



Fall 2026 Program Guide

Fall 1: September 7 to October 31

Fall 2: November 1 to December 18

REGISTRATION OPENS:

Tuscany Members: July 31, 2026 at 9:00am

Non-members: August 14, 2026 at 9:00am

212 Tuscany Way NW, Calgary, AB T3L 2J6

Phone: 403-241-6402

www.tuscany-connect.com

FALL 2026

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
2026**

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Winter Program Guide Available:

Monday, November 23rd, 2026

Registration Opens:

Friday, November 27th, 2026 @ 9:00am

**FALL
2026**

Tuscany Club Directory

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

FALL 2026

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** (12 to 17 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 2026

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.

Tuscany
RESIDENTS
ASSOCIATION

Questions?

Call: 403-241-6402 ext.111

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 4th**

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 12th**

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 24th**

11:00am to 2:00pm



Holiday Light Up

Come join us for the turning on of our Christmas lights for the first time for 2026 and celebrate the start of the holiday season. Weather permitting, there will be skating, food trucks and other outdoor activities.

**Friday
November 13th**

5:00 to 7:00pm



Holiday Extravaganza

Join us for our annual Holiday Market and Children's Holiday Hoopla! Shop from a variety of local vendors, discover unique gifts, take a photo with Santa, crafts and more! Registration for the Holiday Market opens Monday, October 5th at 9:00am for members (\$45/table) and Monday, November 2nd for non-members (\$55/table). All registrations are done in person at the Club.

**Saturday
December 5th**

10:00am to 3:00pm

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



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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

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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.

Visit:
**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.

Family Gym Time/Rentals



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

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

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

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

Free Drop in Programs con't



Parent & Tot Playtime (0 to 3 years old)

Enjoy playing and visiting with other tots and parents/ caregiver from the community during this unstructured playtime. Balls, toys, mats, ride-ons and more!

**Tuesdays &
Thursdays
10:30am to 12:00pm**

**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**

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Adult (18+) Volleyball

First come, first serve.
Participants must check in with the Customer Services Representative.

**Tuesdays
8:15 to 9:45pm**

Each weekly timeslot will be maximum of 24 participants. Once the maximum is reached, participants will be turned away at the door.

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18+ and Seniors Handout/Drop In

Join us for a morning of meeting those in our community through conversations and board games.

**Tuesdays
9:00am to 12:15pm**

Please send an email to the address below if you are interested.

Email: tuscanyseniors@gmail.com

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Adult (18+) Pickleball

A fun and friendly opportunity to play with community members of all caliber and skills.

**Fridays
9:00 to 10:30am**

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.

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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.

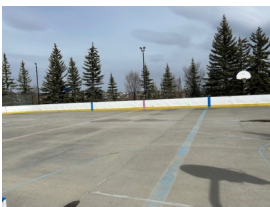
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Tennis & Pickleball Courts

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.

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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.

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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**

(No cash payment are accepted after 4:00pm during weekdays or weekends)

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

Can Non-Members, Tenants and Roommates Register for Programs?

If space permits, non-members can register for a program a minimum of two weeks after the advertised registration date. Photo identification is required to sign in for each program.

How Do Non-Members, Tenants and Roommates Register for Programs?

Non-members must register **in person** or **by phone**:

Phone Number: **403 241 6402 ext. 111**

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

Payment By: **Credit Card only**

If we are busy, please leave a voicemail, and we'll return your call as soon as possible.

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



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 14 9:30am to 2:30pm
Program #	8966
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 15 9:30am to 4:30pm
Program #	8967
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 1 Session

Ages	6 to 8 years	9 to 12 years
Day & Time	Thursday 4:45 to 5:45pm	Thursday 5:45 to 6:45pm
Session Dates	September 10 to October 29	
Program #	9002	9003
Cost	\$95	\$95
# of classes	8	8

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 19 - October 31 (No classes October 10 & 24)		
Program #	8948	8949	8950
Cost	\$45	\$45	\$60
# of classes	5	5	5

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 19 - October 31 (No classes October 10 & 24)		
Program #	8951	8952	8953
Cost	\$60	\$60	\$60
# of classes	5	5	5



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 7 to December 12 (no classes Dec. 5)		
Program #	8954	8955	8956
Cost	\$45	\$45	\$60
# of classes	5	5	5

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 7 to December 12 (no classes Dec. 5)		
Program #	8957	8958	8959
Cost	\$60	\$60	\$60
# of classes	5	5	5



Child & Youth Programs cont'd



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.



	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 8 to October 27 (no class Oct. 13)	November 3 to December 15
Program #	8960	8963
Cost	\$75	\$75
# of classes	7	7

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 8 to October 27 (no class Oct. 13)	November 3 to December 15
Program #	8961	8964
Cost	\$75	\$75
# of classes	7	7

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 8 to October 27 (no class Oct. 13 & Oct. 20)	November 3 to December 15
Program #	8962	8965
Cost	\$65	\$75
# of classes	6	7

Child & Youth Programs cont'd

Early Explorers Programs (1 hour & 2 Hour)

Instructors: Michelle Austie & Deborah Fourchalk

Important Dates for Early Explorers Registration

Session	Dates	Registration Dates
Winter-1 hour	January 5—February 25 (8 weeks)	November 27, 2026
Winter-2 hour	November 30 – February 26 (no class Dec. 21 - Jan 3, Feb 15)	July 31, 2026

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	Autumn Adventures	Things That Go!
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 8 to October 27 (No class Oct. 13)	September 10 to October 29 (No class Oct. 15)
Program #	8939	8940
Cost	\$75	\$75
# of classes	7	7

Fall 2 Session

Class Name	Counting Capers	Winter Is Coming!
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 3 to December 15	November 5 to December 17
Program #	8941	8942
Cost	\$75	\$75
# of classes	7	7

Child & Youth Programs cont'd

Early Explorers 2 hour Programs

Instructors: Michelle Austie & 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 14 to November 23 (no class Oct. 12)	September 9 to November 25 (no class Sep 30, Oct. 14, Nov. 11)	September 11 to November 27 (no class Oct. 16)
Program #	8926	8927	8928
Cost	\$238	\$215	\$265
# of classes	10	9	11

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	November 30 to February 22 *no class Dec. 21 & 28, Feb. 15*	December 2 to February 24 *no class Dec 23 & 30*	December 4 to February 26 *no class Dec 25 & Jan 1*
Program #	8993	8994	8995
Cost	\$240	\$265	\$265
# of classes	10	11	11

Child & Youth Programs cont'd



Karate Instructor: Kris Head



Class Name	Beginner	Junior	Senior
Description	Mult-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 14 to December 14 (no class October 12)		
Program #	8936	8937	8938
Cost	\$158	\$158	\$158
# of classes	13	13	13



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 but less than 12	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 9 to December 16 (no class November 11)		
Program #	8933	8934	8935
Cost	\$170	\$170	\$190
# of classes	14	14	14

Child & Youth Programs cont'd



Sportball: Indoor Multisport (Unparented)

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 13 to October 25 (No class Oct. 11)	November 1 to December 13
Program #	8944	8945
Cost	\$101.25	\$118.13
# of classes	6	7



Sportball: Indoor Multisport (Parented)

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 13 to October 25 (No class Oct. 11)	November 1 to December 14
Program #	8946	8947
Cost	\$101.25	\$118.13
# of classes	6	7

Child & Youth Programs cont'd



Tennis (Saturdays)
Instructor: Coach Mauricio 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 19 to October 31 (no class Oct. 10 & 24)		
Program #	8968	8969	8970
Cost	\$85	\$85	\$85
# of classes	5	5	5

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 7 to December 12 (no class Dec. 5)		
Program #	8971	9009	9010
Cost	\$85	\$85	\$85
# of classes	5	5	5

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 & Baby Yoga

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

Ages	6 weeks to crawling- parented
Day & Time	Mondays 10:00am-11:00am
Session Dates	September 14 to October 16 (no class Oct. 12)
Program #	8991
Cost	\$66
# of classes	6 (weeks)

Fall 2: Parent & Baby Yoga



Ages	6 weeks to crawling- parented
Day & Time	Mondays 10:00am-11:00am
Session Dates	November 2 to December 14
Program #	8992
Cost	\$77
# of classes	7 (weeks)

Adult Programs (18+)



Cardio Tennis

Instructor: Coach Mauricio 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

	Fall 1	Fall 2
Ages	18 years and older	18 years and older
Day & Time	Saturday 9:00 to 10:00am	Saturday 9:00 to 10:00am
Session Dates	September 19 to October 31 (no classes Oct. 10 & 24)	November 7 to December 12 (no classes Dec. 5)
Program #	8972	8973
Cost	\$85	\$85
# of classes	5	5



Adult Tennis (Fall 1 only)

Instructor: Coach Mauricio 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	18+ years	18+ years
Day & Time	Tuesday 6:00-7:00pm	Tuesday 7:10 to 8:10pm
Session Dates	September 8 to October 27	
Program #	8974	8975
Cost	\$135	\$135
# of classes	8	8

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 (18+) 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 July 31st @ 9:00am **Non-members:** Opens August 14 @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 13 to December 20	September 13 to December 20	September 13 to December 20
Program #	8976	8977	8978
Member Cost	\$25	\$25	\$25
Non-Member	\$50	\$50	\$50
# of classes	15 weeks	15 weeks	15 weeks

Class Name	Tennis	Floor Hockey	
Day & Time	Wednesday 8:15-9:45pm	Thursday 8:15 to 9:45pm	
Session Date	September 9 to December 16	September 10 to December 17	
Program #	8979	8980	
Cost	\$25	\$25	
Non-Member Cost	\$50	\$50	
# of classes	15 weeks	15 weeks	

Adult Programs (18+) cont'd

Pickleball

Class Name	Monday/Wednesday	Tuesday/Thursday	Drop In Friday
Day & Time	Monday 9:00 to 10:30am Wednesday 9:00-10:30am	Tuesday 12:30 to 2:00pm Thursday 12:30 to 2:00pm	Friday 9:00 to 10:30am
Session Date	September 9 to December 16	September 8 to December 17	September 11 to December 18
Program #	8996	8997	8998
Member Cost	\$35	\$35	N/A
Non-Member	\$55	\$55	N/A
# of classes	15 weeks	15 weeks	15 weeks

Play Mahjong (Official Chinese Rules)

Class Name	Regular Play Mahjong
Description	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
Session Date	September 8 to December 15 (No class Oct. 13)
Program #	9005
Member Cost	\$39
# of classes	14 weeks

If you are interested in learning how to play Mahjong, please email:
tuscanymahjong@gmail.com

Adult Programs (18+) 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 18 years or older.

Non-member registrations are non-refundable.

Fall 1 Session

Class Name	Functional HIIT	Barre, Legs, Butt & Thighs	Vinyasa Yoga
Instructor	Ameira Steidl	Rachel Davidson	Kristy Karpa
Description	Total Body Strength-every class will use different types of equipment such as medicine balls, or steps and or weights to keep you from getting bored. Class will be high energy and challenge you to work your total body.	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	18+ years	18+ years	18+ years
Day & Time	Monday 7:00 to 8:00pm	Tuesday 9:15 to 10:15am	Wednesday 8:00-9:00pm
Program #	8981	8982	8983
Session Dates	September 14 to October 26 (no class Oct. 12)	September 8 to October 27	September 9 to October 28 (no class Sept. 30 & Oct. 14)
Cost	\$66	\$88	\$66
# of classes	6	8	6



Adult Programs (18+) cont'd

Fitness Class Mash Up

Fall 1 Session cont'd

Class Name	Gentle Stretch	Build & Burn	Prenatal Yoga
Instructor	Rachel Davidson	Michelle Hines	Kristy Karpa
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	Is a nurturing practice to support you through all stages of pregnancy while deepening your connection with your
Ages	18+ years	18+ years	18+ years
Day & Time	Thursday 10:00 to 11:15am	Thursday 7:00 to 8:00pm	Sunday 10:00 to 11:00am
Program #	8984	8985	9000
Session Dates	September 10 to October 29 (no class Oct. 15)	September 10 to October 29	September 20 to October 25 (no class Oct. 11)
Cost	\$77	\$88	\$55
# of classes	7	8	5

Class Name	Chair Yoga		
Instructor	Jane Henderson		
Description	A gentle style of yoga that is accessible to all and done while sitting in a chair or using a chair for support. (Please bring your own mats and straps)		
Ages	18+ years		
Day & Time	Monday 11:30am to 12:30pm		
Program #	9004		
Session Dates	September 14 to October 26 (No class Oct. 12)		
Cost	\$66		
# of classes	6		

Adult Programs (18+) 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 18 years or older.

Non-member registrations are non-refundable.

Fall 2 Session

Class Name	Functional HIIT	Barre, Legs, Butt & Thighs	Vinyasa Yoga
Instructor	Ameira Steidl	Rachel Davidson	Kristy Karpa
Description	Total Body Strength-every class will use different types of equipment such as medicine balls, or steps and or weights to keep you from getting bored. Class will be high energy and challenge you to work your total body.	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	18+ years	18+ years	18+ years
Day & Time	Monday 7:00 to 8:00pm	Tuesday 9:15 to 10:15am	Wednesday 8:00-9:00pm
Program #	8986	8987	8988
Session Dates	November 2 to December 14	November 3 to December 15	November 4 to December 16 (no class Nov. 11)
Cost	\$77	\$77	\$66
# of classes	7	7	6



Adult Programs (18+) cont'd

Fitness Class Mash Up

Fall 2 Session cont'd

Class Name	Gentle Stretch	Build & Burn	Prenatal Yoga
Instructor	Rachel Davidson	Michelle Hines	Kristy Karpa
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	Is a nurturing practice to support you through all stages of pregnancy while deepening your connection with your changing body and baby.
Ages	18+ years	18+ years	18+ years
Day & Time	Thursday 10:00 to 11:15am	Thursday 7:00 to 8:00pm	Sunday 10:00 to 11:00am
Program #	8989	8990	9001
Session Dates	November 5 to December 17	November 5 to December 17	November 1 to December 13
Cost	\$77	\$77	\$77
# of classes	7	7	7

Class Name	Chair Yoga		
Instructor	Jane Henderson		
Description	A gentle style of yoga that is accessible to all and done while sitting in a chair or using a chair for support. (Please bring your own mats and straps)		
Ages	18+ years		
Day & Time	Monday 11:30am to 12:30pm		
Program #	9006		
Session Dates	November 2 to December 14		
Cost	\$77		
# of classes	7		

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/