

SUMMER 2026 PROGRAM GUIDE

REGISTRATION OPENS:
MAY 29, 2026 AT 9:00AM

212 TUSCANY WAY NW, CALGARY, AB T3L 2J6
PHONE: 403-241-6402
WWW.TUSCANY-CONNECT.COM

HOURS OF OPERATION

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

- 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

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**Fall Guide Available:
Monday, July 27, 2026**

**Registration Opens:
Friday, July 31, 2026 @ 9am**

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

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

For assistance email assistantmanager@tuscanyclub.ca

Please note that only the primary household member is eligible for an online account; tenants and roommates may register for programs in person or by phone at 403-241-6402 ext. 111.

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:

- 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 changerooms
- Public nudity and/or sexual acts
- Vandalism and/or theft
- Playing with 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 ext. 111

Email: customerservice@tuscanyclub.ca

SPLASH PARK RULES

Splash Park Hours: 9:00 am to 9:45 pm Daily (Weather Permitting)

- No facility supervision; use at your own risk
- Children under the age of 12 must be directly supervised at all times
- Evacuate the splash park immediately when severe weather conditions arise
- People who are ill or have communicable disease are not permitted
- Spray water is re-circulated - DO NOT DRINK
- No bathing, soap, detergent or shampoo permitted
- Recommended that users shower before entering and use water shoes
- Children who are not toilet trained must wear a swim diaper at all times
- No dirt, mud, sand, grass, mulch or rocks
- No skateboards, scooters, roller blades/skates
- No running, pushing or rough play
- No food or drink is permitted on the splash park surface
- No climbing, hanging, swinging or sitting on the spray features
- No water balloons
- No covering of water fixtures or drains
- All other facility rules apply

****Please have fun and keep the area clean****

**Maximum splash park capacity: 75 people
For any concerns please call 403-241-6402 ext. 111
In case of emergency call 911**

Showers in each of the downstairs main washrooms. Should they be locked, you can use your membership card to get the key from the front desk and access them.

SPECIAL EVENTS



Tuscany Giant Garage Sale

Register your home for this free event. Each registered home will be included in our community map and also receive a free “garage sale” sign. Join 100+ of your neighbours and happy selling!

June 13, 2026 - 9:00am to 3:00pm



Tuscany 27th Annual Stampede Breakfast

Come join us for our 27th Annual Stampede Breakfast with your family and neighbours. There will be games, face painting, music, and of course pancakes! This event is free to attend and open to all Tuscany residents and their guests.

July 11, 2026 - 9:30am to 11:30am



Mid Summer Party

Carnival games, face painters, crafts, food trucks and more! Help us celebrate summer and kick off the August long weekend. This event is free to attend and open to all Tuscany residents and their guests.

August 1, 2026, 11:00am to 2:00pm



Movie Night

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

September 4, 2026 -5:00pm



Tuscany Community Cleanup

Let's help keep our neighbourhood clean! Join us at our Tuscany community cleanup where you can safely dispose household items that do not fit in your garbage can.

September 12, 2026 - 9:00am to 2:00pm

THANK YOU TO OUR SPONSOR

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

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.



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/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



Teen Drop-In (12-17 years)

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

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



50+ Drop-In

Join us for an afternoon of games, conversations and friendship.
Non-members are welcome

Wednesdays 1:00 to 3:00pm



18+ and Seniors Hangout

Join us for an afternoon of meeting those in our community through conversations and hanging out.

Tuesdays 9:00am to 12:00pm

FREE DROP-IN PROGRAMS CON'T

Parent & Tot Playtime (0 to 3 years old)



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

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

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



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)

Tuesdays - 8:15 PM to 9:45 PM



Adult (18+) Pickleball



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

Fridays - 9:00 AM to 10:30 AM

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 9:00am to 9:45pm daily by reservations 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 Nets, Lacrosse Nets (multi-use space)

Our rink space is multi-use 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 children ages 2-12! With towering slides, engaging climbing structures, and plenty of space to explore, this play area promises endless fun. Open year-round, it's the perfect spot for children 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 favorite 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**

Cash will only be accepted Monday to Friday, 9:00am to 4:00pm

3

Phone

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 allow staff to clean and setup**

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.
- **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?

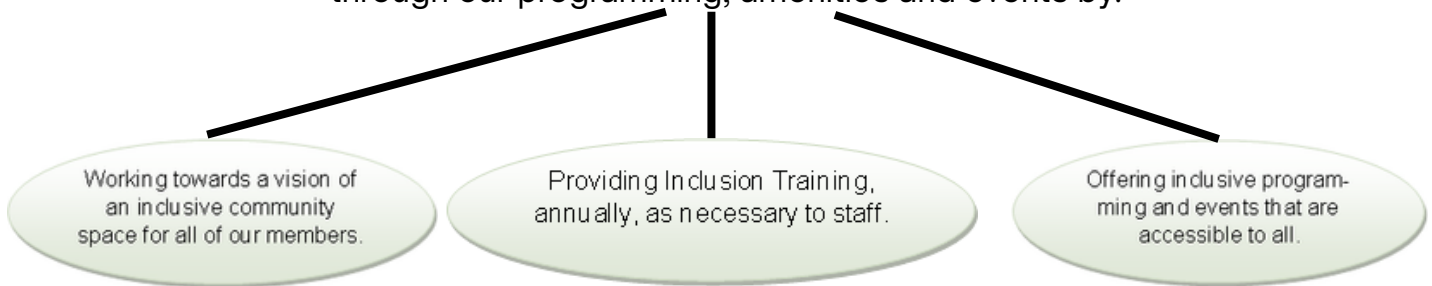
Call: 403-241-6402

Email: customerservice@tuscanyclub.ca

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



Tennis (Saturdays)

Instructor: Coach Mauricio with Community Tennis & Fitness

July Session

July 4 to 25

Program #	Class Name	Age	Description	Day & Time	Cost	# of Classes
8894	Red Ball	5 to 7 years	Introduction to Tennis	Saturday 10:10 to 11:10am	\$85	4
8895	Orange Ball	8 to 10 years	For both new players and those who have completed Red Ball	Saturday 11:15am to 12:15pm	\$85	4
8896	Youth Tennis	11 to 14 years	For both new players and those who have completed Orange Ball	Saturday 12:20pm to 1:20pm	\$85	4

August Session

August 8 to 29

Program #	Class Name	Age	Description	Day & Time	Cost	# of Classes
8897	Red Ball	5 to 7 years	Introduction to Tennis	Saturday 10:10 to 11:10am	\$85	4
8898	Orange Ball	8 to 10 years	For both new players and those who have completed Red Ball	Saturday 11:15am to 12:15pm	\$85	4
8899	Youth Tennis	11 to 14 years	For both new players and those who have completed Orange Ball	Saturday 12:20 to 1:20pm	\$85	4

Participants must have their own tennis racquets. Classes will be held outdoors primarily but the gym will be available when there is inclement weather.

Child & Youth Programs cont'd

sportball Sportball: Outdoor Soccer & T-Ball

The first half of classes are dedicated to dribbling, shooting, passing and scoring in soccer. Coaches will 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.

Participants who already participated in Spring Outdoor Sportball and recieved the jersey and soccer ball can re-register at a reduced rate for summer.

Ages	3 to 5 years unparented	6 to 8 years unparented	2 to 3 years parented
Day & Time	Monday 5:00 to 5:55pm	Monday 6:45 to 7:40pm	Monday 6:00 to 6:40pm
Session Dates	July 6 to August 17 (no class August 3)	July 6 to August 17 (no class August 3)	July 6 to August 17 (no class August 3)
Program #	8910	8911	8912
Cost	\$150	\$150	\$150
# of classes	6	6	6

Please note this program is outdoor only.

Should any classes be cancelled due to weather, a make-up lesson will be added to the end of the session if possible, or a credit will be issued back to your house hold account at the end of the session.

Child & Youth Programs cont'd

Outdoor Dance

Instructor: Puddle of Mud



July Session : July 8 to 29

August Session: August 5 to 26

Each class will be movement based with a focus on creativity, getting active and having fun. Classes are best suited for ages 4-6 years old. Register for one session or join us for the whole summer.

Ages	4 to 6 years	4 to 6 yeras
Day & Time	Wednesday 6:00 to 6:45pm	Wednesday 6:00 to 6:45pm
Session Dates	July 8 to 29	August 5 to 26
Program #	8915	8917
Cost	\$45	\$45
# of classes	4	4

Art with Debi



Join Miss Debi for a week of art adventures! Elements for art and principles of design will be incorporated into each day amns participants will discover how to apply them. A variety of projrcts will be compleeted including clay, paper mache and painting. All supplies are included. Partcipants are encouraged to bring thier own apron or paint shirt, a small nutritious snack and a water bottle each day.

Ages	6 to 9 years	10 to 13 yeras
Date	August 10 to 14	August 10 to 14
Time	9:00am to 12:00pm	1:00 to 4:00pm
Program #	8892	8893
Cost	\$175	\$175
# of classes	5	5

Child & Youth Programs cont'd

Fall Early Explorers 2 hour Programs

Instructors: Michelle Austie & Deborah Furchalk



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.

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 Date	September 14 to November 23 **exceptions Oct. 12**	September 9 to November 25 **exceptions Sept. 30 & Nov. 11**	September 11 to November 27
Program #	8926	8927	8928
Cost	\$238	\$238	\$285
# of classes	10	10	12

Important Dates for Early Explorers Registration

Session	Dates	Exceptions	Registration Dates
Fall - 2 hour	September 9 to November 27	September 30, October 12, November 11	May 29, 2026
Fall 1 - 1 hour	September 8 to October 29	n/a	July 31, 2026
Fall 2 - 1 hour	November 3 to December 17	n/a	July 31, 2026
Winter - 2 hour	November 30 to February 26	December 21 - January 2, February 15	July 31, 2026
Winter 1 hour	January 5 to February 25	February 16	November 27, 2026

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.

	July Session	August Session
Program #	8900	8901
Ages	18 years and older	18 years and older
Day & Time	Saturday 9:00am to 10:00am	Saturday 9:00am to 10:00am
Session Dates	July 4 to 25	August 8 to 29
Cost	\$85	\$85
# of Classes	4	4



Adult Tennis

Instructor: Coach Mauricio with Community Tennis & Fitness

Program #	Class Name	Age	Day & Time	Session Dates	Cost	# of Classes
8902	Beginner Adult	18+ years	Tuesday 6:00 - 7:00pm	July 7 to 21	\$64	3
8903	Beginner Adult	18+ years	Tuesday 6:00 - 7:00pm	August 4 to 25	\$85	4
8904	Intermediate Adult	18+ years	Tuesday 7:10 - 8:10pm	July 7 to 21	\$64	3
8905	Intermediate Adult	18+ years	Tuesday 7:10 - 8:10pm	August 4 to 25	\$85	4

Participants must have their own tennis racquets. Classes will be held outdoors primarily but the gym will be available when there is inclement weather

Adult Programs con't

Registered Adult Program (18+ years)

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



Members Registration opens: May 29 at 9:00am

Non-Member Registration Opens: June 12 at 9:00am

Class Name	Soccer	Badminton	Tennis/Pickleball	Floor Hockey
Day & Time	Sunday 9:00 to 10:30am	Sunday 7:00 to 8:15pm	Wednesday 8:15 to 9:45pm	Thursday 8:15 - 9:45pm
Session Date	July 5 to August 30	July 5 to August 30	July 8 to August 26	July 9 to August 27
Program #	8906	8907	8908	8909
Cost for members	\$15	\$15	\$15	\$15
Cost for non-members	\$30	\$30	\$30	\$30
# of classes	9	9	8	8

****Please note that there will be inconsistent availability and a mixture of outdoor and indoor times for Pickleball due to day camps and therefore we will not be offering a registered adult pickleball program in summer.****

Adult Programs con't



Fitness Classes (18+ years)



July Sessions

Class Name	Chair Yoga	Vinyasa Yoga	Parent & Baby Yoga	Prenatal Yoga
Instructor	Jane Henderson	Kristy Karpa	Kristy Karpa	Kristy Karpa
Description	A gentle style yoga that is accessible to all and done while sitting in a chair or using a chair for support. (bring mats and straps)	Combines movement and breath in a fluid way that focuses on gaining flexibility, building strength, tied together with mindfulness.	Bring your little one (babies aged 6 weeks until they are mobile - scooting or crawling) and come practice with Kristy, a fellow mom of three and allow this practice to support your experience with postpartum.	Prenatal Yoga is a nurturing practice to support you through all stages of pregnancy while deepening your connection with your changing body and baby.
Day & Time	Monday 11:30am to 12:30pm	Wednesday 8:00 to 9:00pm	Monday 10:00 to 11:00am	Sunday 1:00 to 2:00pm
Session Date	July 6 to 27	July 8 to 29	July 6 to 27	July 5 to 26
Program #	8918	8919	8920	8921
Cost for members	\$44	\$44	\$44	\$44
# of classes	4	4	4	4

Cancellations with 48 hours of notice or more will be credited to account and all classes will require a mini-mum of 5 participants to run. All levels welcome and participants must bring their own mat to each class.

Adult Programs con't



Fitness Classes (18+ years) July Sessions



Class Name	Build & Burn HIIT
Instructor	Ameira Steidl
Description	Build cardio, strength, and stamina in this one hour high intensity HIIT class. The use of various portable equipment will be used. All fitness levels welcome!
Ages	18+ years
Day & Time	Mondays 7:00 to 8:00pm
Session Date	July 6 to 20
Program #	8930
Cost for members	\$33
# of classes	3

Cancellations with 48 hours of notice or more will be credited to account and all classes will require a mini-mum of 5 participants to run. All levels welcome and participants must bring their own mat to each class.

Adult Programs con't



Fitness Classes (18+ years)



August Sessions

Class Name	Vinyasa Yoga	Parent & Baby Yoga	Pre-natal Yoga
Instructor	Kristy Karpa	Kristy Karpa	Kristy Karpa
Description	Combines movement and breath in a fluid way that focuses on gaining flexibility, building strength, tied together with mindfulness.	Bring your little one (babies aged 6 weeks until they are mobile - scooting or crawling) and come practice with Kristy, a fellow mom of three and allow this practice to support your experience with postpartum.	Prenatal Yoga is a nurturing practice to support you through all stages of pregnancy while deepening your connection with your changing body and baby.
Day & Time	Wednesday 8:00 to 9:00pm	Monday 10:00 to 11:00am	Sunday 1:00 to 2:00pm
Session Date	August 5 to 26	August 10 to 31	August 2 to 30
Program #	8922	8923	8924
Cost for members	\$44	\$44	\$55
# of classes	4	4	5

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 and participants must bring their own mat to each class.

Adult Programs con't



Fitness Classes (18+ years)



August Sessions

Class Name	Build & Burn HIIT
Instructor	Ameira Steidl
Description	Build cardio, strength, and stamina in this one hour high intensity HIIT class. The use of various portable equipment will be used. All fitness levels welcome!
Ages	18+ years
Day & Time	Mondays 7:00 to 8:00pm
Session Date	August 10 to 31
Program #	8931
Cost for members	\$44
# of classes	4

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 and participants must bring their own mat to each class.

Adult Programs con't

Play Mahjong (Official Chinese Rules)

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

If you are new to Mahjong and looking to learn how to play this version, please email recreation@tuscanyclub.ca to express interest in lessons.

Class Name	Mahjong
Day & Time	Tuesday 12:15pm to 3:00pm
Session Date	July 21 to August 25
Program #	8914
Cost	\$15
# of classes	6



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 and social medias:

www.tuscany-connect.com

www.facebook.com/yuctuscanyclub/

www.instagram.com/tuscanyclub/