August 11, August 18, August 25

Bootie Blasting Bootcamp - Tuesday

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 Ages: 16+ yrs. Day+Time: Tuesday 8:15 - 9:15 pm 7 classes - \$60

Dates: June 30, July 7, July 14, July 21, August 11, August 18, August 25

SUMMER YOGA is on TUESDAYS AT 7:00 pm - call or email for more details!



New TRA Membership Cards now available

You must show your TRA card EVERY TIME you enter the Tuscany Club. A valid TRA member card is required for entry and to sign out gym equipment. **Entry to the facility and grounds is a privilege of TRA members only and entry may be denied if membership cannot be properly established.**

As of June 1st, all members will need the new TRA cards - call the office at 241-6402 for more info on updating your account and getting your photo taken and card printed.

Your membership card is automatically renewed when annual fees are paid. Members 10+ years are eligible for their own cards. Those under 10 should not be unsupervised at the Tuscany Club.

www.tuscany-connect.com - Sign Up Today

- ◇ In order to log in and 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 joined, visit www.tuscany-connect.com and click on "SIGN UP"
- ◇ If you have forgotten your previous account info, check the website homepage and click on "help"
- ◇ You may use the Tuscany Club's courtesy computer to register for programs.

PROGRAM CANCELLATION AND WITHDRAWAL

- * Programs and camp weeks with low registration are cancelled up to three days before start date. Full refund or credit is issued.
- * Requests to withdraw up to 7 days prior to program or camp week start incur a \$10 fee.
- * Requests to withdraw less than 7 days before program or camp week starts incur a \$10 fee plus up to 20% program fee.
- * Up to two classes into the program, refunds will be issued for medical reasons only and confirmation may be required. A \$10 fee may still apply.
- * After two classes into the program, refund or credits will only be issued at the discretion of the program coordinator

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

PROGRAM REGISTRATION NOTES

- * 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**
- * Confirmation emails may no longer be sent out.
- * Failure to attend a program for which you have registered does not cancel the enrollment and refunds will not be issued.
- * Only listed occupants and children of that address may register for programs. We can no longer accept registrations for other residents.
- * Guests can only be registered the week of program start date by emailing the Recreation Manager at clubprograms@shaw.ca

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

- * Space available for receptions, banquets, birthday parties, seasonal events, club and business meetings and other functions
- * Available to all current Tuscany residents—For more information call the Club at 241-6402
- * or email customerservice.tuscany@shaw.ca.
- * A completed rental agreement and payment (damage deposit & room rental fee) is required to confirm booking.
- * Gymnasium is only available on Saturdays from 1:00 - 2:00 pm & Sundays from 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	