



# SPRING 2025 PROGRAM GUIDE

Spring 1: March 2 to May 3

Spring 2: May 4 to June 28

REGISTRATION OPENS  
January 31st at 9:00am

212 Tuscany Way NW, Calgary, AB T3L 2J6  
Phone: 403-241-6402  
[www.tuscany-connect.com](http://www.tuscany-connect.com)

# SPRING 2025

## Hours of Operation

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### BUILDING, PARK & FRONT DESK

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

### ADMINISTRATION OFFICE

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

## Tuscany Club Features

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- Gymnasium
- Hockey Rink/Skating Oval
- Banquet and Meeting Rooms
- Fitness and Dance Studios
- Park and Playground
- Summer Splash Park
- Outdoor Skatepark
- 2 Outdoor Tennis Courts
- 4 Outdoor Pickleball Courts
- Grass Volleyball Court
- Licensed & Accredited Out of School Care



**Interested in renting our space?**

Contact our Rentals Coordinator:

[rentals@tuscanyclub.ca](mailto:rentals@tuscanyclub.ca)

# **SPRING 2025**

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**Summer Day Camp Guide Available:  
Tuesday, February 18, 2025**

**Registration Opens:  
Friday, February 21, 2025 @ 9am**

## Tuscany Club Directory

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<b>General Manager</b>	<b>Chris Tomiyama</b> <a href="mailto:generalmanager@tuscanyclub.ca"><u>generalmanager@tuscanyclub.ca</u></a>
<b>Facility/Parks Manager</b>	<b>Aju Paul</b> <a href="mailto:facilitymanager@tuscanyclub.ca"><u>facilitymanager@tuscanyclub.ca</u></a>
<b>Administration Manager</b>	<b>Melinda Becskei</b> <a href="mailto:administration@tuscanyclub.ca"><u>administration@tuscanyclub.ca</u></a>
<b>Recreation Manager</b>	<b>Marilyn Hess</b> <a href="mailto:recreation@tuscanyclub.ca"><u>recreation@tuscanyclub.ca</u></a>
<b>Assistant Manager</b>	<b>Paola Vargas</b> <a href="mailto:assistantmanager@tuscanyclub.ca"><u>assistantmanager@tuscanyclub.ca</u></a>
<b>Administration Coordinator</b>	<b>Wei Niu</b> <a href="mailto:admincoordinator@tuscanyclub.ca"><u>admincoordinator@tuscanyclub.ca</u></a>
<b>Early Explorers Coordinator</b>	<b>Michelle Austie</b> <a href="mailto:earlyexplorers@tuscanyclub.ca"><u>earlyexplorers@tuscanyclub.ca</u></a>
<b>Out of School Care Coordinator</b>	<b>Megan Vavra</b> <a href="mailto:oosc@tuscanyclub.ca"><u>oosc@tuscanyclub.ca</u></a>
<b>General Inquiries</b>	<a href="mailto:customerservice@tuscanyclub.ca"><u>customerservice@tuscanyclub.ca</u></a>
<b>Room Rental Inquiries</b>	<b>Drew Prakash</b> <a href="mailto:rentals@tuscanyclub.ca"><u>rentals@tuscanyclub.ca</u></a>

# Tuscany Club Member Information

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## Membership & Renewal

You will need to provide the following to obtain a membership card:

- a copy of your certificate of title
- identification showing proof of residency
- your completed Resident's Information Form (which can be found on our website)

Drop these documents in person or email to [admincoordinator@tuscanyclub.ca](mailto:admincoordinator@tuscanyclub.ca)

*Tuscany Club Memberships are automatically renewed when your annual fees are paid.*

## Coming for a visit? Attending a program?

**Members 12+ years old** - must have their Membership card in order to access any Tuscany Club indoor and outdoor facilities, or to sign out gym equipment.

## Need to create an online account?

1. Visit [www.tuscany-connect.com/forms/create-an-online-account/](http://www.tuscany-connect.com/forms/create-an-online-account/)
2. Enter all required fields
3. You will receive email confirmation when your account is activated.

For assistance email [assistantmanager@tuscanyclub.ca](mailto:assistantmanager@tuscanyclub.ca)

## Want to bring guests to use the outdoor facilities?

- **Members under 18 years old** - can each bring 2 guests
- **Members 18+ years old** - can each bring 5 guests
- All guests and members under 12 years of age must be directly supervised at all times by an adult (18+ years).
- Members must accompany their guests at all times.

## Want to bring a guest with you to open gym times?

- Members must be accommodated first.
- One guest per household is permitted, if space permits.

*Guests are not permitted in any registered programs.*

## Can non-members register for programs?

If space permits, non-members may register for a program a minimum of two weeks after the advertised registration date for the program.

**Members are not permitted to sign in other members as guests to gain access to the club.  
All members must be in good standing to visit the Club and use its amenities.**

## Member Code of Conduct

**By using the Tuscany Club Facility and Park, I agree to adhere to the following Code of Conduct:**

I will treat staff and fellow facility users in a respectful manner.

I will use the facility and equipment in a safe and appropriate manner.

I understand that the following activities are prohibited on TRA property:

- Bullying, violence, threats of violence, fighting
- Profanity or abusive language
- Use of marijuana or illicit drugs
- Smoking and/or vaping
- Possession or use of weapons or firearms
- Use of cell phones or photography/recording devices in washrooms and/or change-rooms
- Public nudity and/or sexual acts
- Vandalism and/or theft
- Playing with the fire
- Playing with the water fountain
- Any behaviour that endangers the safety of any individual or group

I understand that promotional/professional photography requires staff permission in advance.

I understand that the premises are under video surveillance.

I understand that use of personal BBQ's and open fires is prohibited.

I understand that the consumption of alcoholic beverages is restricted to those 18 years and older in licensed and designated events and areas.

I understand that the use of sticks and pucks on the leisure rink is prohibited.

I understand that the Tuscany Club Facility and Park are unsupervised areas and that I am using the Facility and Park at my own risk.

I understand that the TRA assumes no liability for any loss or damage to personal items or personal injury.

### Questions?

Call: 403-241-6402

Email: [customerservice@tuscanyclub.ca](mailto:customerservice@tuscanyclub.ca)

# Special Events



## Family Day Winter Party

Come celebrate Family Day at the Tuscany Club with music, games, treats and skating (weather permitting) and more. Admission is FREE for all Tuscany residents.

Sponsored by:



Monday  
February 17th

11:00am to  
2:00pm



## Children's Spring Spectacular

Save the date for this family friendly Spring event. Games, food trucks, an Easter Egg Hunt and more. Watch our Social Media pages and website for more information closer to the event. Free for all Tuscany Residents.

Sponsored by:



Saturday  
April 12th

11:00am to  
2:00pm



## Spring Market

Come out and shop local. Vendor registration will open for members on Monday, March 10th in person at the Tuscany Club. \$45/table; one table per address. Non-member registration will open on Monday, April 7th for any remaining tables. \$55/table. This is an indoor event and will take place in our gym.



Saturday  
May 10th

10:00am to  
2:00pm



## Tuscany Giant Garage Sale

Be one of 100+ homes to register and include your home in our community garage sale. Registration is free and all homes registered by June 9th will have their address included on our map and receive a free yellow "garage sale" sign.

Saturday  
June 14th

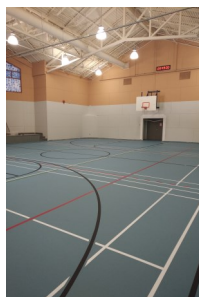
9:00am to  
3:00pm

## Sponsorship Opportunities & Volunteering

The TRA would like to thank all of our current sponsors and partners that come together to support our events. We are grateful for their collaboration and commitment to the community of Tuscany. If you would like to become more involved in our community events by sponsoring one or more of our special events, please email [recreation@tuscanyclub.ca](mailto:recreation@tuscanyclub.ca) or view our sponsorship package online at [www.tuscany-connect.com](http://www.tuscany-connect.com). Sponsoring even one event will increase exposure and recognition of your business and have a positive impact on our residents.

If you are interested in volunteering for any of these events, please contact us either by emailing your details to [recreation@tuscanyclub.ca](mailto:recreation@tuscanyclub.ca) or stop by the Tuscany Club in person.

# Free Drop in Programs



## Open Gym

We offer both non-netted (i.e. basketball) and netted (i.e. badminton, pickleball, tennis, and volleyball) open gym times. These shared gym times are on a first come first serve basis.

**Visit:**  
**[www.tuscany-connect.com](http://www.tuscany-connect.com) to view schedule**

**The TRA reserves the right to set time limits if there are members waiting or regulate court usage.**

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## Family Gym Time/Rentals



Family gym time is free shared space and all children/youth under 18 years must be accompanied by an adult.

**Saturdays & Sundays**  
**2:30-3:30pm**  
**&**  
**5:30-6:30pm**

To rent the gym during these times and for more information, please email [rentals@tuscanyclub.ca](mailto:rentals@tuscanyclub.ca)

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## Teen Drop In Gym Time (12-17 years)



This time is specifically for teens to drop in and enjoy some gym time with friends. The space is on a first come first serve basis. Come play some badminton, basketball, soccer or volleyball. Hang out with friends or make some new ones. Everybody is welcome and plays.

**Fridays**  
**1:00 to 3:15pm**  
**&**  
**Saturdays**  
**7:00 to 8:30pm**

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## Teen Drop In Games Time (12-17 years)



Looking for something else besides gym time? Drop in to our Banquet room upstairs and visit with friends or play a game. This time is specifically for teens to drop in and enjoy some quieter time with friends. The space is on a first come first serve basis. Bring your own game or borrow one of ours.

**Fridays**  
**1:00 to 3:30pm**

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## 50+ Drop In Times



Join us for an afternoon of games, conversations and friendship.

**Wednesdays**  
**1:00 to 3:00pm**

**\*Non-members are welcome\***



## How to Register for Programs

1

### Online

Login: [www.tuscany-connect.com](http://www.tuscany-connect.com)

Ensure Access is up to date.

Search for your favourite programs.

Add the programs to your cart.

Check out. Payment by **credit card only**.

2

### In-Person

Address: **212 Tuscany Way NW**  
Hours: **9:00am to 10:00pm daily**  
Payment By: **Cash, Debit, Cheque or Credit Card**

3

### Phone

Phone Number: **403 241 6402**  
Hours: **9:00am to 10:00pm daily**  
Payment By: **Credit Card Only**


### Questions?

Call: 403-241-6402

Email: [customerservice@tuscanyclub.ca](mailto:customerservice@tuscanyclub.ca)

## Program Cancellation Policy

### PROGRAM CANCELLATION

 The Tuscany Residents Association (TRA) may need to cancel programs due to low registration or instructor availability. Registered participants will be notified by phone or email no later than two (2) days prior to the start of class.

Should this occur, participants may choose from the following options:

1. Transfer to another program where space is still available
2. Receive an account credit on the household TRA account
3. Receive a cheque for the full amount of the program, which will be available for pick up within 2-4 weeks after the class cancellation

### WITHDRAWAL/TRANSFER REQUESTS

 All program withdrawals/transfer requests must be made in writing to the Recreation Manager at [recreation@tuscanyclub.ca](mailto:recreation@tuscanyclub.ca)

- Requests to withdraw from a program 14 days or more prior to the first day of the program are eligible for a full refund by cheque or account credit, less a \$15 administration fee.
- Requests to withdraw from a program less than 14 days prior to the first day of the program will be charged a 25% program fee and a \$15 administration fee.
- After two classes into the program, refunds will be issued for medical reasons only and a doctor's note may be required. A pro-rated refund will be issued and the \$15 administration fee will apply.
- Refunds will not be issued to participants who are unable to attend rescheduled make-up classes for seasonal/outdoor programs.
- Failure to attend a class does not cancel the enrollment and refunds will not be issued.
- Refunds of \$25 or less will only be credited to the household TRA account.
- NSF cheques are subject to an additional \$50 fee.

### Questions?

Call: 403-241-6402

Email: [customerservice@tuscanyclub.ca](mailto:customerservice@tuscanyclub.ca)

## Between Friends Inclusion Pledge



The Tuscany Residents Association is committed to creating an inclusive space to welcome all of our members and their guests to learn, play and connect as a Community. With the support of the Between Friends organization, we are committed to creating, building and promoting inclusion through our programming, amenities and events by:



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## Kidsport Grant Information



Did you know that Kidsport Calgary provides grants to help cover the costs of registration fees, as well as providing no-cost equipment so that all kids aged 18 years and under in Calgary & Area can play a season of sport up to \$500/child/year for eligible participants?

For more information and to apply visit:  
[www.kidsport.ca/alberta/calgary](http://www.kidsport.ca/alberta/calgary)



## Spring Break Day Camps (March 24 to 28)



### Full Day Adventure Camp

Come spend Spring Break Camp with Puddle of Mud Productions doing all sorts of spring activities: crafts, games, songs, dances and more. All campers must bring their own nutritious snacks, lunch and drinks for the day as well as a 'paint shirt' for us to get messy.

<b>Ages</b>	6 to 11 years
<b>Session Date</b>	March 24 to 28 (CBE Break)
<b>Day &amp; Time</b>	Monday to Friday 9:00am to 4:00pm
<b>Program #</b>	8145
<b>Cost</b>	\$210
<b># of classes</b>	5

*\*A reminder that we are an allergen aware facility, therefore, sharing of foods is not permitted in consideration of allergies and hand washing is done before and after eating.\**




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### Half Day Tennis Camps



**Instructor: Coach Willie**

	Red Ball	Orange Ball	Youth
<b>Ages</b>	5 to 7 years	8 to 10 years	11 to 14 years
<b>Day &amp; Time</b>	9:00 to 11:30am	12:00 to 2:30pm	3:00 to 5:30pm
<b>Session Dates:</b>	March 24 to 28		
<b>Program #</b>	8174	8173	8175
<b>Cost</b>	\$210	\$210	\$210
<b># of classes</b>	5	5	5

## Parented Programs

### Parent & Tot Playtime

Enjoy playing and visiting with other tots and parents/caregivers from the community during this unstructured playtime. Balls, toys, mats, ride-ons and more! **Parents are asked to help clean up after each day. All children must be directly supervised at all times and day homes or group caregivers are not permitted to register.**

<b>Ages</b>	0 to 3 years parented
<b>Day &amp; Time</b>	Tuesday & Thursday 10:30am to 12:00pm
<b>Session Dates</b>	April 1 to June 26
<b>Program #</b>	8165
<b>Cost</b>	\$18
<b># of classes</b>	13 (weeks)



### Dance & Play



Come sing, dance, use props and play games. This is a parented class for toddlers and a care giver. Siblings are welcome.

	Spring 1	Spring 2
<b>Ages</b>	2 to 3 years parented	
<b>Day &amp; Time</b>	Saturday 9:15 to 10:00am	
<b>Session Dates</b>	March 1 to April 5 (no classes March 29)	May 3 to June 21 (no classes May 17)
<b>Program #</b>	8218	8219
<b>Cost</b>	\$50	\$70
<b># of classes</b>	5	7

## Parented Programs



### Sportball: Indoor Multisport



Children will be exposed to and learn the fundamentals of different sports each week in a fun, stress-free, non-competitive setting along with their caring adult.

	Spring 1	Spring 2
<b>Ages</b>	2 to 3 years parented	
<b>Day &amp; Time</b>	Sunday 11:00 to 11:45am	
<b>Session Dates</b>	March 2 to April 13 (no class March 30)	May 4 to June 15 (no class May 18)
<b>Program #</b>	8167	8185
<b>Cost</b>	\$110	\$110
<b># of classes</b>	6	6



### Sportball: Outdoor Soccer & T-Ball (Spring 2 only)



The first half of classes are dedicated to dribbling, shooting, passing and scoring in soccer. Coaches will then focus on throwing, catching, batting, running bases and fielding, all skills that are built into our play-based T-Ball programming. Program fee includes a jersey, and soccer ball for each participant.

<b>Ages</b>	2 to 3 years parented
<b>Day &amp; Time</b>	Monday 6:00 to 6:40pm
<b>Session Date</b>	May 5 to June 23 (no class May 19)
<b>Program #</b>	8198
<b>Cost</b>	\$160
<b># of classes</b>	7

## Early Explorers Programs (3 to 5 years)

**Instructors: Michelle Austie (Ludbrook) & Deborah Fouchalk**

Important Registration Dates			
Session	Dates	Exceptions	Registration Dates
Winter-1 hour	January 7-February 29 (8 weeks)	February 19	November 29, 2024
Spring 1-2 hour	March 3-May 2 (8 weeks)	March 24-28, April 18 & 21	January 31, 2025
Spring 2-2 hour	May 5-June 27 (8 weeks)	May 19	
Spring 1-1 hour	March 4-May 1 (8 weeks)	March 24-28	January 31, 2025
Spring 2-1 hour	May 6-June 26 (8 weeks)		

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## Early Explorers 1 Hour Programs (2 to 3 years)

An hour of unparented fun and friendship with theme-based crafts, stories, songs and games.

	Spring 1	Spring 2
<b>Class Name</b>	<b>Spring Has Sprung</b>	<b>3,2,1 Blast Off</b>
<b>Day &amp; Time</b>	Tuesday 9:30 to 10:30am	
<b>Session Dates</b>	March 4 to April 29 (no class March 25)	May 6 to June 24
<b>Program #</b>	8157	8178
<b>Cost</b>	\$85	\$85
<b># of classes</b>	8	8



	Spring 1	Spring 2
<b>Class Name</b>	<b>Farmyard Friends</b>	<b>Going to the Zoo</b>
<b>Day &amp; Time</b>	Thursday 9:30 to 10:30am	
<b>Session Dates</b>	March 6 to May 1 (no class March 27)	May 8 to June 26
<b>Program #</b>	8158	8179
<b>Cost</b>	\$85	\$85
<b># of classes</b>	8	8

## Early Explorers Programs (3 to 5 years)

### Early Explorers 2 Hour Programs (3 to 5 years)



Each day includes time to play, a craft, a story, games, gym/outside time and a snack sent from home. This unlicensed recreation-based program runs as separate 8 to 12 week sessions to allow for flexibility in times and days. Choose from 1 to 3 times per week.

<b>Spring 1</b>			
<b>Day</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
<b>Time</b>	9:30 to 11:45am	9:30 to 11:45am	9:30 to 11:45am
<b>Session Dates</b>	March 3 to April 28 *no classes Mar 24 & Apr 21*	March 5 to April 30 *no classes Mar 26*	March 7 to May 2 *no classes Mar 28 & Apr 18*
<b>Program #</b>	8160	8161	8159
<b>Cost</b>	\$168	\$192	\$168
<b># of classes</b>	7	8	7

<b>Spring 2</b>			
<b>Day</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
<b>Time</b>	9:30 to 11:45am	9:30 to 11:45am	9:30 to 11:45am
<b>Session Dates</b>	May 5 to June 23 *no class May 19*	May 7 to June 25	May 9 to June 27
<b>Program #</b>	8181	8182	8183
<b>Cost</b>	\$168	\$192	\$192
<b># of classes</b>	7	8	8



## Child & Youth Programs

### Art

**Instructor: Debi Baldwin**

#### **Creativity Station**

Your young artist will be exposed to a variety of different media and art projects that will focus on creativity and exploration.



#### **Artistic Adventures**

Participants will explore using a variety of media to create art projects that encourage creativity and fun.

<b>Program Name</b>	Creativity Station	Artistic Adventures
<b>Ages</b>	5 to 7 years	8 to 11 years
<b>Day &amp; Time</b>	Monday 4:15 to 5:15pm	Monday 5:30 to 6:30pm
<b>Session Dates</b>	March 31 to May 5 (no classes April 21)	
<b>Program #</b>	8206	8205
<b>Cost</b>	\$55	\$55
<b># of classes</b>	5	5

All supplies are included.  
Please send your artist in clothes that can get messy or send a smock.



### Basketball

**Instructor: Ken Der**



This grassroots program introduces young athletes to the sport based on the fundamentals of basketball. Basic skills are taught through fun drills and weekly mini games.

	Spring 1	Spring 2
<b>Ages</b>	6 to 8 years	
<b>Day &amp; Time</b>	Thursday 4:30 to 5:30pm	
<b>Session Dates</b>	March 6 to April 24 (no classes Mar 13 & 27)	May 1 to June 19
<b>Program #</b>	8154	8177
<b>Cost</b>	\$65	\$85
<b># of classes</b>	6	8

	Spring 1	Spring 2
<b>Ages</b>	9 to 12 years	
<b>Day &amp; Time</b>	Thursday 5:30 to 6:30pm	
<b>Session Dates</b>	March 6 to April 24 (no classes Mar 13 & 27)	May 1 to June 19
<b>Program #</b>	8155	8176
<b>Cost</b>	\$65	\$85
<b># of classes</b>	6	8

## Child & Youth Programs



### Tuesday Dance & Theatre Instructor: Puddle of Mud

#### Triple Fun!

Your budding entertainer will sing, dance and act to simple songs and stories to create mini plays.



#### Musical Theatre

Learn all the music, words and dance to a popular musical number incorporating costumes and simple sets.



#### Tween Musical Theatre

Musical Theatre for 11-14 years!  
Keep the creativity flowing.

	Spring 1	Spring 2
<b>Ages</b>	3 to 5 years	
<b>Day &amp; Time</b>	Tuesday 4:15 to 5:15pm	
<b>Session Dates</b>	March 4 to April 29 (no classes March 25)	May 6 to June 24
<b>Program #</b>	8170	8215
<b>Cost</b>	\$85	\$85
<b># of classes</b>	8	8

	Spring 1	Spring 2
<b>Ages</b>	6 to 10 years	
<b>Day &amp; Time</b>	Tuesday 5:30 to 6:30pm	
<b>Session Dates</b>	March 4 to April 29 (no classes March 25)	May 6 to June 24
<b>Program #</b>	8163	8216
<b>Cost</b>	\$85	\$85
<b># of classes</b>	8	8

	Spring 1	Spring 2
<b>Ages</b>	11 to 14 years	
<b>Day &amp; Time</b>	Tuesday 6:45 to 7:45pm	
<b>Session Dates</b>	March 4 to April 29 (no classes March 25)	May 6 to June 24
<b>Program #</b>	8171	8217
<b>Cost</b>	\$85	\$85
<b># of classes</b>	8	8

## Child & Youth Programs cont'd



### Engineering for Kids

#### Junior Robotics with Ozobots!

Transform coding from complex to fun with our hands-on robotics program! Kids will embark on thrilling adventures with tiny robots, mastering programming basics through interactive play. Watch creativity and problem-solving skills soar as they build a strong foundation for future tech success.

<b>Ages</b>	5 to 7 years
<b>Day &amp; Time</b>	Wednesday 4:00 to 5:00pm
<b>Session Date</b>	March 5 to April 9 (no class March 26 <sup>th</sup> )
<b>Program #</b>	8201
<b>Cost</b>	\$105
<b># of classes</b>	5

#### Mechatronics with LittleBits!

This spring, kids will dive into the exciting world of mechatronics engineering! Through hands-on activities, they'll build, create, and invent as they explore the basics of designing and programming gadgets, tools, and machines.

<b>Ages</b>	8 to 12 years
<b>Day &amp; Time</b>	Wednesday 5:20 to 6:50pm
<b>Session Date</b>	March 5 to April 9 (no class March 26 <sup>th</sup> )
<b>Program #</b>	8202
<b>Cost</b>	\$152
<b># of classes</b>	5



### Karate

Instructor: Kris Head



Class Name	Beginner	Junior	Senior
<b>Description</b>	Multi-age class suitable for all ages and encourages families to come together to learn basic karate skills.	Must have completed at least one session of Beginner class or have karate experience.	Instructor's recommendation after completing Junior class.
<b>Ages</b>	5 years and older	6 years and older	8 years or older
<b>Day &amp; Time</b>	Monday 6:00 to 6:50pm	Monday 7:00 to 7:50pm	Monday 8:00 to 8:50pm
<b>Session Dates</b>	April 7 to June 23 (no classes April 21 & May 19)		
<b>Program #</b>	8162	8187	8188
<b>Cost</b>	\$115	\$115	\$115
<b># of classes</b>	10	10	10

## Child & Youth Programs

### Knitting Club Instructor: Jack Alexander

Class Name	Little Stitchers	Creative Knitters	Knit & Unwind
<b>Description</b>	Participants will learn basic knitting skills such as casting on, knitting stitches, and binding off. Projects are fun and age-appropriate, focusing on creativity and building confidence. Supplies included.	For tweens and teens, this group takes knitting to the next level with slightly more advanced techniques. Participants will explore pattern reading, experimenting with colors, and creating trendy, wearable items. Supplies included.	Relax and unwind while learning a timeless craft. This group is perfect for adults and older teens who want to develop knitting skills or enjoy a creative outlet. Participants will work on more intricate patterns and larger projects while enjoying a social atmosphere. Supplies included.
<b>Ages</b>	6 to 10 years	11 to 15 years	16+ years
<b>Day &amp; Time</b>	Monday 4:00 to 5:00pm	Monday 5:15 to 6:15pm	Saturday 6:30 to 7:30pm
<b>Session Dates</b>	February 24 to March 17		
<b>Program #</b>	8228	8229	8230
<b>Cost</b>	\$55	\$55	\$55
<b># of classes</b>	4	4	4



### Red Cross Youth Safety

#### Stay Safe (Home On Your Own)

The Stay Safe! program teaches applicable and age-appropriate skills while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations.

<b>Ages</b>	9 to 13 years
<b>Date &amp; Time</b>	Saturday, April 5 9:30am to 2:30pm
<b>Program #</b>	8204
<b>Cost</b>	\$75
<b># of classes</b>	1

#### Babysitter Training

Learn to handle the responsibilities of babysitting in a fun, interactive setting with an experienced Red Cross instructor. They will learn first aid safety tips, injury prevention and be introduced to CPR. Includes manual and certificate of participation.

<b>Ages</b>	11+ years
<b>Date &amp; Time</b>	Sunday, April 6 9:30am to 4:30pm
<b>Program #</b>	8203
<b>Cost</b>	\$90
<b># of classes</b>	1

## Child & Youth Programs cont'd



### Saturday Dance Instructor: Puddle of Mud

Spring 1			
Class Name	Dance & Play (parented)	Little Ballerinas	Primary Ballet
<b>Description</b>	We will sing, dance, use props and play games. This is a parented class for toddlers and a care giver.	Introduction to ballet.	Next step Ballet
<b>Ages</b>	2 to 3 years	3 to 4 years	4 to 6 years
<b>Day &amp; Time</b>	Saturday 9:15 to 10:00am	Saturday 10:15 to 10:45am	Saturday 11:00 to 11:45am
<b>Session Dates</b>	March 1 to April 5 (no classes March 29)		
<b>Program #</b>	8218	8220	8222
<b>Cost</b>	\$50	\$38	\$50
<b># of classes</b>	5	5	5

Spring 1		
Class Name	Dance Explosion	So You Think You Can Dance
<b>Description</b>	Try jazz, tap, ballet, creative movement, hip hop and more! A great introduction to the world of dance!	Try out many of the styles of dance that you see on the popular television show and learn some awesome choreography. A great introduction or extension into the world of dance! No experience necessary.
<b>Ages</b>	4 to 6 years	7 to 10 years
<b>Day &amp; Time</b>	Saturday 12:00 to 12:45pm	Saturday 1:00 to 1:45pm
<b>Session Dates</b>	March 1 to April 5 (no classes March 29)	
<b>Program #</b>	8224	8227
<b>Cost</b>	\$50	\$50
<b># of classes</b>	5	5



**Please note that all of our dance classes except for dance & play are unparented and parents/ caregivers are not permitted to stay in the program space unless the instructor requests.**



## Child & Youth Programs cont'd



### Saturday Dance Instructor: Puddle of Mud

Spring 2			
Class Name	Dance & Play (parented)	Little Ballerinas	Primary Ballet
<b>Description</b>	We will sing, dance, use props and play games. This is a parented class for toddlers and a care giver.	Introduction to ballet.	Next step ballet.
<b>Ages</b>	2 to 3 years	3 to 4 years	4 to 6 years
<b>Day &amp; Time</b>	Saturday 9:15 to 10:00am	Saturday 10:15 to 10:45am	Saturday 11:00 to 11:45am
<b>Session Dates</b>	May 3 to June 21 (no classes May 17)		
<b>Program #</b>	8219	8221	8223
<b>Cost</b>	\$70	\$52	\$70
<b># of classes</b>	7	7	7

Spring 2		
Class Name	Primary Hip Hop	Hip Hop Fusion
<b>Description</b>	An introduction to Hip Hop	Next step Hip Hop but suitable for beginners
<b>Ages</b>	4 to 6 years	7 to 10 years
<b>Day &amp; Time</b>	Saturday 12:00 to 12:45pm	Saturday 1:00 to 1:45pm
<b>Session Dates</b>	May 3 to June 21 (no classes May 17)	
<b>Program #</b>	8225	8226
<b>Cost</b>	\$70	\$70
<b># of classes</b>	7	7

**Please note that all of our dance classes except for dance & play are unparented and parents/ caregivers are not permitted to stay in the program space unless the instructor requests.**



## Child & Youth Programs cont'd

### Sportball: Indoor Multisport



In our Multisport classes, children learn the fundamentals of different sports each week in a fun, stress-free, non-competitive setting. If you're looking for a way to give your child a well-rounded sports-base, that promotes their independence and leaves room for specialization later, look no further.



	Spring 1	Spring 2
<b>Ages</b>	3 to 5 years (unparented)	
<b>Day &amp; Time</b>	Sunday 11:50am to 12:45pm	
<b>Session Dates</b>	March 2 to April 13 (no class March 30)	May 4 to June 15 (no class May 18)
<b>Program #</b>	8168	8186
<b>Cost</b>	\$110	\$110
<b># of classes</b>	6	6

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### Sportball: Outdoor Soccer & T-Ball



The first half of classes are dedicated to dribbling, shooting, passing and scoring in soccer. Coaches will then focus on throwing, catching, batting, running bases and fielding, all skills that are built into our play-based T-Ball programming. **Program fee includes a jersey and soccer ball for each participant.**

<b>Ages</b>	3 to 5 years unparented	6 to 8 years Unparented
<b>Day &amp; Time</b>	Monday 5:00 to 5:55pm	Monday 6:45 to 7:40pm
<b>Session Dates</b>	May 5 to June 23 (no class May 19)	
<b>Program #</b>	8199	8200
<b>Cost</b>	\$160	\$160
<b># of classes</b>	7	7

## Child & Youth Programs cont'd



### Taekwon Do (ITF) Instructors: Paul & Drew Prakash

Class Name	Beginner	Junior	Senior
<b>Description</b>	An introduction to martial arts and basic techniques.	This class is for participants who are ready to move from the beginner class and continue their training.	An introduction to more advanced self-defense and competition sparring designed for teens and adults. Martial arts experience not required.
<b>Ages</b>	5 years and older	9 years and older	12 years or older
<b>Day &amp; Time</b>	Wednesday 5:30 to 6:15pm	Wednesday 6:15 to 7:00pm	Wednesday 7:00 to 8:00pm
<b>Session Dates</b>	April 2 to June 18 (no classes May 14 & 21)		
<b>Program #</b>	8189	8190	8191
<b>Cost</b>	\$115	\$115	\$125
<b># of classes</b>	10	10	10



### Tennis (Tuesdays; Spring 2 only) Instructor: Coach Willie with Community Tennis & Fitness

Class Name	Red Ball	Orange Ball	Youth
<b>Description</b>	An introduction to tennis.	For both new players and those that have completed Red Ball.	For both new players and those that have completed Orange Ball.
<b>Ages</b>	5 to 7 years	8 to 10 years	11 to 14 years
<b>Day &amp; Time</b>	Tuesday 4:00 to 5:00pm	Tuesday 5:05 to 6:05pm	Tuesday 7:10 to 8:10pm
<b>Session Dates</b>	May 6 to June 24		
<b>Program #</b>	8195	8196	8197
<b>Cost</b>	\$135	\$135	\$135
<b># of classes</b>	8	8	8

**Participants must have their own tennis racquets.**



## Child & Youth Programs cont'd



### Tennis (Saturdays) Instructor: Coach Willie with Community Tennis & Fitness

Spring 1			
Class Name	Red Ball	Orange Ball	Youth
<b>Description</b>	An introduction to tennis.	For both new players and those that have completed Red Ball.	For both new players and those that have completed Orange Ball.
<b>Ages</b>	5 to 7 years	8 to 10 years	11 to 14 years
<b>Day &amp; Time</b>	Saturday 10:10 to 11:10am	Saturday 11:15am to 12:15pm	Saturday 12:20 to 1:20pm
<b>Session Dates</b>	March 1 to April 5 (no classes March 29)		
<b>Program #</b>	8166	8164	8172
<b>Cost</b>	\$85	\$85	\$85
<b># of classes</b>	5	5	5

Spring 2			
Class Name	Red Ball	Orange Ball	Youth
<b>Description</b>	An introduction to tennis.	For both new players and those that have completed Red Ball.	For both new players and those that have completed Orange Ball.
<b>Ages</b>	5 to 7 years	8 to 10 years	11 to 14 years
<b>Day &amp; Time</b>	Saturday 10:10 to 11:10am	Saturday 11:15am to 12:15pm	Saturday 12:20 to 1:20pm
<b>Session Dates</b>	May 3 to June 21 (outdoor only May 10, no classes May 17)		
<b>Program #</b>	8192	8193	8194
<b>Cost</b>	\$115	\$115	\$115
<b># of classes</b>	7	7	7

**Participants must have their own tennis racquets.**

## Adult Programs



### Cardio Tennis

Instructor: Willie Jung from Community Tennis and Fitness



Cardio Tennis is a high energy fitness that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

	Spring 1	Spring 2
<b>Ages</b>	16 years and older	
<b>Day &amp; Time</b>	Saturday 9:00 to 10:00am	
<b>Session Dates</b>	March 1 to April 5 (no classes March 29)	May 3 to June 21 (outdoor only) May 10, no classes May 17)
<b>Program #</b>	8156	8180
<b>Cost</b>	\$85	\$115
<b># of classes</b>	5	7



### Adult Tennis (Spring 2 only)

Instructor: Willie Jung from Community Tennis and Fitness Inc.

Class Name	Beginner Adult	Intermediate Adult
<b>Description</b>	An introduction to tennis.	For adults who have completed our beginner tennis program or have some tennis experience and are looking to grow their skills and sharpen their game.
<b>Ages</b>	16+ years	16+ years
<b>Day &amp; Time</b>	Sunday 6:00 to 7:00pm	Sunday 7:05 to 8:05pm
<b>Session Dates</b>	May 4 to June 22 (no classes May 18)	
<b>Program #</b>	8207	8208
<b>Cost</b>	\$115	\$115
<b># of classes</b>	7	7

## Adult Programs cont'd

### Registered Adult Drop In Programs (18+ years)



Designed specifically to give adults a little time to themselves. We offer several sports and all participants must be at least 18 years of age.



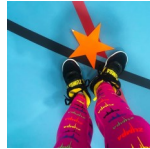
Class Name	Soccer	Badminton	Basketball	Volleyball
Day & Time	Sunday 9:00 to 10:30am	Sunday 7:00 to 8:15pm	Sunday 8:30 to 9:45pm	Tuesday 8:15 to 9:45pm
Session Date	March 30 to June 22	March 30 to June 22	March 30 to June 22	April 1 to June 24
Program #	8152	8146	8147	8153
Cost	\$20	\$20	\$20	\$20
# of classes	13 weeks	13 weeks	13 weeks	13 weeks

Class Name	Pickleball (M/W/F)*	Pickleball (T/Th)*	Tennis/Pickleball	Floor Hockey
Day & Time	Monday, Wednesday & Friday 9:00 to 10:30am	Tuesday & Thursday 12:30 to 2:00pm	Wednesday 8:15 to 9:45pm	Thursday 8:15 to 9:45pm
Session Date	March 31 to June 27	April 1 to June 26	April 2 to June 25	April 3 to June 26
Program #	8149	8150	8151	8148
Cost	\$30	\$25	\$20	\$20
# of classes	13 weeks	13 weeks	13 weeks	13 weeks

**\*register for either M/W/F or T/Th Pickleball NOT both**

## Adult Programs cont'd

### Fitness Class Mash Up



Come join us for a different class each week or every week for your favourites. Classes are registered for individually and drop-ins and non-members are accommodated if space permits. 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. All levels welcome. Participants must bring their own mat to each class and be 16 years or older.

**Non-member registrations are non-refundable.**

Class Name	Modern Line Dancing	Functional HIIT	Barre, Legs, Butt &	Vinyasa Yoga
<b>Instructor</b>	Pam Wenzel	Ameira Steidl	Rachel Davidson	Holly Dalgleish
<b>Description</b>	Learn some easy to follow two and four wall line dances, Salsas, Cha-Chas, and even some Disco all to a variety of upbeat songs: some current, some oldies and yes, a little country.	Functional movement that alternate short bursts of intense exercise with low intensity recovery periods.	A full body workout and will incorporate the ballet barre and strength exercises to make the perfect workout.	Combines movement and breath in a fluid way that focuses on gaining flexibility, building strength, tied together with mindfulness.
<b>Ages</b>	16+ years	16+ years	16+ years	16+ years
<b>Day &amp; Time</b>	Monday 1:00 to 2:00pm	Monday 7:00 to 8:00pm	Tuesday 9:15 to 10:15am	Wednesday 7:30 to 8:30pm
<b>Cost</b>	\$10/class	\$10/class	\$10/class	\$10/class

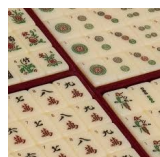
Class Name	Gentle Stretch	Body Tuning	Zumba
<b>Instructor</b>	Rachel Davidson	Michelle Hines	Lynn Ann Goodings
<b>Description</b>	Increase muscle control, flexibility and range of motion with this dedicated stretching class.	High muscular endurance combined with high reps, sets, and rest to see results.	Combines dance and fitness moves. Inspired by Latin dance and music.
<b>Ages</b>	16+ years	16+ years	16+ years
<b>Day &amp; Time</b>	Thursday 10:00 to 11:15am	Thursday 7:00 to 8:00pm	Thursday 7:00 to 8:00pm
<b>Cost</b>	\$12.50/class	\$10/class	\$10/class

## Pickleball Clinics Instructor: Willie Jung

Come play Pickleball in our gym. Our beginner classes will focus on learning the game, basic strokes, scoring and court etiquette. Our intermediate classes are for those who know how to play the game and are looking to develop and improve skills. Participants must be 16 years and older. We have a limited number of racquets available to borrow. It is recommended participants bring their own. All other equipment will be provided. Come see what all the buzz is about. Please only register for one session as spaces are limited.



	Beginner	Intermediate
<b>Ages</b>	16+ years	16+ years
<b>Day &amp; Time</b>	Saturday 9:30 to 11:00am	Saturday 11:30 am to 1:00pm
<b>Workshop Date</b>	April 26	April 26
<b>Program #</b>	8275	8276
<b>Cost</b>	\$15	\$15



## Play Mahjong (Official Chinese Rules)

Join us at the Tuscany Club for our Play Mahjong program and experience the charm of this traditional Chinese game! Whether you're a beginner eager to learn the rules or an experienced player looking to practice your skills, everyone is welcome. Enjoy a friendly and relaxed environment where you can meet new people and share the joy of Mahjong. All supplies and complimentary coffee and tea included.

*\*If you are new to Mahjong and looking to learn how to play this version, please email [recreation@tuscanyclub.ca](mailto:recreation@tuscanyclub.ca) to express interest in lessons.\**

	Morning	Afternoon
<b>Ages</b>	18+ years	18+ years
<b>Day &amp; Time</b>	Tuesday 9:30am to 12:00pm	Tuesday 12:30 to 3:00pm
<b>Session Dates</b>	April 1 to June 24	
<b>Program #</b>	8279	8280
<b>Cost</b>	\$26	\$26
<b># of classes</b>	13	13

## Sunday Yin Yoga Instructor: Holly Dalglish



This practice will include a series of supported, long relaxed holds that target the connective tissues. Designed to be a slower paced practice encouraging you to tune inward and listen to the feedback in your body and mind.

<b>Ages</b>	16+ years
<b>Day &amp; Time</b>	Sunday 6:00 to 7:00pm
<b>Workshop Date &amp; Program #</b>	March 9 #8211 April 6 #8212 May 4 #8213 June 1 #8214
<b>Cost</b>	\$10/class

# Tuscany RESIDENTS ASSOCIATION

Tuscany Residents Association  
212 Tuscany Way NW  
Phone: 403-241-6402  
Fax: 403-241-6441

E-mail: [customerservice@tuscanyclub.ca](mailto:customerservice@tuscanyclub.ca)



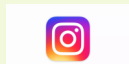
As a property owner in the community of Tuscany you are automatically a member of the Tuscany Residents Association (TRA). The TRA is a not-for-profit organization which manages assets owned by the association for the benefit of Tuscany residents. The TRA annual fees support the maintenance of the Tuscany Club facility, the surrounding park space and outdoor facilities, several decorative corners, TRA events and activities and the Tuscany Connect website. Benefits of membership include access to the Tuscany Club facility, tennis courts, hockey rink, skating oval, splash park, skatepark, outdoor volleyball court and green spaces.

For more information on TRA programs and events, please visit our website:

[www.tuscany-connect.com](http://www.tuscany-connect.com)



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