

WINTER SPRING 2026



TGCA Fitness, Learning & Leisure Program Guide



Thorncliffe Greenview Community Association
tgcacalgary.com | 5600 Centre Street N | 403-274-6840

Hatha Yoga – intermediate

Hatha Yoga is a mindful, lightly flowing class that builds strength, flexibility and breath work. This is an intermediate class. Fee is \$10 (\$12 drop-in) per class for TGCA members, \$15 (\$18 drop-in) for non-members.

Tuesday class | 7:15 - 8:15 pm

Session 1: Jan. 6 – Feb. 24 | 8 dates | register Dec. 15 – Jan. 5

Session 2: Mar. 3 – Apr. 21 | 8 dates | register Feb. 13 - 27

Session 3: April 28 – June 16 | 8 dates | register Apr. 10 - 24

Friday class | 10:30 - 11:30 am

Session 1: Jan. 9 – Feb. 27 | 8 dates | register Dec. 15 – Jan. 5

Session 2: Mar. 6 – April 24 | 7 dates, **no class on April 3** | register Feb. 13 - 27

Session 3: May 1 – June 19 | 8 dates | register Apr. 10 - 24

Chair Yoga

Join us for a 1-hour yoga practice that will include modified yoga poses with the support of the chair, breathwork, and mindfulness. This class will increase your range of motion and improve strength and flexibility. You'll learn stretches and create balance in both your body and mind. Fee is \$10 (\$12 drop-in) per class for TGCA members, \$15 (\$18 drop-in) for non-members. Classes are in the Thorncliffe Room, south building next to the office.

Tuesday class | 10 - 11 am

Session 1: Jan. 6 - Feb. 24 | 8 dates | register Dec. 15 - Jan. 5

Tuesday class | 10 - 11 am continued

Session 2: Mar. 10 - Apr. 28 | 8 dates | register Feb. 20 - Mar. 6

Session 3: May 12 - June 30 | 8 dates | register Apr. 24 - May 8

Thursday class | 10 - 11 am

Session 1: Jan. 8 - Feb. 26 | 8 dates | register Dec. 15 - Jan. 5

Session 2: Mar. 12 - April 30 | 8 dates | register Feb. 20 - Mar. 6

Session 3: May 14 - June 25 | 7 dates | register Apr. 24 - May 8

Drop-in Quilting Group

Nothing brings the idea of comfort to mind quite like a vibrant, inviting and cozy quilt. Why not make your own? The quilting program is a great place to meet some like-minded, crafty folks in the area.

Winter/Spring 2026 dates:

Wednesdays, January 7 - May 27 at 10:30 am – 4:30 pm in the Thorncliffe Room. Fee \$12+tax. Members only.

Seniors' Coffee Talk

Come and enjoy some coffee or tea, biscuits and good company in the boardroom on Tuesdays. There's a variety of board games, puzzles and playing cards for participants to use.

Tuesdays at 10:30 am – 12:30 pm in the boardroom. Fee is pay what you can. No membership required.

Racquetball League - adult

The TGCA adult racquetball league has been going strong for decades and there's always room for more players. This is a mixed league and open to any level of skill **with a NEW women's beginner division**. The league nights are on Monday and Wednesday every week between 5 – 9 pm. You can play Monday or Wednesday or both. League matches are three games to 21 (rally scoring) within a 45-minute time slot. Fee is \$132+tax per night, less than \$10 a night.

Winter/Spring 2026 season registration open Dec. 2 - 23

Monday: Jan. 5 - Apr. 13, **no league on Feb. 16 & Apr. 6**

Wednesday: Jan. 7 - Apr. 8

Women's division: Bi-weekly, half-season, Mondays: Jan. 5, 19, Feb. 2, 23, Mar 9, 23 + April 8 windup, \$66+tax. Windup party for all league players on April 8, includes prizes and refreshments.

Kids' Gym Night

This weekly program is a great opportunity for the kids 4 - 14 to blow off some steam in a supervised environment, giving TGCA member parents an opportunity to enjoy some you-time.

Wednesdays at 7 - 8 pm in the main hall. Certified supervision, spots limited, members only.

Winter/Spring 2026 session: Jan. 28 - May 27, 15 dates, **no Gym Night Mar. 11, 18, 25** – registration open Dec. 17 - Jan. 21. Fee is \$30/child. Members only.

5-pin Bowling League - adult

Looking for a good time every week that doesn't break the bank? 5-pin bowling is a super fun, simple game that anyone can learn. This is a recreational doubles league for adult TGCA members only. 8-week seasons, 7 weeks of regular play 1 night of finals. Teams of 2, mixed league. Fees \$265 per team, just \$16.50 per player/night. Windup meal included in fees and prizes to be won!

Winter 2026 season: registration open Dec. 10 - Jan. 16

- Tuesdays, Jan. 20 - Mar. 10, 6:30 – 8:30 pm in the bowling alley.
- Windup dinner on Mar. 14, 5 – 8 pm in The 56.

Spring 2026 season: registration open Feb. 18 - Mar. 20

- Tuesdays, Mar. 24 - May 12, 6:30 – 8:30 pm in the bowling alley.
- Windup dinner on May 23, 5 – 8 pm in The 56.

Public/55+/Member Skate

Join us in the Forbes Innes Arena for leisure skating only on Sunday & Wednesday all winter long!

Public skate - Sundays, 1:45 - 2:45 pm until Mar. 29. Free for TGCA members.

Member skate - Weds, 1:30 - 2:30 pm until Apr. 29. Members only.

Seniors 55+ member skate - Weds, 10:30 - 11:30 am until Apr. 29. Members only.



Out of the Box Games Club

Out of the Box Games Club is your go-to spot for tabletop fun! Whether you're a seasoned player or just starting out, join us for a night of strategy, laughter and good company. Each week, we feature a fun selection of board games/card games like: Seven Wonders, Magic: the Gathering, Settlers of Catan, Ticket to Ride, Citadels and more!

Games Club is Thursdays 7-9 pm in the boardroom, fee \$2, ages 14+.

Art Club - adult

Meet some fellow creative folks and get that project going at Art Club! Have you been putting that art project off for weeks? Maybe you're looking for the right space and time? Come to the TGCA on Thursdays to work on your current art project with other club members.

Art Club is Thursdays 6:30 - 8:30 pm in the Horizon Room, fee \$2 cash, adults only, TGCA members only.

Adult Art Classes

Winter/Spring 2026 adult art classes are to be announced as the TGCA is in the process of hiring a new instructor. Please check our adult/senior programs info page for any updates in the coming weeks.

Kids/Youth Art Classes

Due to low attendance, the kids/youth art program is on hiatus until Fall 2026. If you have any questions about these classes, please contact the programming and community engagement coordinator, Vanessa, v.gillard@tgcacalgary.com.

RoboThink Robotics Classes - kids/youth

The TGCA is pleased to offer robotics classes for ages 5 - 14 in partnership with RoboThink North Calgary. These classes develop skills like problem solving, critical thinking, spatial awareness and creativity with an appropriate focus for each age group. RoboThink provides robotics kits at each class that can be configured in 100s of different builds to engage kids and youth of all ages.

Winter/Spring 2026 classes are on Saturday afternoons and are divided by age group: ages 5 - 8 at 11:30 am - 1 pm; ages 9 - 11 at 1:30 - 3 pm; 12 - 14 at 3:30 - 5 pm

Winter classes: Jan. 17 - Feb. 28, **no class on Feb. 14**, registration open Dec. 10 - Jan. 12

Class themes

Ages 5 - 8: Construction Machines

Ages 9 - 11: Engineer Planes

Ages 12 - 14: Mars Expedition

Spring classes: Mar. 28 - May 2, registration open Mar. 2 - 23

Class themes

Ages 5 - 8: Animal Robotics & Mimicry

Ages 9 - 11: Engineer Cars

Ages 12 - 14: TBA

All equipment supplied, instructors certified by RoboThink North Calgary, see TGCA site for all the details including each class program description. Spots are limited, and these classes are popular, so mark your calendar!



Find all the most up-to-date program info and online registration on our website, tgcacalgary.com under "Programs"