



Tuscany
RESIDENTS
ASSOCIATION

Winter 2026 PROGRAM GUIDE

JANUARY 5- FEBRUARY 28TH

REGISTRATION OPENS:

TUSCANY MEMBERS - NOVEMBER 28TH @ 9:00AM

NON-MEMBERS - DECEMBER 12TH @ 9:00 AM

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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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	Doug Chan 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	Amy Pham 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

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

Email: customerservice@tuscanyclub.ca

Special Events



Letters to Santa

Monday, December 1st- Sunday, December 14th

Starting December 1st we will have special letter writing stationary available at the Tuscany Club and at www.tuscany-connect.com. Completed letters can be dropped off to Santa's direct mail slot at the Tuscany Club just below the outside CSR window. Each letter dropped off by December 14th will receive a personalized response. Response letters will need to be picked up at the Tuscany Club by Saturday December 20th.

located outside-under the Customer Service window



NW Parade of Markets

Saturday December 6th - 10:00 AM to 3:00 PM

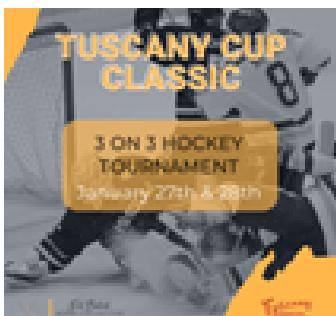
Join us for our Holiday Craft & Bake Sale (40 vendors) and take in Santa's Village all on the same day. Photos with Santa, crafts, baking and more! Registration for the Bake Sale opens Monday, October 6th at 9:00am for members (\$45/table) and Monday, November 3rd for non-members (\$55/table). All registrations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



Children's Holiday Extravaganza

Saturday December 6th - 11:00 AM to 2:00 PM

This event is held in conjunction with our NW Parade of Holiday Markets. Children and their families can enjoy some holiday crafts, music, photos with Santa and more.



Tuscany Cup Classic Adult 3 vs 3 Hockey Tournament

January 24 & 25

This 2 day adult 3 on 3 tournament usually consists of 6-10 teams battling it out for the Tuscany Cup. Each 6 player team (1 goalie, 3 players, 2 subs) must consist of a minimum of 2 Tuscany residents and all players must be 18+ years. Registration packages will be available at www.tuscany-connect.com after December 1st. Cost is \$50/team. Please email recreation@tuscanyclub.ca if you do not have a Tuscany resident on your team as non-member teams may be accommodated at \$75/team if space permits.



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.

Sponsorship

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

Volunteer Opportunities

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)

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



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

Tuesday & Thursday: 10:30am to 12:00pm

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.

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° Celsius and the night time temperature is -10° 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
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

**Spring Program Guide Available:
Monday January 26, 2026**

**Registration Opens:
Tuscany Members: Friday January 30, 2026
Non-Tuscany Members: February 13, 2026**

QUESTIONS?

Call: 403-241-6402

Email: customerservice@tuscanyclub.ca

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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:

Working towards a vision of an inclusive community space for all of our members.

Providing Inclusion Training, annually, as necessary to staff.

Offering inclusive programming and events that are accessible to all.

KidSport Grant Information



BY SHAWN GARCIA

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



EARLY EXPLORERS PROGRAMS (1 HOUR & 2 HOUR)

INSTRUCTORS: MICHELLE AUSTIE & DEBORAH FOURCHALK

Important Registration Dates

Session	Dates	Registration Date
Spring 1	March 1-May 1 (9 weeks) No classes March 23 to 27 & April 3	January 31, 2025
Spring 2	May 4-June 26 (8 weeks) No classes May 18	



Early Explorers 1 Hour Programs (2 to 3 years)

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

Prog #	Class Name	Day	Time	Dates	Cost	# of Classes
8661	Under the Sea!	T	9:30 AM to 10:30 AM	January 6 to February 24	\$85	8
8662	Pet Parade	Th	9:30 AM to 10:30 AM	January 8 to February 26	\$85	8

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.



Prog #	Day	Time	Dates	Cost	# of Classes
8511	M	9:30 AM to 11:45 AM	Dec. 1 to Feb. 26 (no class Dec 22 &29 and Feb. 16)	\$240	10
8512	W	9:30 AM to 11:45 AM	Dec 3 to Feb. 25 (no class Dec. 24 & 31)	\$265	11
8513	F	9:30 AM to 11:45 AM	Dec. 5 to Feb. 27 (no class Dec. 26 and Jan. 2)	\$265	11

PARENTED PROGRAMS

Sportball: Indoor Multisport



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

Program #	Ages	Day	Time	Dates	Cost	# of Classes
8659	2 to 3 years (parented)	Su	11:00 to 11:45 AM	January 11 to February 22 (no class on February 15)	\$99	6

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.

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8660	6 weeks to crawling (parented)	M	10:00 AM to 11:00 AM	Jan. 5 to Feb. 23 (no class Feb.16)	\$70	7

CHILDREN AND YOUTH PROGRAMS

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.

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8655	6 to 8 years	Th	4:45 PM to 5:45 PM	January 8 to February 26 (no class Feb.12)	\$75	7
8656	9 to 12 years	Th	5:45 PM to 6:45 PM	January 8 to February 26 (no class Feb.12)	\$75	7

Film in a Box - CANCELLED

LEGO® Stopmotion Animation - Mentored by master filmmakers, kids will engage in hands-on exploration of the stop motion animation process, including pre production, production and post production.

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8698	7 to 12 Years	M	4:30 PM to 5:30 PM	January 5 to February 23 (no classes on Jan. 26 and Feb. 16)	\$172	6

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 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	Day	Time	Dates	Cost	# of Classes
8675	3 to 5 years (unparented)	Su	11:50 AM to 12:45 PM	January 11 to February 22 (no class on February 15)	\$100	6

CHILDREN AND YOUTH PROGRAMS CON'T

Learn to Skate Lessons - Outdoors

Learn basic skating skills and techniques through fun drills, games and activities. All classes are designed for new and beginner skaters with a max of 12 per class. For the parented classes, parents do not need to wear skates.

****All participants must wear a helmet during each class, have their own skates and dress appropriately****

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8680	3 to 4 years (parented)	M	4:30 PM to 5:00 PM	January 5 to February 23 (no classes Jan. 12 & Feb 16)	\$48	6
8684	5 to 6 Years (parented)	M	5:05 PM to 5:35 PM	January 5 to February 23 (no classes Jan. 12 & Feb 16)	\$48	6
8681	3 to 4 years (parented)	S	11:00 AM to 11:30 AM	January 10 to February 28 (no classes February 14)	\$56	7
8682	5 to 6 Years (parented)	S	11:35 AM to 12:05 PM	January 10 to February 28 (no classes February 14)	\$56	7
8747	3 to 4 years (parented)	S	1:30 PM to 2:00 PM	January 10 to February 28 (no classes February 14)	\$56	7

Learn to Skate Lessons - Outdoors - Unparented

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8685	7 to 10 Years	M	5:45 PM to 6:30 PM	January 5 to February 23 (no classes Jan. 12 & Feb 16)	\$60	6
8683	7 to 10 Years	S	12:15 PM to 1:00 PM	January 10 to February 28 (no classes February 14)	\$70	7

Cancelled classes receive a pro-rated credit at the end of session. We will wait as long as possible before cancelling lessons due to inclement weather and will email all participants to confirm. Refunds will not be issued to participants who are unable to attend rescheduled make-up classes for seasonal/outdoor programs.



CHILDREN AND YOUTH PROGRAMS CON'T

Youth Tennis (Coach Mauricio with Community Tennis & Fitness)

Prog #	Age	Name	Description	Day	Time	Dates	Cost	# of Classes
8679	5 to 7 Years	Red Ball	Introduction to Tennis	S	10:10 AM to 11:10 AM	January 10 to February 28 (no classes February 14)	\$117	7
8687	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	January 10 to February 28 (no classes February 14)	\$117	7
8688	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	January 10 to February 28 (no classes February 14)	\$117	7

Tuesday Dance and Theatre by Puddle of Mud

Prog #	Age	Name	Description	Day	Time	Dates	Cost	# of Classes
8663	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	January 6 to February 24	\$85	8
8664	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	January 6 to February 24	\$85	8

CHILDREN AND YOUTH PROGRAMS CONT'D

Saturday Dance Theatre by Puddle of Mud

Prog #	Age	Name	Description	Day	Time	Dates	Cost	# of Classes
8666	3 to 4 years	Little Ballerinas Beginner	Introduction to Ballet	S	9:15 AM to 9:45 AM	Jan. 10 to Feb. 28 (no class Feb.14)	\$53	7
8667	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	Jan. 10 to Feb. 28 (no class Feb.14)	\$53	7
8668	4 to 6 years	Primary Ballet	Next step Ballet	S	10:45 AM to 11:30 AM	Jan. 10 to Feb. 28 (no class Feb.14)	\$70	7



Prog #	Age	Name	Description	Day	Time	Dates	Cost	# of Classes
8669	4 to 6 years	Primary Hip Hop	An introduction to Hip Hop	S	11:45 AM to 12:30 PM	Jan. 10 to Feb. 28 (no class Feb.14)	\$70	7
8670	4 to 6 years	Dance Explosion	A different style of dance introduced each week	S	12:45 PM to 1:30 PM	Jan. 10 to Feb. 28 (no class Feb.14)	\$70	7
8671	7 to 10 years	Hip Hop Fusion	Next step Hip Hop but suitable for beginners	S	1:45 PM to 2:30 PM	Jan. 10 to Feb. 28 (no class Feb.14)	\$70	7

CHILDREN AND YOUTH PROGRAMS CONT'D

Taekwon Do Instructors - Paul & Drew Prakash

Prog #	Age	Name	Description	Day	Time	Dates	Cost	# of Classes
8672	5 Years & Older	Taekwon Do Beginner	An introduction to martial arts and basic techniques.	W	5:30 PM to 6:15 PM	January 7 to March 18	\$125	11
8673	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	January 7 to March 18	\$125	11
8674	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	January 7 to March 18	\$140	11

Karate Instructor - Kris Head

Prog #	Age	Name	Description	Day	Time	Dates	Cost	# of Classes
8676	5 Years & Older	Karate Beginner	Mulit-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	Jan. 5 to Mar. 16 (no class Feb.16)	\$113	10
8677	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	Jan. 5 to Mar. 16 (no class Feb.16)	\$113	10
8678	8 Years & Older	Karate Senior	Instructors recommendation after completing Junior class.	M	8:00 PM to 8:50 PM	Jan. 5 to Mar. 16 (no class Feb.16)	\$113	10

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.

Registration Required

No substitutions are allowed if the registered participant is unable attend.

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8689	16 Years and Older	S	9:00 AM to 10:00 AM	January 10 to February 28 (no classes February 14)	\$117	7

Mahjong (18+) Official Chinese Rules

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.

Prog #	Name	Description	Day	Time	Dates	Member Cost	Non-Member Cost	# of Classes
8691	Regular Play Mahjong	Enjoy a friendly game of Mahjong where you can meet new people and have fun.	T	12:30 PM to 3:00 PM	Jan. 6 to Feb. 24	\$15	\$30	8

Learn to Play Mahjong (18+) Official Chinese Rules - CANCELLED

Instructor: Myrna

Registration is required (members and non-members)

The first 4 weeks will consist of instructor led training, followed by joining into the larger group (with support of course!).

****The fee also includes an official Tuscany Club Mahjong Rules Binder and the instructor fee.****

Prog #	Description	Day	Time	Dates	Member Cost	Non-Member Cost	# of Classes
8700	Come and learn the rules of official Chinese Mahjong.	T	12:30 PM to 3:00 PM	Jan. 13 to Feb. 24	\$26	\$40	7

ADULT PROGRAMS CON'T

Badminton (18+ Years Old)

Registration Required - open to members and non-members

Prog #	Day	Time	Dates	Member Cost	Non-Member Cost	# of Classes
8693	Su	7:00 PM to 8:15 PM	January 11 to February 22	\$15	\$30	7

Tennis (18+ Years Old)

Registration Required - Tuscany Resident Association members only

Prog #	Day	Time	Dates	Member Cost	Non-Member Cost	# of Classes
8694	W	8:15 PM to 9:45 PM	January 7 to February 25	\$15	\$30	8

Floor Hockey (18+ Years Old)

Registration Required - Open to Members and Non-members

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

Prog #	Day	Time	Dates	Member Cost	Non-Member Cost	# of Classes
8695	Th	8:15 PM to 9:45 PM	January 8 to February 26	\$15	\$30	8

Soccer (18+ Years Old)

Registration required

Substitutions (members and 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 #	Day	Time	Dates	Member Cost	Non-Member Cost	# of Classes
8692	Su	9:00 AM to 10:30 AM	January 11 to February 22	\$15	\$30	7

ADULT PROGRAMS CONT'D

Pickleball (18+ Years Old)

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
8696	Group 1	M/W	9:00 AM to 10:30 AM	January 5 to February 25 (except for February 16)	\$15	\$30	15
8697	Group 2	T/Th	12:30 PM to 2:00 PM	January 6 to February 26	\$15	\$30	16
NA	Drop-In	F	9:00 AM to 10:30 AM	January 9 to February 27	NA	NA	8

Skating Lessons - Instructor: Jennifer Platman

Come learn basic skating skills and techniques in a safe and encouraging environment. This class is suitable for new and beginner skaters with a max of 12 per class. All participants must have their own skates and dress for the weather each week.

Helmets are strongly encouraged and additional protective equipment is up to the participant.

Registration Required

No substitutions are allowed if the registered participant is unable attend.

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
8690	16 Years and Older	W	7:00 PM to 7:45 PM	January 7 to February 25	\$80	8

ADULT PROGRAMS CONT'D

Fitness Class Mash Up (18+ Years Old)

Come join us for a different class each week or every week for your favourites. Classes are registered for individuals 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 if applicable. ****Advanced registration is highly recommended****

Non-member registrations are non-refundable.



Class Name	Instructor	Description	Day	Time	Cost
Functional HIIT	Ameira Steidl	Functional movement that alternate short bursts of intense exercise with low intensity recovery periods.	M	7:00 PM to 8:00 PM	\$10
Barre, Legs, Butt & Thighs	Rachel Davidson	A full body workout and will incorporate the ballet barre and strength exercises to make the perfect workout.	T	9:15 AM to 10:15 AM	\$10
Vinyasa Yoga	Kristy Karpa	Combines movement and breath in a fluid way that focuses on gaining flexibility, building strength, tied together with mindfulness.	W	8:00 PM to 9:00 PM	\$10
Gentle Stretch	Rachel Davidson	Increase muscle control, flexibility and range of motion with this dedicated stretching class.	Th	10:00 AM to 11:15 AM	\$12.50
Build and Burn	Michelle Hines	Build cardio, strength, and stamina in this one hour high intensity HIT class.	Th	7:00 PM to 8:00 PM	\$10
Chair Yoga	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)	M	1:00 PM to 2:00 PM	\$10

ADULT PROGRAMS CONT'D

Adult Drop-In Volleyball (18+) Tuscany Resident Association Members Only - No Guests Permitted

First come first serve

No spot reservations allowed ahead of time

Participants must check in with the Customer Services Representative.

Each weekly timeslot capped at: 20 (Once the cap is reached, participants will be turned away at the door)

Prog #	Ages	Day	Time	Dates	Cost	# of Classes
NA	18+ Years old	T	8:15 PM to 9:45 PM	January 6 to February 24	Free	8



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/

