

# Spring 2026 PROGRAM GUIDE

MARCH 1 TO JUNE 30, 2026



**REGISTRATION OPENS:**

**TUSCANY MEMBERS: FRIDAY JANUARY 30, 2026**

**NON-TUSCANY MEMBERS: FEBRUARY 13, 2026**

212 TUSCANY WAY NW, CALGARY, AB T3L 2J6

PHONE: 403-241-6402

[WWW.TUSCANY-CONNECT.COM](http://WWW.TUSCANY-CONNECT.COM)

# Hours of Operation

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## **BUILDING, PARK & FRONT DESK**

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

## **ADMINISTRATION OFFICE**

Monday- Friday  
9:00am-4:00pm  
(Closed 12:00pm-1:00pm)

# Tuscany Club Features

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- Gymnasium
- Hockey Rink & Skating Oval
- banquet & Meeting rooms
- Fitness & Dance Studios
- Park & 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 at [rentals@tuscanyclub.ca](mailto:rentals@tuscanyclub.ca)

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# Tuscany Club Directory

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

# 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](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 - ALL must have their Membership card in order to access any Tuscany Club indoor and outdoor facilities, or to sign out gym equipment. All individuals will be asked for their membership card/ID or have their membership/registration verified.**

## **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 FACILITY?**

- 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.

## **WANT TO BRING A GUEST WITH YOU TO USE THE INDOOR GYM FACILITY?**

- ***EACH MEMBER may bring one guest***
- 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 can 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 Tuscany 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:

- o Bullying, violence, threats of violence, fighting
- o Profanity or abusive language
- o Use of marijuana or illicit drugs
- o Smoking and/or vaping
- o Possession or use of weapons or firearms
- o Use of cell phones or photography/recording devices in washrooms and/or changerooms
- o Public nudity and/or sexual acts
- o Vandalism and/or theft
- o Playing with fire
- o Playing with the water fountain
- o 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**

**February 16 - 11:00 AM to 2:00 PM**

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.



## **Children's Spring Spectacular**

**March 28 - 11:00 AM to 2:00 PM**

Save the date for this family friendly Spring event. Games, food trucks, activities, an Easter Egg hunt and more. Look for additional updates on our social media platforms as the event date gets closer.



## **Tuscany Club Pickleball Tournament**

**April 16-17, 2026; 9am to 2pm**

Our Tuscany Club pickleball tournament will be held this spring where players of all caliber are invited to this friendly event which will also include an award ceremony on the second day.



## **Spring Market**

**May 9, 2026; 10 am to 2pm**

Come out and shop local. Vendor registration will open for members on Monday, March 9th in person at the Tuscany Club. One table per address. Non-member registration will open on Monday, April 6th for any remaining tables. Table costs TBD. This is an indoor event and will take place in our gym.



## **Tuscany Giant Garage Sale**

**June 13, 2026; 9 am to 3 pm**

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 1st will have their address included on our map and receive a free yellow "garage sale" sign.

# Sponsorship

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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](mailto:recreation@tuscanyclub.ca) or view our sponsorship package online at [www.tuscany-connect.com](http://www.tuscany-connect.com)

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.



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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)

# Volunteer Opportunities

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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](mailto: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](http://www.tuscany-connect.com) to view schedule.



## Family Gym/Rentals

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

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](mailto:rentals@tuscanyclub.ca)



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

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

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.



## 50+ Drop-In

Wednesdays:1:00 to 3:00pm

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

\*Non-members are welcome\*

# FREE DROP-IN PROGRAMS CON'T



## **Parent & Tot Playtime (0 to 3 years old)**

Tuesday & Thursday: 10:30 AM to 12:00 PM

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.**



## **Adult (18+) Volleyball**

Tuesdays - 8:15 PM to 9:45 PM

First come first serve

Participants must check in with the Customer Services Representative.

Each weekly timeslot capped at: 24 (Once the cap is reached, participants will be turned away at the door)



## **Adult (18+) Pickleball**

Fridays - 9:00 AM to 10:30 AM

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

# RINK INFORMATION



## Hockey Rink

Our hockey rink is a shared use space and schedules are posted online and include cleaning and program times.

**Sticks and pucks are permitted on this surface only.**



## Pleasure Rink

Our pleasure rink is also a shared use space and included in our online schedules. **Sticks and pucks are not permitted on this surface at any time.**

## FAQ'S

### Skate Change Room & Outdoor Heated Space

There are two spots on our lower level for users to put their skates on and store their belongings. Our indoor space includes benches, two washrooms, some lockers and a coat rack. Our outdoor space is just outside the skate change room and includes benches and heaters.

### When will there be ice?

When the daytime temperature is  $-5^{\circ}$  Celsius and the night time temperature is  $-10^{\circ}$  Celsius and holds steady for at least one week, we will begin the ice making process.

### Can users shovel off the rink?

No shovels are permitted on the rink; we have staff that will focus on snow removal once the snow has stopped to ensure proper removal for the longevity and maintenance of the ice.

### Is protective equipment required?

Helmets are strongly encouraged for all users.

### Can the rinks be rented?

We do not rent or reserve the rink at any time for private use.

## **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

## 01 Online:

1. Login: [www.tuscany-connect.com](http://www.tuscany-connect.com)
2. Ensure Access is up to date
3. Search for your favourite programs
4. Add the programs to your cart
5. Check out. Payment by credit card only.

## 02 In-Person:

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

## 03 Phone:

(please leave us a voicemail, if we are unable to pickup the phone as we may be assisting other program registrants; we will return your call ASAP)  
Phone Number: 403 241 6402 Ext. 111  
Hours: 9:00am to 10:00pm daily  
Payment By: Credit Card only

**\*\*\*Non-members must register in-person or on the phone\*\*\***

**\*\*Should a program fill up, please ask to be added to the waitlist so that if a spot becomes available or the program capacity is increased, you can be notified\*\***

**\*Please also remain outside of the program room until the start to all staff to clean and setup\***

**Summer Camp Program Guide Available:**

Monday February 23, 2026

**Registration Opens:**

**Tuscany Members: Friday February 27, 2026**

**Non-Tuscany Members: March 13, 2026**

**QUESTIONS?**

Call: 403-241-6402

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

# Program Cancellation Policy

## PROGRAM CANCELLATION

The Tuscan 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.
- **Effective April 1, 2026**, refunds of \$50 or less will only be credited to the household TRA account for members.
- NSF cheques are subject to an additional \$25 fee.



## QUESTIONS?

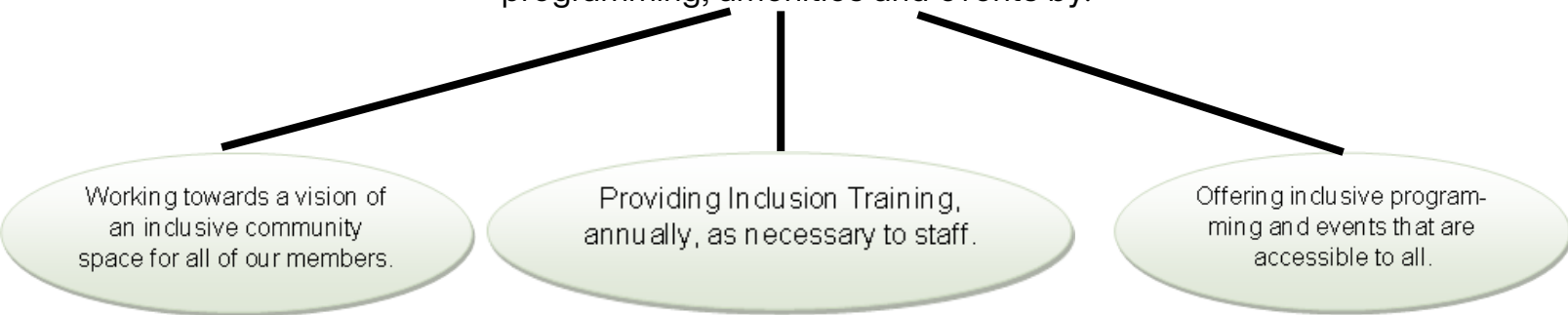
Call: 403-241-6402

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:



# 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 CAMPS

## Full Day Adventure Camp - Puddle of Mud

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.

Prog #	Ages	Time	Dates	Cost	# of Classes
8752	6 to 11 years	9 am to 4 pm	March 23 to 27	\$220	5

## Community Tennis - Half Day Camps Instructor - Mauricio

Prog #	Age	Name	Day	Time	Dates	Cost	# of Classes
8753	5 to 7 Years	Red Ball	M-F	11:45 am to 2:00 pm	March 23-27	\$250	5
8754	8 to 10 years	Orange Ball	M-F	2:15 am to 4:30 pm	March 23-27	\$250	5

## Sportball: Indoor Multisport Camp - Half Day

School's out, and your living room has suddenly turned into a wild jungle of toys, noise, and kids bouncing off the walls like rogue pinballs. You're thrilled to have more time with the little champs but, let's face it, the prospect of keeping them entertained and unglued from their tablet screens, can send even the calmest parent into a mild state of panic. Enter Sportball's Camps — where our game plan includes fun, skill development and new friendships!

Please note that this is an unparented program and parents/caregivers are not permitted to stay in the program space. **Parents are asked to remain outside of the play space to minimize distractions and separation anxiety.**

Prog #	Ages	Time	Dates	Cost	# of Classes
8755	6 to 8 years old	9:00 AM to 11:30 AM	March 23 to 27	\$175	5

# EARLY EXPLORERS PROGRAMS (1 HOUR & 2 HOUR)

## INSTRUCTORS: MICHELLE AUSTIE & DEBORAH FOURCHALK



### 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

Prog #	Class Name	Day	Time	Dates	Cost	# of Classes
8756	Welcome Spring!	T	9:30 AM to 10:30 AM	March 3 to April 28	\$100	9
8758	Rainbow of Colours!	Th	9:30 AM to 10:30 AM	March 5 to April 30	\$100	9

#### Spring 2

Prog #	Class Name	Day	Time	Dates	Cost	# of Classes
8757	Going Buggy!	T	9:30 AM to 10:30 AM	May 5 to June 23	\$90	8
8759	Fly Away with Us!	Th	9:30 AM to 10:30 AM	May 7 to June 25	\$90	8

# EARLY EXPLORERS PROGRAMS (1 HOUR & 2 HOUR)

## INSTRUCTORS: MICHELLE AUSTIE & DEBORAH FOURCHALK

### 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.



### Spring 1

Prog #	Day	Time	Dates	Cost	# of Classes
8760	M	9:30 AM to 11:45 AM	March 2 to April 27 (no classes April 6)	\$200	8
8762	W	9:30 AM to 11:45 AM	March 4 to April 29	\$225	9
8764	F	9:30 AM to 11:45 AM	March 6 to April 24 (no classes April 3)	\$200	8

### Spring 2

Prog #	Day	Time	Dates	Cost	# of Classes
8761	M	9:30 AM to 11:45 AM	May 4 to June 22 (no class May 18)	\$175	7
8763	W	9:30 AM to 11:45 AM	May 6 to June 24	\$200	8
8765	F	9:30 AM to 11:45 AM	May 1 to June 26	\$225	9

# PARENTED PROGRAMS

## 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. **Please note that in the unparented programs and parents/caregivers are not permitted to stay in the program space. Parents are asked to remain outside of the play space to minimize distractions and separation anxiety.**

### Spring 1 - March 1 to April 26 (no class April 5)

Program #	Ages	Day	Time	Cost	# of Classes
8766	2 to 3 years (parented)	Su	11:00 to 11:45 AM	\$135	8
8778	3 to 5 years (unparented)	Su	11:50 AM to 12:45 PM	\$135	8

### Spring 2 - May 3 to June 28 (no class May 17)

Program #	Ages	Day	Time	Cost	# of Classes
8767	2 to 3 years (parented)	Su	11:00 to 11:45 AM	\$135	8
8779	3 to 5 years (unparented)	Su	11:50 AM to 12:45 PM	\$135	8

### Sportball: Outdoor Soccer & T-Ball (Spring 2 only) May 4 to June 22 (no classes May 18)

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. **Please note that in the unparented programs and parents/caregivers are not permitted to stay in the program space. Parents are asked to remain outside of the play space to minimize distractions and separation anxiety.**

Program #	Ages	Day	Time	Cost	# of Classes
8769	2 to 3 years (parented)	M	5:00 PM to 5:40 PM	\$150	7
8782	3 to 5 years (unparented)	M	4:00 PM to 4:55 PM	\$150	7
8781	3 to 5 years (unparented)	M	5:45 PM to 6:40 PM	\$150	7
8783	6 to 8 years (unparented)	M	6:45 PM to 7:40 PM	\$150	7

## Parent & Baby Yoga



This series is 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 (babies aged 6 weeks until they are mobile (scotting or crawling) and come practice with Kristy, a fellow mama of three and allow this practice to support to your experience postpartum.

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8770 (Spring 1)	6 weeks until crawling (parented)	M	10:00 AM to 11:00 AM	March 2 to April 27 (No Classes March 23 and April 6)	\$77	7
8771 (Spring 2)	6 weeks until crawling (parented)	M	10:00 AM to 11:00 AM	May 4 to June 22 (no classes May 18)	\$77	7

# CHILDREN AND YOUTH PROGRAMS

## Basketball - Instructor Steve Quantz

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.

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8772 (Spring 1)	6 to 8 years	Th	4:45 PM to 5:45 PM	March 5 to April 30	\$100	9
8773 (Spring 2)	6 to 8 years	Th	4:45 PM to 5:45 PM	May 7 to June 25	\$90	8
8774 (Spring 1)	9 to 12 years	Th	5:45 PM to 6:45 PM	March 5 to April 30	\$100	9
8775 (Spring 2)	9 to 12 years	Th	5:45 PM to 6:45 PM	May 7 to June 25	\$90	8



## Little Lungs - 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.

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8776	9 to 13 years	S	9:30 AM to 2:30 PM	April 25, 2026	\$80	1

## Little Lungs - 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.

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8777	11+ years	Su	9:30 AM to 4:30 PM	April 26, 2026	\$95	1



# CHILDREN AND YOUTH PROGRAMS CON'T

Youth Tennis (Coach Mauricio with Community Tennis & Fitness)

**Spring 1 - March 7 to April 25 (No Classes on March 28 and April 4)**

Prog #	Age	Name	Description	Day	Time	Cost	# of Classes
8784	5 to 7 Years	Red Ball	Introduction to Tennis	S	10:10 AM to 11:10 AM	\$105	6
8786	8 to 10 years	Orange Ball	For both new players and those that have completed Red Ball	S	11:15 AM to 12:15 PM	\$105	6
8789	11 Years to 14 years	Youth	For both new players and those that have completed Orange Ball	S	12:20 PM to 1:20 PM	\$105	6

**Spring 2- May 2 to June 25 (No Classes on May 9 and May 16)**

Prog #	Age	Name	Description	Day	Time	Cost	# of Classes
8785	5 to 7 Years	Red Ball	Introduction to Tennis	S	10:10 AM to 11:10 AM	\$125	7
8788	8 to 10 years	Orange Ball	For both new players and those that have completed Red Ball	S	11:15 AM to 12:15 PM	\$125	7
8790	11 Years to 14 years	Youth	For both new players and those that have completed Orange Ball	S	12:20 PM to 1:20 PM	\$125	7

## Tuesday Dance and Theatre by Puddle of Mud

Spring 1 - March 3 to April 28

Prog #	Age	Name	Description	Day	Time	Cost	# of Classes
8793	3 to 5 years	Triple Fun	Your budding entertainer will sing, dance and act to simple songs and stories to create mini plays.	T	4:15 PM to 5:15 PM	\$100	9
8795	6 to 10 years	Musical Theatre	Learn all the music, words and dance to a popular musical number incorporating costumes and simple sets.	T	5:30 PM to 6:30 PM	\$100	9
8797	11 to 14 years	Tween Musical Theatre	Musical Theatre for 11-14 years! Keep the creativity flowing.	T	6:45 PM to 7:45 PM	\$100	9

### Spring 2- May 5 to June 23

Prog #	Age	Name	Description	Day	Time	Cost	# of Classes
8794	3 to 5 years	Triple Fun	Your budding entertainer will sing, dance and act to simple songs and stories to create mini plays.	T	4:15 PM to 5:15 PM	\$90	8
8796	6 to 10 years	Musical Theatre	Learn all the music, words and dance to a popular musical number incorporating costumes and simple sets.	T	5:30 PM to 6:30 PM	\$90	8
8798	11 to 14 years	Tween Musical Theatre	Musical Theatre for 11-14 years! Keep the creativity flowing.	T	6:45 PM to 7:45 PM	\$90	8

# CHILDREN AND YOUTH PROGRAMS CONT'D



## Saturday Dance Theatre by Puddle of Mud

Spring 1 - March 7 to April 25 (No Classes on March 28 and April 4)

Prog #	Age	Name	Description	Day	Time	Cost	# of Classes
8799	3 to 4 years	Little Ballerinas Beginner	Introduction to Ballet	S	9:15 AM to 9:45 AM	\$50	6
8803	3 to 4 years	Little Ballerinas Advanced	For little Ballerinas who have already done at least one session of beginner	S	10:00 AM to 10:30 AM	\$50	6
8805	4 to 6 years	Primary Ballet	Next step Ballet	S	10:45 AM to 11:30 AM	\$65	6

Spring 1 - March 7 to April 25 (No Classes on March 28 and April 4)

Prog #	Age	Name	Description	Day	Time	Cost	# of Classes
8801	4 to 6 years	Primary Hip Hop	An introduction to Hip Hop	S	11:45 AM to 12:30 PM	\$65	6
8807	4 to 6 years	Dance Explosion	A different style of dance introduced each week	S	12:45 PM to 1:30 PM	\$65	6
8809	7 to 10 years	Hip Hop Fusion	Next step Hip Hop but suitable for beginners	S	1:45 PM to 2:30 PM	\$65	6

# CHILDREN AND YOUTH PROGRAMS CONT'D



## Saturday Dance Theatre by Puddle of Mud

Spring 2- May 2 to June 27 (No Classes on May 9 and May 16)

Prog #	Age	Name	Description	Day	Time	Cost	# of Classes
8800	3 to 4 years	Little Ballerinas Beginner	Introduction to Ballet	S	9:15 AM to 9:45 AM	\$57	7
8804	3 to 4 years	Little Ballerinas Advanced	For little Ballerinas who have already done at least one session of beginner	S	10:00 AM to 10:30 AM	\$57	7
8806	4 to 6 years	Primary Ballet	Next step Ballet	S	10:45 AM to 11:30 AM	\$75	7

Spring 2- May 2 to June 25 (No Classes on May 9 and May 16)

Prog #	Age	Name	Description	Day	Time	Cost	# of Classes
8802	4 to 6 years	Primary Hip Hop	An introduction to Hip Hop	S	11:45 AM to 12:30 PM	\$75	7
8808	4 to 6 years	Dance Explosion	A different style of dance introduced each week	S	12:45 PM to 1:30 PM	\$75	7
8810	7 to 10 years	Hip Hop Fusion	Next step Hip Hop but suitable for beginners	S	1:45 PM to 2:30 PM	\$75	7

# CHILDREN AND YOUTH PROGRAMS CONT'D

Taekwon Do Instructors - Paul & Drew Prakash

Spring - April 1 to June 17 (no class May 20)

Prog #	Age	Name	Description	Day	Time	Cost	# of Classes
8811	5 Years & Older	Taekwon Do Beginner	An introduction to martial arts and basic techniques.	W	5:30 PM to 6:15 PM	\$135	11
8812	9 Years & Older	Taekwon Do Junior	This class is for participants who are ready to move from the beginner class and continue their training.	W	6:15 PM to 7:00 PM	\$135	11
8813	12 Years & Older	Taekwon Do Senior	An introduction to more advanced self-defense and competition sparring designed for teens and adults. Martial arts experience not required.	W	7:00 PM to 8:00 PM	\$150	11

## Karate Instructor - Kris Head

Spring - March 30 to June 22 (no classes on April 6 and May 18)

Prog #	Age	Name	Description	Day	Time	Cost	# of Classes
8814	5 Years & Older	Karate Beginner	Mult-age class suitable for all ages and encourages families to come together to learn basic karate skills.	M	6:00 PM to 6:50 PM	\$130	11
8815	6 Years & Older	Karate Junior	Must have completed at least one session of Beginner class or have karate experience.	M	7:00 PM to 7:50 PM	\$130	11
8816	8 Years & Older	Karate Senior	Instructors recommendation after completing Junior class.	M	8:00 PM to 8:50 PM	\$130	11

# ADULT PROGRAMS

## Cardio Tennis - Instructor: Coach Mauricio with Community Tennis & 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.

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8791 (Spring 1)	16 Years and Older	S	9:00 AM to 10:00 AM	Mar. 7 to Apr. 25 (No Classes on Mar. 28 and Apr. 6)	\$105	6
8792 (Spring 2)	16 Years and Older	S	9:00 AM to 10:00 AM	May 2 to June 27 (No Classes on May 9 and May 16)	\$125	7

### Adult Tennis (Spring 2 only) Instructor: Coach Mauricio with Community Tennis & Fitness

Beginner - An introduction to Tennis

Intermediate – for adults who have completed the beginner tennis program or have some tennis experience and are looking to grow their skills and sharpen their game

**Spring 2 - May 3 to June 28 (no class May 17)**

Prog #	Class Name	Ages	Day	Time	Cost	# of Classes
8817	Beginner	16 Years and Older	Su	6:00 PM to 7:00 PM	\$145	8
8818	Intermediate	16 Years and Older	Su	7:05 PM to 8:05 PM	\$145	8

### Mahjong (18+) Official Chinese Rules

Registration is required (members and non-members)

**This class is for individuals that already completed the learn to play class in February 2026 or previously  
Spring - March 3 to June 23 (no class March 24)**

Prog #	Name	Description	Day	Time	Member Cost	Non-Member Cost	# of Classes
8819	Learn to Play Mahjong Con't	One instructional class and continue playing with your learn to play classmates from last session	T	10:00 AM to 12:00 PM	\$28	\$53	16

# ADULT PROGRAMS (NON-INSTRUCTIONAL)

## Mahjong (18+) Official Chinese Rules (non-instructional)

Registration is required (members and non-members)

This class is for individuals that already know the rules of official Chinese Mahjong.  
 Substitutes need to know the official Chinese rules for mahjong and will pay a \$2 drop-in fee per class.  
 Spring - March 3 to June 23 (no class March 24)

Prog #	Name	Description	Day	Time	Member Cost	Non-Member Cost	# of Classes
8820	Regular Play Mahjong	Enjoy a friendly game of Mahjong where you can meet new people and have fun.	T	12:00 PM to 3:00 PM	\$25	\$50	16

## Adult Pickleball (18+ Years Old) Non-instructional

Registration required for group 1 and group 2 - Open to members and non-members

Substitutions (members/non-members) are allowed if the registered participant is unable attend.  
 Substitutes must state to the Customer Services Representative who they are subbing in for upon check-in.

Prog #	Name	Day	Time	Dates	Member Cost	Non-Member Cost	# of Classes
8823	Group 1	M/W	9:00 AM to 10:30 AM	March 2 to June 24 (no class March 23 and March 25)	\$25	\$50	32
8824	Group 2	T/Th	12:30 PM to 2:00 PM	March 3 to June 25 (no class March 24 and March 26)	\$25	\$50	32

# ADULT PROGRAMS (NON-INSTRUCTIONAL)

Prog #	Day	Prog Name:	Dates	Time	Member Cost	Non-Member Cost	# of Classes
8821	Su	Badminton	March 1 to June 28	7:00 PM to 8:15 PM	\$25	\$50	18
8822	W	Tennis	March 4 to June 24	8:15 PM to 9:45 PM	\$25	Members only	17
8825	Th	Floor Hockey	March 5 to June 25	8:15 PM to 9:45 PM	\$25	\$50	17

**\*All hockey sticks used in our gym are not allowed to have hockey tape on them.\***

8826	Su	Soccer	March 1 to June 28	9:00 AM to 10:30 AM	\$25	\$50	18
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**\*Soccer substitutes are allowed but must check-in at the desk and indicate who they are substituting for\***

# ADULT PROGRAMS CONT'D

## Fitness Class (18+ Years Old)



Participants must bring their own mat to each class if applicable. **\*\*Advanced registration is required\*\*** A minimum of 5/6 registrants will be required to proceed with the class, classes not meeting the threshold will be cancelled for that session with 72 hours notice. Each fitness program registration will be for the full session: Spring 1 is March to April and Spring 2 is May to June.

Chair Yoga	Instructor: Jane Henderson	A gentle style of yoga that is accessible to all and done while sitting in a chair or using a chair for support. (bring mats & straps)	Mondays	1:00 PM to 2:00 PM
Program #	Session	Dates:	Cost	Number of Classes
8827	Spring 1	March 2 to April 27 (no class March 30 and April 6)	\$77	7
8828	Spring 2	May 4 to June 29 (no class May 18 & June 15 and 22)	\$66	6
Zumba	Instructor: Kanae Cheung	Classes are all about fun, movement, and good vibes—no stress, no judgment, just music, smiles, and energy! Everyone is welcome—all ages & fitness levels, and absolutely no Zumba or dance experience needed. If you can move, you can join! Follow along at your own pace	Mondays	4:45 PM to 5:45 PM
Program #	Session	Dates:	Cost	Number of Classes
8829	Spring 1	March 2 to April 27 (no classes April 6)	\$88	8
8830	Spring 2	Postponed currently	\$88	8
Functional HIIT	Instructor: Ameira Steidl	Functional movement that alternate short bursts of intense exercise with low intensity recovery periods.	Mondays	7:00 PM to 8:00 PM
Program #	Session	Dates:	Cost	Number of Classes
8831	Spring 1	March 2 to April 27 (no class April 6)	\$88	8
8832	Spring 2	May 4 to June 29 (no class May 18)	\$88	8

# ADULT CLASS PROGRAMS CONT'D

Fitness Class (18+ Years Old)

<b>Barre, Legs, Butt &amp; Thighs</b>	<b>Instructor: Rachel Davidson</b>	<b>A full body workout and will incorporate the ballet barre and strength exercises to make the perfect workout.</b>	<b>Tuesdays</b>	<b>9:15 AM to 10:15 AM</b>
<b>Program #</b>	<b>Session</b>	<b>Dates:</b>	<b>Cost</b>	<b>Number of Classes</b>
8833	Spring 1	March 3 to April 28 (no class March 24 and April 21)	\$77	7
8834	Spring 2	May 5 to June 30	\$99	9

<b>Vinyasa Yoga</b>	<b>Kristy Karpa</b>	<b>Combines movement and breath in a fluid way that focuses on gaining flexibility, building strength, tied together with mindfulness.</b>	<b>Wednesday</b>	<b>8:00 PM to 9:00 PM</b>
<b>Program #</b>	<b>Session</b>	<b>Dates:</b>	<b>Cost</b>	<b>Number of Classes</b>
8835	Spring 1	March 4 to April 29 (no class March 25)	\$88	8
8836	Spring 2	May 6 to June 24	\$88	8

<b>Gentle Stretch</b>	<b>Rachel Davidson</b>	<b>Increase muscle control, flexibility and range of motion with this dedicated stretching class.</b>	<b>Thursday</b>	<b>10:00 AM to 11:15 AM</b>
<b>Program #</b>	<b>Session</b>	<b>Dates:</b>	<b>Cost</b>	<b>Number of Classes</b>
8837	Spring 1	March 5 to April 30 (no class March 26)	\$105	8
8838	Spring 2	May 7 to June 25	\$105	8

# ADULT CLASS PROGRAMS CONT'D

Fitness Class (18+ Years Old)

<b>Build and Burn</b>	<b>Michelle Hines</b>	<b>Build cardio, strength, and stamina in this one hour high intensity HIIT class.</b>	<b>Th</b>	<b>7:00 PM to 8:00 PM</b>
<b>Program #</b>	<b>Session</b>	<b>Dates:</b>	<b>Cost</b>	<b>Number of Classes</b>
8839	Spring 1	March 5 to April 30 (No class April 2)	\$88	8
8840	Spring 2	March 7 to June 25	\$88	8

<b>Pre-Natal Yoga</b>	<b>Instructor: Kristy</b>	<b>Prenatal Yoga is a nurturing practice to support you through all stages of pregnancy while deepening your connection with your changing body and baby.</b>	<b>Su</b>	<b>1:00 PM to 2:00 PM</b>
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<b>Program #</b>	<b>Session</b>	<b>Dates:</b>	<b>Cost</b>	<b>Number of Classes</b>
8841	Spring 1	March 1 to April 26 (no classes April 5)	\$88	8



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:

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