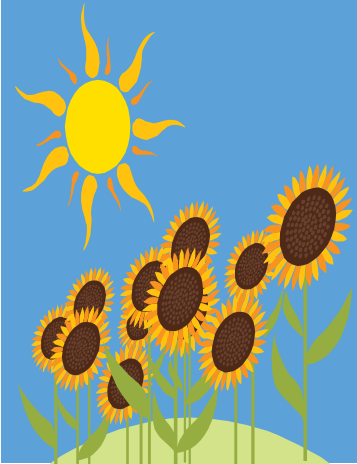


Summer 2010 Program Guide



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

Summer DayCamps
Bonnie Chang
daycamps.tuscany@shaw.ca

TRA Community Events

Tuscany Neighbourhood Garage Sale

Saturday, June 12th - 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.

Last year 200+ homes signed up!

13th Annual TRA Stampede Breakfast

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

Celebrate Stampede at the Tuscany Club 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.

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

Fall Used Toy and Clothing Sale

Saturday, September 4th - 9 am to 1 pm

Tables are \$20 each to any TRA member and admission is free to the public. Registration opens Tuesday, August 3rd. Contact clubprograms@shaw.ca for information. This always popular event sells out early and draws big crowds for the sale!

Coming This Fall

Fall Program Guide - Fri. August 6

Fall Registration Opens - Thu. August 12

Toy and Clothing Sale - Sat. September 4

Wine Tasting Event - TBA

Home Business Fair - Sat. October 23

Halloween Party - Sun. October 31

PLEASE NOTE

ALL TRA RESIDENCY FEES MUST BE PAID UP TO REGISTER FOR ANY SUMMER PROGRAMS OR EVENTS

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
- * children must be listed on your family account to be registered for any programs

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 Drop-In Programs + Open Gym Schedule

Remember your TRA 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 TRA member card
- * Due to popularity and limited space, *guest privileges do not extend to drop-in programs*

Teen Saturday Night Open Gym

Day+Time: Saturday 7:00 to 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.

Adult Badminton Drop-In

Days +Times: Wednesday 7:00 to 9:45 pm+Sun. 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 to 7:30 pm

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

*bring your own racquets

Adult Volleyball Drop-In

Day +Time: Tuesday 7:00 to 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 7:00- 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 June 1.

TENNIS COURTS

Our two outdoor tennis courts are 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 own racquets—balls can be loaned with card
- * Children under 13 must be accompanied by an adult
- * **Closed for Lessons** -July 12 to 16, July 26 to 30 and Aug.19 to 23—9:00 am to 1:30 pm
- *

OUTDOOR VOLLEYBALL COURT

We will have a marked outdoor volleyball court set up all summer beside the tennis courts. Equipment can be brought from home or signed out from the front desk

OPEN GYM TIMES

July 5th to September 5th

- 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.
- * Summer DayCamps have priority in the gym on weekdays. Open gyms may be cancelled due to inclement weather if needed by DayCamps.
- * Members may use gym during DayCamp hours but must vacate right away if campers come in the gym.

Daily Open Gym Schedule

Monday: Noon to 1 pm + 4:30 to 7 pm

Tuesday: Noon to 1 pm + 4:30 to 7 pm

Wednesday: Noon to 1 pm + 4:30 to 7 pm

Thursday: Noon to 1 pm + 4:30 to 7 pm

Friday: Noon to 1 pm + 4:30 to 9:45 pm

Saturday: 9 am to 7 pm

Sunday: 9 am to 3:30 pm

- * Gym is available for private bookings on Saturdays from 1 to 2 or 2 to 3 pm and Sundays 3:30 to 4:30 pm. Open Gym will not be available if gym is rented.

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 daycamps.tuscany@shaw.ca for info or help on signing up for summer camps.

Explorers 4 to 7 years old

1/2 day programs—8:30 am to Noon or 1:00 to 4:30 pm

Adventurers 8 to 11 years old

Full Day programs - 8:30 am to 4:30 pm

Camp Fees: Explorers \$90 weekly (week 5 is \$72) Adventurers \$180 weekly

- ◇ All families will receive the camper info package after registration. It includes 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 plus special notes and news.
- ◇ Spaces are limited—sign up early for all the weeks you need
- ◇ Programs may be cancelled with 3 to 5 days notice due to low registration

Registration opens Tuesday, May 18th at 9 am

Explorers DayCamps (4 to 7 years)

Week 1 July 5 to 9 - Western Round Up

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 10th for our Pancake Breakfast at the Tuscany Club

Week 2 July 12 to 16 - Wet, Wild and Wacky

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 3 July 19 to 23 - Super Sports

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 4 July 26 to 30 - It's a Small World

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 3 to 6 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 9 to 13 Happy Holidays

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 16 to 20 - 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 23 to 27 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 19 to 23—Super Sports

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. Great off-site trips too!

Week 2—August 9 to 13 — Fun in the Sun

Join us this week as we have fun cooking in the kitchen and with some special summer crafts. Mix in some gym time, fun offsite field trips and outdoor play and that's a great week!

*Adventurers field trips may include bowling, Bowness Park, Village Square Pool, and more—all included in camp fee.

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

Preschooler Summer DayCamps

Miss Marilyn's "Pint-Sized Picassos" - 3 to 4 years

In this two-hour program we will paint and create just like real artists. Express yourself through arts and crafts, stories and other activities. Please pack a nutritious snack and wear clothes you can play and get messy in! Sunscreen must be put on at home. Children must be toilet-trained and able to be away from mom and dad for two hours.

July 5 to 9 - 9:30 am to 11:30 am or 12:30 pm to 2:30 pm \$90

Miss Marilyn's "Einstein's Attic" - 3 to 4 years

In this two-hour program we will experiment and invent just like real scientists. Explore the world around you through activities, games, and more. Pack a nutritious snack and wear clothes you can play and get messy in! Sunscreen must be put on at home. Children must be toilet-trained and able to be away from mom and dad for two hours.

July 19 to 23—9:30 am to 11:30 am or 12:30 pm to 2:30 pm. \$90

Little Stars Mini Camp - "Super Duper Adventure Tales" 3 to 5 years

Give your preschooler the chance to 'act up' with CentreStage. Explore favourite adventure stories with a professional actress. We bring props, activities, and costumes, all they need is a snack and their imagination.

July 19 to 23 - 10:00 am to 11:30 am \$100

Sing! Dance! Play! Mini Camp - "The Best Fairy Tales Ever" - 3 to 5 years

Act, dance and sing your way through favourite fairy tales with a CentreStage professional. Preschoolers will love our royal sets, costumes and props where they can perform like a prince or princess. Bring a non-messy snack daily.

August 9 to 13 - 10:00 am to 11:30 am \$100

Youth Summer Tennis Camps

Learn how to play or improve your skills this summer with tennis pro Alicia Hampshire 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 hat, sunblock and water bottle.

Week 1 - July 12 to 16

3 to 5 years - 9:00 - 10:00 am - \$40

Week 2 - July 26 to 30

6 to 9 years - 10:15 - 11:45 am - \$60

Week 3 - August 16 to 20

10 to 12 years - 12:00 - 1:30 pm - \$60

* if the program you want is full, sign up on the waiting list—there is no fee and if we have enough, we will consider adding additional classes, or if one age group does not get enough signed up and is cancelled, we may be able to change the age group to accommodate a waiting list.

Adult Fitness Classes

Muscle Conditioning Monday

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: Monday 7:00 - 8:00 pm 7 classes - \$60

Dates: June 28, July 5, July 12, July 19, Aug. 9, Aug. 16, Aug. 23 (no class July 26 or Aug. 2)

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

Dates: June 28, July 5, July 12, July 19, Aug. 9, Aug. 16, Aug. 23 (no class July 26 or Aug. 2)

Summer Yoga for All Levels—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 7:00 - 8:15 pm June 15 to August 24, no class Aug. 3 (10 weeks) \$90

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

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

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" or email clubprograms@shaw.ca
- ◇ You may use the Tuscany Club's courtesy computer to register for programs.

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.

5

ALL REQUESTS TO WITHDRAW FROM OR CANCEL PROGRAMS MUST BE MADE BY EMAIL TO 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 Association members in good standing
- * 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 only available Saturdays 1 to 2 or 2 to 3 pm & Sundays from 3:30 - 4:30 pm

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