

## Winter 2012 Program Guide

Check [www.tuscany-connect.com](http://www.tuscany-connect.com) to register for programs, get the latest news, and more!

WINTER REGISTRATION OPENS FRIDAY DECEMBER 9TH AT 9 AM



### **Tuscany Residents Association**

212 Tuscany Way NW  
(403) 241-6402  
[www.tuscany-connect.com](http://www.tuscany-connect.com)

#### Building + Park Hours

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

#### 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](mailto:gm.tuscany@shaw.ca)

Recreation Manager  
John Mains  
[clubprograms@shaw.ca](mailto:clubprograms@shaw.ca)

Parks+Facility Manager  
Aju Paul  
[parks.tuscany@shaw.ca](mailto:parks.tuscany@shaw.ca)

Administration Manager  
Melinda Becskei  
[accounting.tuscany@shaw.ca](mailto:accounting.tuscany@shaw.ca)

General Inquiries  
[tuscanyclub@shaw.ca](mailto:tuscanyclub@shaw.ca)

Watch [tuscany-connect.com](http://tuscany-connect.com) and facebook for more details about this special day presented by Brookfield Properties (formerly Carma) to the residents of Tuscany.

### **TRA Community Events**

#### **Family Christmas Open House**

Saturday, December 17th - 1 to 3 pm

Celebrate the holidays with your family and neighbours at the Tuscany Club Christmas Open House. Enjoy an afternoon of skating, crafts, specialty coffees and treats, and a special visit and photos with Santa

#### **Brookfield Properties Appreciation Day**

Saturday, January 21st

Watch [tuscany-connect.com](http://tuscany-connect.com) and facebook for more details about this special day presented by Brookfield Properties (formerly Carma) to the residents of Tuscany.

#### **Tuscany Cup Classic 3 on 3 Hockey Tournament**

Saturday and Sunday—January 28th and 29th

Get your team together for a great weekend of outdoor hockey.

Registration packages with tourney info are available after December 19th by emailing [clubprograms@shaw.ca](mailto:clubprograms@shaw.ca) or visiting the Tuscany Club. 2 residents plus friends per team. *Entry fee \$30 - max. of 12 teams*

#### **Used Toy and Clothing Sale**

Saturday, March 17th— 9 am to 1 pm

This always popular semi-annual event is a great way to clear out the closets or stock up for spring. Tables are available at \$25 each to any TRA members only. Registration opens Monday, Feb. 6th @ 9 am

#### **Youth Babysitting Course - 11+ years**

Sunday, January 29th— 9 am to 4 pm

Learn to confidently handle the responsibilities of being a babysitter. Course includes a helpful babysitter's manual and certificate upon completion. The program is taught in a fun and interactive environment by certified Red Cross First Aid Instructor. Fee is \$60, members only.

#### **First Aid and CPR Training**

Feb. 26th - see page 7 for details



*"Tuscany Residents Association"*

### **Program Registration Notes**

- ◇ Register online at [www.tuscany-connect.com](http://www.tuscany-connect.com)
- ◇ Check your access or sign up before Dec. 9th
- ◇ Fees are paid online with credit card
- ◇ See p. 7 "how to register for programs"
- ◇ 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 [tuscanyclub@shaw.ca](mailto:tuscanyclub@shaw.ca) with details.

### **Tuscany Club Features**

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

# Drop-In Programs and Open Gym

**REMEMBER YOUR TRA MEMBERSHIP CARD - YOU NEED IT TO ACCESS THE FACILITY AND SIGN OUT EQUIPMENT**

- \* ADULT PROGRAMS ARE FOR MEMBERS 18 YEARS AND OLDER ONLY, NO CHILDREN ALLOWED IN THE GYM
- \* ALL DROP-IN ACTIVITIES ARE FREE TO RESIDENTS AND DO NOT REQUIRE REGISTRATION BUT ARE NOT OPEN TO GUESTS
- \* 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.

## 50+ Social Club Drop-In

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

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.*

## Adult Badminton Drop-In

**Days +Times:** Wednesday 7:30-9:45 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 7:30 - 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.

## Adult Indoor Soccer Drop-In

**Sunday 9:00 - 10:30 am**

Join in this fast-paced version of the worlds' most popular game

## HOCKEY RINK AND SKATING OVAL

The ice is not available for booking or rental at any time and is only closed for youth lessons, occasional TRA special events or during severe weather extremes.

- The boarded rink is designated for hockey sticks and pucks.
- Hockey sticks & pucks ARE NOT PERMITTED on the oval rink at any time
- **All minors must wear helmets at all times**
- Ice cleaning schedule will be posted at the rinks and online—please respect the safety rules while resurfacing is in progress

### **The hockey rink is closed at the following times:**

- Mondays 4:30 to 6 pm
- Tuesdays 9:30 to 11 am
- Wednesdays 1:30 to 3:00 pm and 4:30 to 7:00 pm
- Saturdays 9:00 to Noon
- Saturday, Dec.17th—leisure skating only 1:00 to 3:00 pm
- 3 on 3 Hockey Tournament (Jan. 28 + 29)

**\* OPEN FOR SKATING CHRISTMAS DAY FROM 11 AM TO 5 PM**

## 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 5:30 pm**

**Tuesdays: 12:00 to 2:00 + 2:30 to 4:30 pm**

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

**Thursdays: 12:30 to 2:30 pm**

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

**Saturdays: Noon to 1:00 pm + 3:00 to 7:00 pm**

**Sundays: 11:00 am to 3:30 pm**

\* may be closed for resident rentals

Sat. 1:00 to 3:00 pm and Sunday 3:30 to 4:30 pm

**A FULL GYM SCHEDULE WILL BE POSTED ONLINE AND AVAILABLE AT THE TUSCANY CLUB DESK AFTER JANUARY 1ST**

## Preschooler Programs

### Kindermusik "Village" - 0 to 18 months

A great 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. Fee includes a take home play kit. The winter theme is...

"Cock-a-doodle-Moo!" Jump on the hayride, let's head for the farm! Sing songs like 'Old MacDonald' and 'Clever Cows'.

Engage in rituals and playful activities with your baby like infant massage, lap bounces and exercise.

**Instructor:** Lisa Skilnick (this is a parented class)

**Day+Time:** Monday 11:15 - Noon

Jan. 9 to Feb. 27 (7 weeks)

\$90

\*no class Feb. 20

### Kindermusik "Our Time" - 18 months to 3 years

"Away We Go" - Hop on the train, get in the car, board the plane and away we go! This time the focus is on transportation. Sing and play along with favourites like "Working on the Railroad" and "Wheels on the Bus". Explore fast and slow, smooth and bumpy, high and low and more. Fee includes a take home play kit.

**Instructor:** Lisa Skilnick (this is a parented class)

**Day+Time:** Monday 10:15—11:00 am

Jan. 9 to April 23 (14 weeks)

\$180

\* no class Feb. 20 + April 9

### Kindermusik - Family Time - 0 to 5 years

This class is for parents and their children between 0 and 5 years of age.

"Make Way for Music" Families will sing, dance and move their way through elements of music like beats and rhythms, human voice, instrument families and ensembles. Fingerplays, songs, circle dances, story time and family jams!

Fee includes take home kit.

**Instructor:** Lisa Skilnick (this is a parented class)

**Day+Time:** Monday 9:15 am - 10:00 am

Jan. 9 to April 23 (14 weeks)

\$180

\* no class Feb. 20 + April 9

\* REGISTER ONE PARENT FOR THE CLASS—we will contact you for family names before first class

### Kids Yoga - 4 to 5 years

Join Cindy for a fun full class of movement and stretching—the benefits of yoga can start at a young age. Creative postures and dynamic movements make for a fun and healthy weekly boost for the body.

**Instructor:** Cindy Aiello,

**Day+Time:** Monday 1:30—2:15 pm

Jan. 9 to Feb. 27 (7 weeks)

\$50

\* no class Feb. 20

### Parent & Tot Playtime Drop-In - 0 to 4 years

Tuesday and Thursday - 10:30 am to Noon

Enjoy playing and visiting with other parents and tots from the community during this unstructured playtime in the gym.

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

*Please read important  
program notes about cancellations and  
withdrawals on page 7*

## 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, music and games.

**Instructor:** Marilyn Hess

**Assistants:** Char Eefting, Bonnie Chang

- \* 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.
- \* **Maximum of 2 classes per session per child.** If you successfully register for all three, you will be contacted as to your two preferences and refunded for the third.

### WINTER SESSION - January 10th to March 2nd

(no programs week of February 21st to 24th)

1+2 is same program at different times, choose only one

#### Winter Wonderland 1

A look at the wonders of winter like snowflakes, snowmen, animals, playtimes and more.

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

#### Winter Wonderland 2

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

#### Dinosaur Adventures 1

Dinosaurs in Alberta? Just imagine! Crafts, stories and toys all part of our prehistoric playtime.

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

#### Dinosaur Adventures 2

**Day+Time:** Wednesday 1:35—2:35 pm

#### Bear Necessities 1

Polar Bears, Grizzly Bears, Teddy Bears and more!

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

#### Bear Necessities 2

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

## Youth Safety Workshops

### Stranger Danger - 4 to 6 years—Sat. Jan. 28th

This course will give children skills to recognize danger in and around home and how to handle them appropriately. Kids learn how to call 911 if something happens to their caregiver and what to do with 'strangers'. Colouring books reinforce topics.

**Instructor:** Leona Verburg

**Day+Time:** Sat. Jan. 28 10:00 - 11:00 am

\$12

### Home on Your Own - 8 to 10 years - Sat. Jan. 28th

Safety awareness and accident prevention for kids home on their own. Acquire skills to gain confidence and feel comfortable. Class includes games, scenarios and role-playing everyday situations

**Instructor:** Leona Verburg

**Day+Time:** Sat. Jan. 28 11:15 am - 1:15 pm

\$24

# Youth Dance and Theatre

## 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: Puddle of Mud Productions**

**Thursday 4:30 - 5:00 pm**

**Jan. 12 to Feb. 23 (7 weeks)**

**\$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: Puddle of Mud Productions**

**Thursday 5:05- 5:35 pm**

**Jan. 12 to Feb. 23 (7 weeks)**

**\$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: Puddle of Mud Productions**

**Thursday 5:40—6:25 pm**

**Jan. 12 to Feb. 23 (7 weeks)**

**\$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: Puddle of Mud Productions**

**Thursday 6:30- 7:15**

**Jan. 12 to Feb. 23 (7 weeks)**

**\$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: Puddle of Mud Productions**

**Thursday 7:15—8:00 pm**

**Jan. 12 to Feb. 23 (7 weeks)**

**\$45**

### Notes About Dance + Theatre Programs

If the program you want is full, register on the wait list—use the same process, there is no fee for wait list registrations. We will also add an extra Saturday class if there is a large enough demand.

Children cannot be taken to washroom by Instructor so please take care before class

Parents may sit in studio for the first and last class of each session only. We now have a viewing window where classes can be viewed from the hall.

\* a substitute teacher may be required occasionally

### Youth Safety Workshops

#### Stranger Danger - 4 to 6 years—Sat. Jan. 28th

This course will give children skills to recognize danger in and around home and how to handle them appropriately. Kids learn how to call 911 if something happens to their caregiver and what to do with 'strangers'. Colouring books reinforce topics.

**Instructor: Leona Verburg**

**Day+Time: Sat. Jan. 28 10:00 - 11:00 am**

**\$12**

#### Home on Your Own - 8 to 10 years - Sat. Jan. 28th

Safety awareness and accident prevention for kids home on their own. Acquire skills to gain confidence and feel comfortable. Class includes games, scenarios and role-playing everyday situations

**Instructor: Leona Verburg**

**Day+Time: Sat. Jan. 28 11:15 am - 1:15 pm**

**\$24**

## Dance Explosion A.M. 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: Puddle of Mud Productions**

**Saturday - 11:25 am—12:10 pm**

**Jan. 7 to Feb. 25 (7 weeks)**

**\$45**

\* no class Feb. 18

## Primary Ballet 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: Puddle of Mud Productions**

**Saturday 10:35 am—11:20 am**

**Jan. 7 to Feb. 25 (7 weeks)**

**\$45**

\* no class Feb. 18

## 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: Puddle of Mud Productions**

**Saturday 10:00 - 10:30 am**

**Jan. 7 to Feb. 25 (7 weeks)**

**\$30**

\* no class Feb. 18

## Flex Class

This time slot will be used to add any classes with suitable numbers from a wait list. I.E. last session this ran as an extra dance explosion class for 4 to 6 years.

**Instructor: Puddle of Mud Productions**

**Saturday 11:45 am—12:30 pm**

**Jan. 7 to Feb. 25**

\* no class Feb. 18

## Children's Musical Theatre

### Glee Club - Tuesday—6 to 10 years

Find out about musical theatre and learn all the music, words and dance to a number from a popular Broadway show or musical movie. Costumes and simple sets are incorporated and the young performers will put on a show for friends and family at the last night.

**Instructor: Puddle of Mud Productions**

**Tuesday 5:40 - 6:40 pm**

**Jan. 17 to Feb. 28 (7 weeks)**

**\$60**

### Triple Fun! - Tuesday 3 to 5 years

Your budding entertainer will be introduced to the three parts of performing—singing, dancing and acting. Learn simple songs and use popular stories to create mini-plays.

**Instructor: Puddle of Mud Productions**

**Tuesday 4:30 - 5:30pm**

**Jan. 17 to Feb. 28 (7 weeks)**

**\$60**

*Please read important program notes about cancellations and withdrawals on page 7*

# Youth Sports and Fitness

## Super Fit Kids! 4 to 6 years - Saturday morning

Susan To is an enthusiastic fitness professional dedicated to getting kids healthy. Super Fit Kids! is a strength and conditioning program designed to develop a lifelong love of fitness. In a group setting, children participate in fun and engaging workouts, games and relays that deliver measurable results and prepare them to be well-rounded athletes. They will sweat their butts off, guaranteed!

**Instructor:** Susan To

**Ages:** 4 to 6 years

**Day+Time:** Saturday - 10:00 - 11:00 am

**Jan. 21 to March 3 (6 weeks) \$50**

\* no class Feb. 18

## Super Fit Kids!- 7 to 10 years - Saturday morning

A special second edition of Super Fit Kids geared to the older active child. See program description above.

**Ages:** 7 to 10 years

**Day+Time:** Saturday - 11:00 - 12:00 pm

**Jan. 21 to March 3 (6 weeks) \$50**

\*no class Feb. 18 - needs at least 6 kids to run

## Floor Hockey—5+6 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. Wear comfortable clothing and bring a water bottle weekly.

**Instructor:** John Mains

**Ages:** 5 to 6 yrs

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

**Jan. 12 to Feb. 23 \$45**

## Floor Hockey - 7 to 9 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. Wear comfortable clothing and bring a water bottle weekly.

**Instructor:** John Mains

**Ages:** 7 to 9 yrs

**Day+Time:** Thursday— 4:45 - 5:30 pm

**Jan. 12 to Feb. 23 \$45**

## Kids Yoga - 4 to 5 years

Join Cindy for a fun full class of movement and stretching—the benefits of yoga can start at a young age. Creative postures and dynamic movements make for a fun and healthy weekly boost for the body.

**Instructor:** Cindy Aiello

**Day+Time:** Monday 1:30 to 2:15 pm

**Jan. 9 to Feb. 27 (7 classes) \$50**

\* no class Feb. 20

## Tumble+Twist! - 4 to 5 years

Play active games and songs along with learning basic gymnastics skills like balancing, leaping, handstands, rolls and more. Get active while having fun and becoming more aware of how your body can move.

**Instructor:** Heather Light

**Day+Time:** Tuesday 11:00 am to 11:45 am

**Jan. 10 to Feb. 28 (7 classes) \$45**

\* no class Jan. 31st

## Gymnastrix—6 to 8 years

This fun and active class will also increase your child's strength, flexibility, coordination and body awareness. Learn basic floor skills—balances, jumps, leaps, handstands, headstands, cartwheels, rolls...max. of 8 kids per class.

**Instructor:** Heather Light

**Day+Time:** Wednesday 4:15 to 5:15 pm

**Jan. 11 to Feb. 22 (7 classes) \$60**

## ITF Taekwon Do—4 to 7 years

Taekwon-Do is a scientific art of self-defence based on ancient Karate and Korean Tae Kyon. It is an efficient and powerful system of martial arts. This program is a beginner level curriculum teaching rules, etiquette and basic moves. Tae means jumping or flying, Kwon denotes the fist or with the hand while Do stands for 'the way or art'

**Instructor:** Mr. Paul Prakash

**Ages:** 4 to 7 years

**Day+Time:** Wednesday 5:30 - 6:15 pm

**Jan. 11 to May 30 (21 weeks) \$240**

\* fee includes uniform for new students

\* maximum of 10 students per class for this session

\* Fall registrants get priority registration for winter session

\* Fee for returning students is \$180

## Youth Skating Lessons

Learn the basic skills and techniques of skating through fun drills, games and activities. All classes are designed for new and beginner skaters with a max. of 9 per class. For the parented classes, parents **do not** need to wear skates.

**\*All Participants must wear a helmet during each class.\***

**Day: Tuesdays - Jan. 3 to Feb. 14 (7 weeks)**

3+4 years (+parent) 9:30 am - 10:00 am \$30

4+5 years (+parent) 10:10 am - 10:40 am \$30

**Day: Wednesdays - Jan. 4 to Feb. 15 (7 weeks)**

3+4 years + parent 1:30 - 2:00 pm \$30

4+5 years + parent 2:05 - 2:35 pm \$30

4+5yrs+parent 4:30-5:00 pm \$30

6 to 9yrs. 5:10 - 5:55 pm \$45

**weeks of Feb. 22 + Feb. 29 reserved for make-up classes**

**Day: Saturdays - Jan 7 to Feb. 25 (7 weeks)**

4-5yrs+parent 9:30 - 10:00 am \$30

6-9yrs 10:05 - 10:50 am \$45

Flex Class 10:55 am

\* no class Feb. 18— March 3 reserved for make-up class

\* an extra class (flex) can be added on Saturdays at 10:55 am for any age group that has a wait list

\* Cancelled classes receive a pro-rated credit at end of season. Participants are notified of cancelled lessons, or call the Club to confirm—we may wait as long as possible before cancelling outdoor programs and do run them whenever possible.

## Outdoor Beginner Hockey - 5 to 7 years

This program is for kids who want to try Canada's game without the full organized experience right away. Once a week for an hour we'll practice some skills and drills and end with a recreational scrimmage. Helmet+shield, shinguards and elbow pads required, plus skates and stick. Participants will be contacted with more details prior to first class.

**Instructors:** TBA

**Day+Time:** Monday 4:30 to 5:30 pm

**Jan. 9 to Feb. 27 (7 weeks) \$60**

**no class Feb. 20 - needs minimum enrolment of 10 to run**

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

*Please read important program notes about cancellations and withdrawals on page 7*

## Adult Yoga

### Pre-Natal Yoga - Monday evening

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:** Gisele Lizee

**Day+Time:** Monday 7:15 to 8:15 pm

Jan. 9 to Feb. 27 (7 weeks)

\$70

\* no class Feb. 20

### Mommy + Baby Yoga - Wednesday morning

This class is offered to new moms with babies not yet crawling or walking. A gentle flow of postures focuses on opening hearts, hips and side bodies—bringing awareness strength to the pelvic floor and breath. We move through seated, kneeling and standing postures. Yoga mats provided.

**Instructor:** Amy Bidrman

**Day+Time:** Wednesday 10:30 - 11:30 am

Jan. 11 to Feb. 29 (8 weeks)

\$65

\* class is for moms with babies not yet crawling or walking

### 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

Jan. 10 to Feb. 28 (8 weeks)

\$90

### 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

Jan. 11 to Feb. 29 (8 weeks)

\$90

### Restorative 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 as needed. Suitable for all ages, young adult to senior.

**Instructor:** Carolyn Bedford

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

Jan. 12 to March 1 (8 weeks)

\$80

### Adult Skating Lessons

A learn to skate program for new skaters or those who want a refresher and to improve their skills to enjoy the oval and rink all winter. Class size is limited, helmets are recommended.

**Instructor:** Heather Berg

**Day+Time:** Wednesday - 6:00 - 6:45 pm

**Date:** Jan. 4 to Feb. 15 (7 weeks)

\$45

\* Fe. 22 and 29 reserved for make-up classes

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

*Please read important  
program notes about cancellations and  
withdrawals on page 7*

## Adult Fitness

### Amazing Abs, Buns and Thighs - Monday

An all time favourite! 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 - 7:05 - 8:05 pm

Jan. 9 to Feb. 27 (7 weeks)

\$60

\*no class Feb. 20

### Bootie Blasting Bootcamp - Monday

This interval circuit class alternates between cardio sets and resistance training using weights. Every class is different so you won't be bored! Participants work at their own pace and all fitness levels are welcome. Zig zag across the gym floor, shuffle, run over top of steps...your bootie will never be the same!

**Instructor:** Ameira Steidl

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

Jan. 9 to Feb. 27 (7 weeks)

\$80

\*no class Feb. 20

### 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 7:45 - 8:45 pm

Jan. 11 to Feb. 29 (8 weeks)

\$65

### Stott Pilates - Thursday

Pilates improves posture and re-aligns 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. This class is suitable for all levels inc. beginners.

**Instructor:** Kaila Wright

**Day+Time:** Thursday 8:10 - 9:10 pm

Jan. 5 to Feb. 23 (7 weeks)

\$60

\* no class Feb. 9

### Stott Pilates - Tuesday

This class is intended for those with previous experience and is at an intermediate level. See general class description in Thursday write-up above.

**Instructor:** Kaila Wright

**Day+Time:** Tuesday 8:10 - 9:10 pm

Jan. 10 to Feb. 28 (7 weeks)

\$60

\* no class Feb. 7

### Zumba! Monday

This dynamic fitness class fuses latin music rhythms with easy to follow moves to create an exhilarating workout. An hour of calorie burning, body energizing movements. Work out...and have fun!

**Instructor:** Lori Walker

**Day+Time:** Monday - 5:50 - 6:50 pm

Jan. 9 to Feb. 27 (7 weeks)

\$60

\* no class Feb. 20

### Zumba! - Thursday

Can't get enough? A second helping of a popular fitness class—choose your day or double up on your workouts!

**Instructor:** Lori Walker

**Day+Time:** Thursday - 6:00 - 7:00 pm

Jan. 5 to Feb. 23 (8 weeks)

\$65

## Adult Enrichment

### CPR Level B - Feb. 26th

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, February 26 9:00 am—1:00 pm \$50**

### Emergency First Aid - Feb. 26h

Learn to treat life threatening emergencies—includes CPR for all ages plus treatment for choking, bleeding and other injuries. Learn to use an Automated External Defibrillator now in use at the Tuscany Club, arenas and other public places. Taught in an interactive environment by Red Cross First Aid instructor.

**Instructor: Leona Verburg**

**Ages: 14 yrs.+**

**Day+Time: Sunday, February 26 9:00am-4:00pm \$80**

## How to Register for Programs

1. log-in to your [www.tuscany-connect.com](http://www.tuscany-connect.com) account—if you do not have one, go to the home page and click on “SIGN ME UP!” You must have an account here to sign-up for any classes.
2. Find the “Tuscany Club” banner at the top of the page and select “Programs”
3. Begin registration by selecting “ONLINE PROGRAM REGISTRATION” or view the tutorial by choosing “online registration instructions” first.
4. Begin selecting programs and add to your shopping cart—you will be asked to choose the participant first, then when checking out you will choose the payer—transactions are not complete unless you have paid by credit card online
5. All children must be listed on your account with dates of birth included—immediate family members can be added by emailing details to [clubprograms@shaw.ca](mailto:clubprograms@shaw.ca)
6. If you have any problems registering for programs you can call the Recreation Manager at 241-6402 or email [clubprograms@shaw.ca](mailto:clubprograms@shaw.ca).

## Program 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 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 may still apply.
- \* **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](mailto:clubprograms@shaw.ca)**



*Tuscany Residents Association*

**Tuscany  
RESIDENTS  
ASSOCIATION**

## 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 membership 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.

**Children under 12 cannot be left unparented at the Club.**

[www.tuscany-connect.com](http://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](http://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](http://www.tuscany-connect.com) and “SIGN UP!” as a new user.
- ◇ For more help, email [clubprograms@shaw.ca](mailto:clubprograms@shaw.ca)



*Tuscany Residents Association*

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

Contact Jenna Fritz at [customerservice.tuscany@shaw.ca](mailto:customerservice.tuscany@shaw.ca) or call 241-6402 for information on bookings

- \* 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	\$60.00	\$600.00	\$500.00
Banquet Room 'A'	75	\$35.00	\$450.00	\$500.00
Banquet Room 'B' or 'C'	25	\$30.00	\$250.00	\$500.00
Banquet Room 'A+B' or 'A+C'	100	\$45.00	\$450.00	\$500.00
Studio 'D' or 'E'	25	\$25.00	n/a	\$500.00
Studio 'D+E'	50	\$30.00	n/a	\$500.00
Full Gym	200	\$50.00	n/a	\$500.00
½ Gym	100	\$30.00	n/a	\$500.00