

November 2020 News & Notes

The TRA continues to put the safety of our staff and residents first participating in activities with guidance from public health. Our approach continues to be cautious and the strategy is subject to change depending on current public health recommendations. Enhanced infection prevention and control measures including physical distancing requirements of at least 2 metres, will remain in place and current public health recommendations will guide all decisions. More information is available at www.tuscany-connect.com.

Restrictions for all park amenities include:
Limits on numbers, reduced hours and mandatory closure times (see below), and limited access to skate change room bathrooms only for outdoor grounds users.
Please visit www.biz-connect.ca for up to date public health guidelines.

A reminder that all members wishing to access the Tuscany Club and its amenities must be in good standing which includes payment of fees at time of use or booking.

PARK HOURS

9:00am-12:00pm & 1:00-4:00pm & 5:00-8:00pm Daily

Please note that the park and all its amenities will continue to be cleared each day at noon and 4:00pm and we will reopen at 1pm and 5pm to allow access to as many residents as possible while following the current public health guidelines of limiting outdoor gatherings to less than 200 people at one time including physical distancing

FACILITY ADMISSIONS BY THE NUMBERS

Indoor Badminton/Pickleball (by reservation only): 2 courts with a maximum of 6 each = 12 maximum

Play Park: 10 children in park area at any one time

Skatepark : watch for more info coming on our permanent skatepark

Indoor Programs (by registration only): 12/class maximum

Our outdoor tennis/pickleball courts are now closed for the season

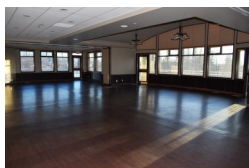
TEMPORARY FACE –COVERING BYLAW

As of August 1, 2020, according to bylaw 26M2020, all Calgarians must wear a mask in all indoor public spaces and while taking bus, CTrain or other public transit such as a taxi.

At this time, children under two years old, people with underlying medical conditions, people engaging in athletic or fitness activities, patrons while eating or drinking in a food or beverage premises, patients receiving services-such as a visit to the dentist, and daycares are exempt.



LIMITED FACILITY RENTALS NOW AVAILABLE



We are now offering limited facility rentals following all public health guidelines including gym rentals on Sunday mornings 9am-10am and Saturdays from 6:00-7:00pm. The maximum number permitted is 15 people and the cost is \$75/hour. Multiple bookings are not permitted. This is a good option if you are wanting to book the entire space for a cohort. For more rental information, please email rentals@tuscanyclub.ca.

WHEN CAN YOU EXPECT THE RINKS TO OPEN FOR THE SEASON?

When the daytime temperature is -5 degrees Celsius and the night time temperature is -10 degrees Celsius and holds steady for at least one week we will begin the ice making process.

Please visit www.tuscany-connect.com, Facebook and Instagram for regular updates .

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PERMANENT SKATEPARK UPDATE



We are excited to announce that our permanent skatepark construction is almost complete and we will be sharing more information on hours of operation and usage guidelines in the coming days. Although this is a permanent skate park, its usage will still be weather dependent and focused on safe usage at all times. The space will not be cleared of snow on a regular basis. We ask for your patience as we navigate the use of this new feature. Please visit our Facebook/Instagram pages and www.tuscany-connect.com for more information coming soon.

Indoor Badminton/Pickleball Court Guidelines (by reservation only)

Indoor Badminton Reservations Available:
Friday 5:15-6:15pm & 6:30-7:30pm
Saturday & Sunday 1:15-2:15pm & 2:30-3:30pm
2 courts available at each time

Indoor Pickleball Reservations Available:
Monday 12:00-1:00pm & 1:15-2:15pm
Tuesday 11:00-11:45am & 12:00-12:45pm
Thursday 9:00-10:00am & 10:30-11:30am & 11:45am-12:45pm
2 courts available at each time

For everyone's safety and enjoyment, we have added the following safety measures:

- We will be limiting all bookings to 6 players in a cohort. Although you are permitted to bring a guest, they are included in your max numbers. When booking, you will now be asked for the names of the people who will be attending and only those people will be permitted access to the facility.
- We will now be using the dividing curtain to separate the courts. You are encouraged to stay on your court/side of the gym for the entire duration of your booking and refrain from coming and going as much as possible. Should you need to use the washroom during your booking or come late/want to leave early a reminder that masks are required anytime you are not on the court playing. This includes any additional players (up to 2) waiting to play.
- Players waiting to play must remain on court that you have reserved and may sit on the stage or side of court. Access to other parts of the building and outside while they wait is discouraged.
- No loaning or sharing of equipment including shuttlecocks unless all from the same family.
- Booking times must be strictly adhered to allow for physical distancing between reservations.
- No multiple bookings will be permitted and can only be made one week in advance.

CALL 403-241-6402 to reserve

FALL PROGRAM UPDATE (registered only, no Drop In)

Visit www.tuscany-connect.com to view the Fall Program Guide and register

*Fall 2 programs run from November 1 to December 19. As long as space permits, registration remains open online and program fees are pro-rated for late registration.

*All of the classes in our November Mash Up will continue to be offered on a per class registration basis to offer our Residents maximum flexibility and value and our highly qualified instructors that follow all current public health guidelines.

*Equipment use is kept to a minimum, no sharing of equipment and physical distancing is maintained at all times.




Winter Program Guide Available
Monday, November 30th
Registration Opens Online
Friday, December 4th @ 9:30am



November Fitness Mash Up Schedule

Classes are registered for individually. All programs will maintain 2m of physical distancing at all times and use minimum of equipment. All participants must bring their own mats, yoga props (if necessary) and filled water bottles. Cancellations with 48 hours of notice or more will be credited to account and all classes will require a minimum of 5 participants to run. A reminder that Tuscany Residents Association Membership fees must be paid to access the facility and register for classes. Classes are \$10+gst each; except for Cardio Tennis \$15+gst each.

Sunday, Nov 1	Monday, Nov 2	Tuesday, Nov 3	Wednesday, Nov 4	Thursday, Nov 5	Friday, Nov 6	Saturday, Nov 7
		9:30-10:30am Triple Sweat Gym #5076				9:00-10:00am Cardio Tennis Tennis Courts/Gym #5047
	1:30-2:30pm Gentle Yoga Banquet Room #5063	10:00-11:00am Ballet Barre & Conditioning Banquet Room #5068		10:00-11:00am Gentle Stretch Banquet Room #5057		
		6:00-7:30pm Barre/Gentle Stretch Banquet Room #5072		6:00-7:00pm Body Tuning Gym #5080		
7:00-8:00pm Restorative Yoga Banquet Room #5042	7:00-8:00pm Fit Happens Gym #5084	6:30-7:30pm Zumba Gym #5089	7:00-8:00pm Hatha Flow Yoga Banquet Room #5051	7:00-8:00pm Power Yoga Banquet Room #5061		
Sunday, Nov 8	Monday, Nov 9	Tuesday, Nov 10	Wednesday, Nov 11	Thursday, Nov 12	Friday, Nov 13	Saturday, Nov 14
		9:30-10:30am Triple Sweat Gym #5077	Remembrance Day			9:00-10:00am Cardio Tennis Tennis Courts/Gym #5048
	1:30-2:30pm Gentle Yoga Banquet Room #5064	10:00-11:00am Ballet Barre & Conditioning Banquet Room #5069		10:00-11:00am Gentle Stretch Banquet Room #5058		
		6:00-7:30pm Barre/Gentle Stretch Banquet Room #5073		6:00-7:00pm Body Tuning Gym #5081		
7:00-8:00pm Restorative Yoga Banquet Room #5043	7:00-8:00pm Fit Happens Gym #5085	6:30-7:30pm Zumba Gym #5090		6:30-7:30pm Power Yoga Banquet Room #5054		
Sunday, Nov 15	Monday, Nov 16	Tuesday, Nov 17	Wednesday, Nov 18	Thursday, Nov 19	Friday, Nov 20	Saturday, Nov 21
		9:30-10:30am Triple Sweat Gym #5078				9:00-10:00am Cardio Tennis Tennis Courts/Gym #5049
	1:30-2:30pm Gentle Yoga Banquet Room #5065	10:00-11:00am Ballet Barre & Conditioning Banquet Room #5070		10:00-11:00am Gentle Stretch Banquet Room #5059		
		6:00-7:30pm Barre/Stretch Banquet Room #5074		6:00-7:00pm Body Tuning Gym #5082		4:00-6:30pm Restorative Yoga Workshop Banquet Room #5026
7:00-8:00pm Restorative Yoga Banquet Room #5044	7:00-8:00pm Fit Happens Gym #5086	6:30-7:30pm Zumba Gym #5091	7:00-8:00pm Hatha Flow Yoga Banquet Room #5052	7:00-8:00pm Power Yoga Studios #5062		
Sunday, Nov 22	Monday, Nov 23	Tuesday, Nov 24	Wednesday, Nov 25	Thursday, Nov 26	Friday, Nov 27	Saturday, Nov 28
		9:30-10:30am Triple Sweat Gym #5079				9:00-10:00am Cardio Tennis Tennis Courts/Gym #5050
	1:30-2:30pm Gentle Yoga Banquet Room #5066	10:00-11:00am Ballet Barre & Conditioning Banquet Room #5071		10:00-11:00am Gentle Stretch Banquet Room #5060		
		6:00-7:30pm Barre/Gentle Stretch Banquet Room #5075		6:00-7:00pm Body Tuning Gym #5083		
7:00-8:00pm Restorative Yoga Banquet Room #5045	7:00-8:00pm Fit Happens Gym #5087	6:30-7:30pm Zumba Gym #5092	7:00-8:00pm Hatha Flow Yoga Banquet Room #5053	6:30-7:30pm Power Yoga Banquet Room #5055		
Sunday, Nov 29	Monday, Nov 30					
	1:30-2:30pm Gentle Yoga Banquet Room #5067					
7:00-8:00pm Restorative Yoga Banquet Room #5046	7:00-8:00pm Fit Happens Gym #5088					

Monica Espinosa	Michelle Hines	Sabina Zhetipisova	Kristy Karpa	Carolyn Bedford	Ameira Steidl	Lynn Ann
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