



Fall 2025 Program Guide

Fall 1: September 6 to October 31

Fall 2: November 1 to December 19

REGISTRATION OPENS
August 1, 2025 at 9:00am

212 Tuscany Way NW, Calgary, AB T3L 2J6

Phone: 403-241-6402

www.tuscany-connect.com

FALL 2025

Hours of Operation

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

- 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 Out of School Care (Grades K-6)



Interested in renting our space?

Contact our Rentals Coordinator:
rentals@tuscanyclub.ca

FALL 2025

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Winter Program Guide Available:

Monday, November 24th, 2025

Registration Opens:

Friday, November 28th, 2025 @ 9am

FALL 2025

Tuscany Club Directory

General Manager	Chris Tomiyama <u>generalmanager@tuscanyclub.ca</u>
Facility/Parks Manager	Aju Paul <u>facilitymanager@tuscanyclub.ca</u>
Administration Manager	Melinda Becskei <u>administration@tuscanyclub.ca</u>
Recreation Manager	Megan Vavra <u>recreation@tuscanyclub.ca</u>
Assistant Manager	Wei Niu <u>assistantmanager@tuscanyclub.ca</u>
Administration Coordinator	Bolor Gerel <u>admincoordinator@tuscanyclub.ca</u>
Early Explorers Coordinator	Michelle Austie <u>earlyexplorers@tuscanyclub.ca</u>
Out of School Care Coordinator	Amy Pham <u>oosc@tuscanyclub.ca</u>
General Inquiries	<u>customerservice@tuscanyclub.ca</u>
Room Rental Inquiries	Drew Prakash <u>rentals@tuscanyclub.ca</u>

FALL 2025

Tuscany Club Member Information

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

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/
2. Enter all required fields
3. You will receive email confirmation when your account is activated.

For assistance email assistantmanager@tuscanyclub.ca

Want to bring guests to use the 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.

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. Photo identification is required to sign in for each 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.**

FALL 2025

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

Special Events



Outdoor Family Movie Night

A fabulous way to say farewell to Summer and kick off the new school year. Watch for more information on time, movie selection and activities in August.

Friday
September 5th
5:00pm to 9:00pm



Community Clean Up Day

For the second year in a row, we will hold our Community Clean Up in September. Watch for more information in August on what vendors and trucks we will have this year.

Sunday
September 14th
9:00am to 2:00pm



Children's Halloween Spooktacular

Celebrate Halloween at the Tuscany Club with a safe, fun and free Halloween party! Games, treats, crafts and more! Fun for the whole family. This event is open to all of our members and their guests and is free to attend.

Saturday
October 25th
11:00am to 2:00pm



Holiday Light Up

Come join us for the turning on of our Christmas lights for the first time for 2025 and celebrate the start of the holiday season. Weather permitting, there will be skating, food trucks and other outdoor activities.

Friday
November 14th
4:00 to 7:00pm



Holiday Extravaganza

Join us for our Holiday Craft & Bake Sale (40 vendors) and take in Santa's Village all on the same day. Photos with Santa, crafts, baking and more! Registration for the Bake Sale opens Monday, October 6th at 9:00am for members (\$45/table) and Monday, November 3rd for non-members (\$55/table). All registrations are done in person at the Club.

Saturday
December 6th
10:00am to 2:00pm

Thank You to Our Event Sponsors

The TRA would like to thank all our sponsors and partners that come together to support our events. We are grateful for their collaboration and commitment to the community of Tuscany.

Interested in becoming a sponsor and would like the opportunity to become more involved in our community events? Please email recreation@tuscanyclub.ca or view our sponsorship package online at www.tuscany-connect.com



Sponsorship Opportunities

The TRA would like to invite you to take this opportunity to become more involved in our community events. By sponsoring one or more of our special events, you will increase exposure and recognition of your business and have a positive impact on our residents.

Please email recreation@tuscanyclub.ca or view our sponsorship package online at www.tuscany-connect.com

Want to Volunteer?

The Tuscany Club organizes multiple large events throughout the year, as well as a number of smaller activities that could use volunteer support. We are always seeking generous individuals who are willing to get involved in the community.

If you are interested in volunteering for any of these events, please contact us either by emailing your details to eventscoordinator@tuscanyclub.ca or stop by the Tuscany Club in person.

Thank you for your support!

Free Drop in Programs



Open Gym

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

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

Visit:
www.tuscany-connect.com to view schedule



Family Gym Time/Rentals

Family gym time is free shared space and all children/youth under 12 years must be accompanied by an adult.

To rent the gym during these times and for more information, please email rentals@tuscanyclub.ca

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



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

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



50+ Drop In Times

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

Wednesdays
1:00 to 3:00pm

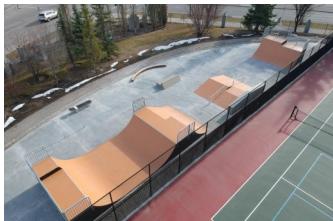
Non-members are welcome

Outdoor Amenities



Splash Park

Our splash park is open daily from 9:00am to 9:45pm, weather permitting. Tables are by first come first serve only and guests are permitted. We ask that you take a moment to review our posted guidelines for safe use of the Splash Park each visit.



Skate Park

Our permanent skatepark is just east of the tennis courts. It is open daily from 9:00am to 9:45pm and all users and their guests must check in at the front desk to access the park. Safety equipment is recommended.



Tennis & Pickleball Courts

We have two outdoor tennis courts with two pickleball courts on each! The courts are open 9am to 9:45pm daily by reservation only. Guests are permitted and updated schedules can be found at www.tuscany-connect.com. Reservations open Friday mornings at 9:00am for the following week Monday to Sunday. Email bookings@tuscanyclub.ca to make a request.



Outdoor Basketball, Hockey, Lacrosse (multi-use space)

Our rink space is multi-purpose in Summer. There are basketball courts within our hockey rink and roller blades are permitted in the court space. It is open 9:00am to 9:45pm daily on a first come first serve basis.



Playground

Adventure awaits at our playground, designed for kids ages 2-12! With towering slides, engaging climbing structures, and plenty of space to explore, this area promises endless fun. Open year-round, it's the perfect spot for kids to move, imagine, and create joyful memories.

Children under 12 years of age must be accompanied by an adult and directly supervised at all times while using ANY/ALL of the park amenities.

How to Register for Programs

1

Online

Login: 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 Ext. 111**

Hours: **9:00am to 10:00pm daily**

Payment By: **Credit Card only**

Questions?

Call: 403-241-6402

Email: 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

- 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 \$25 fee.

Questions?

Call: 403-241-6402

Email: 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:

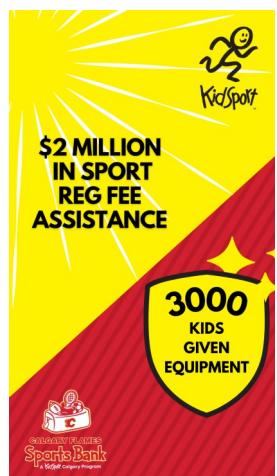


Kidsport Grant Information



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



Child & Youth Programs cont'd



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.

Ages	9 to 13 years
Date & Time	Saturday, November 8 9:30am to 2:30pm
Program #	8460
Cost	\$75
# of classes	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.

Ages	11+ years
Date & Time	Sunday, November 9 9:30am to 4:30pm
Program #	8461
Cost	\$90
# of classes	1

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.



Fall Session

Ages	6 to 8 years	9 to 12 years
Day & Time	Thursday 4:30 to 5:30pm	Thursday 5:30 to 6:30pm
Session Dates	September 11 to November 6th	
Program #	8454	8455
Cost	\$95	\$95
# of classes	9	9

Child & Youth Programs cont'd



Saturday Dance

Instructor: Puddle of Mud

Fall 1 Session

Class Name	Little Ballerinas Beginner	Little Ballerinas Advanced	Primary Ballet
Description	An introduction to Ballet	For little Ballerinas who have already done at least one session of beginner	Next step Ballet
Ages	3 to 4 years	3 to 4 years	4 to 6 years
Day & Time	Saturday 9:15 to 9:45am	Saturday 10:00 to 10:30am	Saturday 10:45 to 11:30am
Session Dates	September 6 to October 18 (no classes October 11)		
Program #	8499	8500	8501
Cost	\$45	\$45	\$60
# of classes	6	6	6

Class Name	Primary Hip Hop	Dance Explosion	Hip Hop Fusion
Description	An introduction to Hip Hop	A different style of dance introduced each week	Next step Hip Hop but suitable for beginners
Ages	4 to 6 years	4 to 6 years	7 to 10 years
Day & Time	Saturday 11:45am to 12:30pm	Saturday 12:45 to 1:30pm	Saturday 1:45 to 2:30pm
Session Dates	September 6 to October 18 (no classes October 11)		
Program #	8502	8503	8504
Cost	\$60	\$60	\$60
# of classes	6	6	6



Child & Youth Programs cont'd



Saturday Dance

Instructor: Puddle of Mud

Fall 2 Session

Class Name	Little Ballerinas Beginner	Little Ballerinas Advanced	Primary Ballet
Description	An introduction to Ballet	For little Ballerinas who have already done at least one session of beginner	Next step Ballet
Ages	3 to 4 years	3 to 4 years	4 to 6 years
Day & Time	Saturday 9:15 to 9:45am	Saturday 10:00 to 10:30am	Saturday 10:45 to 11:30am
Session Dates	November 1 to December 13 (no classes December 6)		
Program #	8505	8506	8507
Cost	\$45	\$45	\$60
# of classes	6	6	6

Class Name	Primary Hip Hop	Dance Explosion	Hip Hop Fusion
Description	An introduction to Hip Hop	A different style of dance introduced each week	Next step Hip Hop but suitable for beginners
Ages	4 to 6 years	4 to 6 years	7 to 10 years
Day & Time	Saturday 11:45am to 12:30pm	Saturday 12:45 to 1:30pm	Saturday 1:45 to 2:30pm
Session Dates	November 1 to December 13 (no classes December 6)		
Program #	8508	8509	8510
Cost	\$60	\$60	\$60
# of classes	6	6	6



Child & Youth Programs cont'd



Triple Fun!

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



Tuesday Dance & Theatre

Instructor: Puddle of Mud

	Fall 1	Fall 2
Ages	3 to 5 years	3 to 5 years
Day & Time	Tuesday 4:15-5:15pm	Tuesday 4:15-5:15pm
Session Dates	September 9 to October 28 (No class Sep 30)	November 4 to December 16 (No class Nov 11)
Program #	8486	8494
Cost	\$75	\$65
# of classes	7	6

Musical Theatre

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



	Fall 1	Fall 2
Ages	6 to 10 years	6 to 10 years
Day & Time	Tuesday 5:30-6:30pm	Tuesday 5:30-6:30pm
Session Dates	September 9 to October 28 (No class Sep 30)	November 4 to December 16 (No class Nov 11)
Program #	8489	8496
Cost	\$75	\$65
# of classes	7	6

Tween Musical Theatre

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

	Fall 1	Fall 2
Ages	11 to 14 years	11 to 14 years
Day & Time	Tuesday 6:45-7:45pm	Tuesday 6:45-7:45pm
Session Dates	September 9 to October 28 (No class Sep 30)	November 4 to December 16 (No class Nov 11)
Program #	8497	8498
Cost	\$75	\$65
# of classes	7	6

Child & Youth Programs cont'd

Early Explorers Programs (1 hour & 2 Hour)

Instructors: Michelle Austie (Ludbrook) & Deborah Fournchalk

Important Dates for Early Explorers Registration

Session	Dates	Registration Dates
Winter-1 hour	January 6-February 26 (8 weeks)	November 28, 2025
Winter-2 hour	December 1– February 27 (No Class December 22-Jan2, Feb 16)	August 1, 2025



Early Explorers 1 Hour Programs

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

Fall 1 Session

Class Name	Fun-Tastic Fall!	Alphabet Soup!
Ages	2 to 3 years	2 to 3 years
Day & Time	Tuesday 9:30 to 10:30am	Thursday 9:30 to 10:30am
Session Dates	September 9 to October 28 (No class Sep 30)	September 11 to October 30
Program #	8456	8457
Cost	\$75	\$85
# of classes	7	8

Fall 2 Session

Class Name	Getting Ready for Winter	Counting Capers
Ages	2 to 3 years	2 to 3 years
Day & Time	Tuesday 9:30 to 10:30am	Thursday 9:30 to 10:30am
Session Dates	November 4 to December 16 (No class Nov 11)	November 6 to December 18
Program #	8458	8459
Cost	\$65	\$75
# of classes	6	7

Child & Youth Programs cont'd

Early Explorers 2 hour Programs

Instructors: Michelle Ludbrook & Deborah Fourchalk



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. Register for one session at a time or all three.

Fall Session

Day	Monday	Wednesday	Friday
Time	9:30 to 11:45am	9:30 to 11:45am	9:30 to 11:45am
Ages	3 to 5 years	3 to 5 years	3 to 5 years
Session Dates	September 8 to November 24 (No class Oct 13)	September 10 to November 26	September 12 to November 28
Program #	8425	8426	8427
Cost	\$262	\$285	\$285
# of classes	11	12	12

Winter Session

Day	Monday	Wednesday	Friday
Time	9:30 to 11:45am	9:30 to 11:45am	9:30 to 11:45am
Ages	3 to 5 years	3 to 5 years	3 to 5 years
Session Dates	December 1 to February 23 *No class Dec 22 & 29, Feb 16*	December 3 to February 25 *exceptions Dec 24 & Dec 31*	December 5 to February 27 *exceptions Dec 26 & Jan 2*
Program #	8511	8512	8513
Cost	\$240	\$265	\$265
# of classes	10	11	11

Child & Youth Programs cont'd



Karate

Instructor: Kris Head



Class Name	Beginner	Junior	Senior
Description	Mulit-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.	Instructors recommendation after completing Junior class.
Ages	5 years and older	6 years and older	8 years or older
Day & Time	Monday 6:00 to 6:50pm	Monday 7:00 to 7:50pm	Monday 8:00 to 8:50pm
Session Dates	September 8 to December 15 (no classes Oct 13)		
Program #	8451	8452	8453
Cost	\$158	\$158	\$158
# of classes	14	14	14



Taekwon Do (ITF)

Instructors: Paul & Drew Prakash

Class Name	Beginner	Junior	Senior
Description	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.
Ages	5 years and older	9 years and older	12 years or older
Day & Time	Wednesday 5:30 to 6:15pm	Wednesday 6:15 to 7:00pm	Wednesday 7:00 to 8:00pm
Session Dates	September 10 to December 17		
Program #	8441	8442	8443
Cost	\$170	\$170	\$190
# of classes	15	15	15

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.



	Fall 1	Fall 2
Ages	3 to 5 years (unparented)	3 to 5 years (unparented)
Day & Time	Sunday 11:50am to 12:45pm	Sunday 11:50am to 12:45pm
Session Dates	September 7 to October 26 (no class Oct 12)	November 2 to December 14
Program #	8476	8477
Cost	\$115	\$115
# of classes	7	7

Child & Youth Programs cont'd



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

Fall 1 Session

Class Name	Red Ball	Orange Ball	Youth
Description	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
Ages	5 to 7 years	8 to 10 years	11 to 14 years
Day & Time	Saturday 10:10 to 11:10am	Saturday 11:15am to 12:15pm	Saturday 12:20 to 1:20pm
Session Dates	September 6 to October 18 (no classes October 11)		
Program #	8466	8467	8468
Cost	\$100	\$100	\$100
# of classes	6	6	6

Fall 2 Session

Class Name	Red Ball	Orange Ball	Youth
Description	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
Ages	5 to 7 years	8 to 10 years	11 to 14 years
Day & Time	Saturday 10:10 to 11:10am	Saturday 11:15am to 12:15pm	Saturday 12:20 to 1:20pm
Session Dates	November 1 to December 13 (no classes December 6)		
Program #	8469	8470	8471
Cost	\$100	\$100	\$100
# of classes	6	6	6

Participants must have their own tennis racquets. Fall Tennis programs will take place outside as long as the weather permits and move inside when inclement weather occurs.

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.

Ages	0 to 3 years parented
Day & Time	Tuesday & Thursday 10:30am to 12:00pm
Session Dates	September 9 to December 18 (No class Sep 30, Nov 11)
Program #	8462
Cost	\$20
# of classes	15 (weeks)



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.

	Fall 1	Fall 2
Ages	2 to 3 years parented	2 to 3 years parented
Day & Time	Sunday 11:00 to 11:45am	Sunday 11:00 to 11:45am
Session Dates	September 7 to October 26 (no class Oct 12)	November 2 to December 14
Program #	8464	8465
Cost	\$115	\$115
# of classes	7	7

Parented Programs Cont'd

Parent & Baby Yoga ** NEW

This six week series for parents & babies is a space to connect in with yourself, your baby and a community of others who are on this journey alongside you.

Come with an open mind as this will likely be the cutest and most unpredictable yoga class you've attended. Diaper changes, feeds and crying all welcomed as we are all in the same boat. All you have to do is show up.

Bring your little one (age 6 weeks up to crawling) and come practice with Kristy, a fellow mama of three and allow this practice to support to your experience postpartum.

Fall 1: Parent & Baby Yoga ** NEW

Ages	6 weeks to crawling- parented
Day & Time	Mondays 10:00am-11:00am
Session Dates	September 15 to October 27 (No class Oct. 13)
Program #	8523
Cost	\$60
# of classes	6 (weeks)

Fall 2: Parent & Baby Yoga ** NEW



Ages	6 weeks to crawling- parented
Day & Time	Mondays 10:00am-11:00am
Session Dates	November 3 to December 15th
Program #	8618
Cost	\$70
# of classes	7 (weeks)

Adult Programs



Cardio Tennis
Instructor: Willie Jung from Community Tennis and Fitness Inc.



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

	Fall 1	Fall 2
Ages	16 years and older	16 years and older
Day & Time	Saturday 9:00 to 10:00am	Saturday 9:00 to 10:00am
Session Dates	September 6 to October 18 (no classes October 11)	November 1 to December 13 (no classes December 6)
Program #	8472	8473
Cost	\$100	\$100
# of classes	6	6



Adult Tennis (Fall 1 only)
Instructor: Willie Jung from Community Tennis and Fitness Inc.

Class Name	Beginner Adult	Intermediate Adult
Description	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.
Ages	16+ years	16+ years
Day & Time	Tuesday 6:00-7:00pm	Tuesday 7:10 to 8:10pm
Session Dates	September 9 to October 21 (No class Sep 30)	
Program #	8474	8475
Cost	\$100	\$100
# of classes	6	6

Participants must have their own tennis racquets. All Fall Adult Tuesday Tennis programs will be outside when weather permits and be cancelled if there is inclement weather. All cancelled classes will be credited back at the end of session.

Adult Programs cont'd

Registered Adult Programs (18+ years)

Our adult recreational programs are designed to provide just that—an opportunity to unwind, stay active, and connect through a variety of sports. All participants must be 18 years or older to register.

Please note the following:

- Fees are charged per individual, not per household.
- Registration is required for all participants.
- Non-members must present a valid photo ID at check-in.
- Children are not permitted to observe in the gym during program session.

Registration Dates: **Members:** Opens August 1st @ 9:00 **Non-members:** Opens August 15 @9:00am

Class Name	Soccer	Badminton	Basketball
Day & Time	Sunday 9:00 to 10:30am	Sunday 7:00 to 8:15pm	Sunday 8:30 to 9:45pm
Session Date	September 7 to December 21	September 7 to December 21	September 7 to December 21
Program #	8463	8479	8480
Member Cost	\$25	\$25	\$25
Non-Member	\$50	\$50	\$50
# of classes	16 weeks	16 weeks	16 weeks

Class Name	Volleyball	Tennis	Floor Hockey
Day & Time	Tuesday 8:15 to 9:45pm	Wednesday 8:15-9:45pm	Thursday 8:15 to 9:45pm
Session Date	September 2 to December 16	September 3 to December 17	September 4 to December 18
Program #	8484	8481	8485
Cost	\$25	\$25	\$25
Non-Member Cost	\$50	\$50	\$50
# of classes	16 weeks	16 weeks	16 weeks

Adult Programs cont'd

Class Name	Pickleball (Monday/Wednesday)	Pickleball (Tuesday/Thursday)	Drop In Pickleball (Friday)
Day & Time	Monday 9:00 to 10:30am Wednesday 9:00-10:30	Tuesday 12:30 to 2:00pm Thursday 12:30 to 2:00pm	Friday 9:00 to 10:30am
Session Date	September 3 to December 17	September 2 to December 18	September 5 to December 19
Program #	8482	8483	N/A
Member Cost	\$35	\$35	N/A
Non-Member	\$55	\$55	N/A
# of classes	16 weeks	16 weeks	16 weeks

Play Mahjong (Official Chinese Rules)

Class Name	Learn to Play Mahjong	Regular Play Mahjong
Description	Come and learn the rules of official Chinese Mahjong. The first 4 weeks will consist of training, followed by joining into the larger group (with support of course!). The fee also includes an official Tuscany Club Mahjong Rules Binder.	This class is for individuals that already know the rules of official Chinese Mahjong. Enjoy a friendly relaxed environment where you can meet new people and share the joy of Mahjong.
Day & Time	Tuesday 12:30-3:00pm	Tuesday 12:30-3:00pm
Session Date	September 9 to December 16 (No class Sep. 30, Nov 11)	September 9 to December 16 (No class Sep. 30, Nov 11)
Program #	8516	8517
Member Cost	\$49	\$39
Non-Member Cost	\$75	\$65
# of classes	13 weeks	13 weeks

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	Functional HIIT	Barre, Legs, Butt & Thighs	Vinyasa Yoga
Instructor	Ameira Steidl	Rachel Davidson	Kristy Karpa
Description	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.
Ages	16+ years	16+ years	16+ years
Day & Time	Monday 7:00 to 8:00pm	Tuesday 9:15 to 10:15am	Wednesday 8:00-9:00pm
Cost	\$10/class	\$10/class	\$10/class

Class Name	Gentle Stretch	Build & Burn	
Instructor	Rachel Davidson	Michelle Hines	
Description	Increase muscle control, flexibility and range of motion with this dedicated stretching class.	Build cardio, strength, and stamina in this one hour high intensity HIT class	
Ages	16+ years	16+ years	
Day & Time	Thursday 10:00 to 11:15am	Thursday 7:00 to 8:00pm	
Cost	\$12.50/class	\$10/class	



Sunday Yin Yoga

Instructor: Holly Dalgleish

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.

Ages	16+ years
Day & Time	Sunday 5:00 to 6:00pm
Workshop Date & Program #	September 28 #8518 October 26 #8519 November 30 #8520 December 14 #8521
Cost	\$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



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

www.facebook.com/yyctuscanyclub/



www.instagram.com/tuscanyclub/

