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Tuscan Lakes Pool Schedule - Summer 2009

Level 1 Swimmers will learn:

- Entering and exiting the water safely
- Submerge mouth, nose and eyes
- Exhale underwater Open eyes underwater, pick up a sub-
- merged object
- Supported front and back float position Swim on front using any combination of arm and leg actions while supported swimming on back using any combination of arm and leg actions while sup-

- **Level 2 Swimmers will learn:** Jumping or stepping from the side of
- the pool Exiting the water independently using a ladder or side
- Front and back float, unsupported
- Front and back glide (2 body lengths)
- Float in a face-down position (jellyfish

Change direction of travel while paddling

- on front or back
- Tread water, using arm and leg motions, in chest-deep water
- Swim on front, back and side

Level 3 Swimmers will learn: Jump into deep water from the side

- Demonstrate a head-first entry from the side of the pool
- Demonstrate rotary breathing with body in a horizontal position
- Demonstrate a front and back glide using 2 different kicks
- Demonstrate a survival float in deep water
- Tread in deep water, using hand and leg movements
- Front crawl / Back crawl
- Butterfly kick and body motion **Level 4 Swimmers will learn:**

- Feet-first surface dive
- Dive from a compact or stride or stride position on the side of the pool
- Swim underwater (3 body lengths)
- Survival float in deep water (1 minute)
- Back float in deep water (1 minute)
- Open turn using any stroke on front and back. Push off in a streamlined position
- Tread water using a modified scissors, breaststroke or rotary kick and sculling arm motions (1 minute)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Swim Lessons Level 3: 8-8:30am Level 2: 8:30-9:00am Level 1:9-9:30am	9 Swim Lessons Level 3: 8-8:30am Level 2: 8:30-9:00am Level 1:9-9:30am	Swim Lessons Level 3: 8-8:30am Level 2: 8:30-9:00am Level 1:9-9:30am	Swim Lessons Level 3: 8-8:30am Level 2: 8:30-9:00am Level 1:9-9:30am	12	Tuscan Lake Meet & Greet Tuscan Lakes Swimming Pool 10-12pm
14	Swim Lessons Level 3: 8-8:30am Level 2: 8:30-9:00am Level 1:9-9:30am	16 Swim Lessons Level 3: 8-8:30am Level 2: 8:30-9:00am Level 1:9-9:30am	17 Swim Lessons Level 3: 8-8:30am Level 2: 8:30-9:00am Level 1:9-9:30am *Water Aerobic: TBA	18 Swim Lessons Level 3: 8-8:30am Level 2: 8:30-9:00am Level 1:9-9:30am	19 Earl Bird Fitness Boot camp 6:00am-6:45am	20
21	Swim Lessons Level 4: 8-8:30am Level 2: 8:30-9:00am Level Toddler:9-9:30am	Swim Lessons Level 4: 8-8:30am Level 2: 8:30-9:00am Level Toddler:9-9:30am	24 Swim Lessons Level 4: 8-8:30am Level 2: 8:30-9:00am Level Toddler:9-9:30am *Water Aerobic: TBA	25 Swim Lessons Level 4: 8-8:30am Level 2: 8:30-9:00am Level Toddler:9-9:30am	26 Earl Bird Fitness Boot camp 6:00am-6:45am	27
28	Swim Lessons Swim Lessons Swim Lessons Level 4: 8-8:30am Level 2: 8:30-9:00am Level Toddler:9-9:30am Healthy Eating: Providing Dietary Guidance: TBA	30 Swim Lessons Swim Lessons Level 4: 8-8:30am Level 2: 8:30-9:00am Level Toddler:9-9:30am	July 1 Swim Lessons Level 4: 8-8:30am Level 2: 8:30-9:00am Level Toddler:9-9:30am *Water Aerobic: TBA	July 2 Swim Lessons Level 4: 8-8:30am Level 2: 8:30-9:00am Level Toddler:9-9:30am	July 3 Earl Bird Fitness Boot camp 6:00am-6:45am	July 4 Tuscan Lakes 4th of July Celebration

- Front crawl 25 yards
- Back crawl 25 yards
- Butterfly 15 yards
- Breaststroke 15 yards
- Swim on side using scissor -like kick 15 yards
- Toddler Class
- Toddlers will learn to be more comfortable in the water. Parent/Guardian participation is required
- Blowing Bubbles
- Kicking
- Verbal Ques

TO SIGN UP. CALL ROBIN MITCHELL 281.332.5450 x111

lifestyledirector@tuscanlakes.com



JUNE 2009 IN YOUR BACKYARD

MEET YOUR NEW LIFESTYLE DIRECTOR

Meet your new Lifestyle Director, Robin Mitchell, Saturday, June 13 from 10am-12pm at the Tuscan Lakes Swimming Pool and sign up for:

- Water Aerobics Fitness Boot Camps Running Clubs
- Swim Lessons and more.

"It is my job to coordinate enjoyable events and fun exciting activities that help you stay active and meet new people. There will be numerous opportunities throughout the year to participate in clubs, themed block parties, special events, exercises classes, as well as planned trips."

"Of course, none of the activities, events or trips would be possible without the residents. I would love to hear from you! What kind of activities, events or classes would you like to see?"

It is time to start enjoying the Fun! Robin Mitchell lifestyledirector@tuscanlakes.com 281.332.5450 x111



Robin Mitchell

Robin Mitchell is joining the Tuscan Lakes staff as lifestyle director. She will office in the community and has plans for an active resident event calendar.

WE NEED YOUR HELP!

- Suggestions for community articles Volunteers to help with the newsletter
- Recommendations for a feature resident

To help communicate with you better we need your email address. Please email jaimev@johnsondev.com.

NEW to TUSCAN LAKES

is an Information Center where prospective new homeowners to the community can get maps to the model homes and learn about the schools and our amenities. The Center is open 7 days a week. The information center is located in the custom neighborhood of Siena. Look for the flag pole!

WHAT'S	INSIDE

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COMPLIANCE CORNER

FOUNDATION UPDATE

POOL INFORMATION

JULY 4 ACTIVITIES

POOL SCHEDULE

IMPORTANT NUMBERS:

Tuscan Lakes HOA, Christina Gray 832-864-1200 christinag@houcomm.com

Tuscan Lakes Lifestyle Director, Robin Mitchell lifestyledirector@tuscanlakes.com 281.332.5450 x111

Mosquito Control Galveston County 281-534-2726

Street Lights
Texas-New Mexico Power
888-866-7456

Trash - AmeriWaste 281-585-3200

CITY OF LEAGUE CITY

Animal Control 281-554-1377

Code Enforcements/City Hall 281-554-1000

Fire Marshall 281-554-1290

Water 281-554-1335

Police 281-332-2566 LCPD

To Advertise in this newsletter, contact David Smith at Pamela Printing: 281-240-1313 david@pamelaprinting.com

FOUNDATION UPDATE

Tuscan Lakes' most recent community contribution is all about children, with \$40,000 in gifts.

The Tuscan Lakes Community Services Foundation is awarding Goforth Elementary \$5,000 to be used for a track at the school. Plus, the foundation is using \$35,000 for bronze art purchases to be installed throughout Tuscan Lakes. The ten whimsical statues depict children at play — riding a bike, bouncing on a seesaw, swinging on monkey bars and reading on a bench, among other activities. The statues will be in place this summer.

"We are so excited about the track and are glad that Tuscan Lakes can be part of that project," said Kimberly Noel, principal of Goforth Elementary and a Tuscan Lakes resident. "It will be a wonderful amenity, not



just for the school, but also for the community." Construction on the track is set to begin in August.

The Tuscan Lakes Community Services Foundation is a non-profit corporation that supplements and complements the community's homeowners' association. It is funded through fees assessed on every home sale and supports education, community programs, youth initiatives and more. To date, the foundation has donated nearly \$49,000.

"The foundation is a great resource for Tuscan Lakes residents and really enhances the overall ambiance of the community," said Bob Douglas, general manager of Tuscan Lakes Development. "Plus, as with the donation to Goforth Elementary, it allows us to be a good partner of the surrounding community."



Tuscan Lakes is an 870-acre mixed-use development planned for approximately 1,800 homes. It is located just three miles west of Interstate 45 on League City Parkway. For more information, visit www.tuscanlakes.com.

The Tuscan Lakes Community Services Foundation is funding a \$35,000 community art project that comprises the installation of ten bronze art statues throughout the development. The whimsical statues depict children at play.

Tuscan Lakes Branch Opening July 13

Grand Opening Events:

JULY 13 Tuscan Lakes Opens Doors

JULY 18

Back to School Supply Drive 8 am – Noon: Bring school supplies and receive a free entry for a chance to win Ringling Bros. Barnum & Bailey Circus tickets.

AUGUST 1 Shred Day

8 am – Noon: Shred your documents safely and securely during our FREE Shred Day Event.

AUGUST 15

Grand Opening Celebration: 8 am – Noon:

Stop by and enjoy a pancake breakfast with the staff at AMOCO. Open a new account with direct deposit and receive a free personalized brick paver at our Tuscan Lakes Branch.

Just minutes away from where you live or work, you'll find the new AMOCO Federal Credit Union Tuscan Lakes Branch located at 1692 E. League City Parkway.

Call 409.948.8541 or 800.392.3813 or visit us online at www.AMOCOfcu.org today for more information.

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- Complete range of financial products and services
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- Night deposit drop
- Drive-up 24-hour ATM

- Convenient weekday hours:
 (M-F) 9:00 am 6:00 pm
- Extended drive-thru hours: (M-F) 7:30 am - 6:00 pm (Sat) 8:00 - Noon
- Tuscan Lakes is the newest addition to the over 3,730 nationwide offices available to AMOCO members.

Come see us at the Tuscan Lakes HOA 4th of July Pool party from Noon - 4 pm!

*Subject to membership eligibility. Some restrictions may apply.



all about you™



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"PARDON OUR DIRT" AUSTIN STREET LANDSCAPING PROJECT BEGINS THIS SUMMER Even more of the gorgeous Tuscan countryside is coming to Tuscan Lakes with our Austin Street Landscaping Project.

Even more of the gorgeous Tuscan countryside is coming to Tuscan Lakes with our Austin Street Landscaping Project. Tuscan Lakes has recently contracted with Landscape Art to continue our tribute to the Italian countryside by landscaping the Austin Street area with trees, shrubs and plants reminiscent of Tuscany. Italian Cypress tress will anchor the plant palette on Austin Street from just east of Lake Siena to Tuscan Lakes' eastern boundary. Construction on the project will begin in early June, and weather permitting, the project will be completed in July.

In addition to the greenery, the project includes street lights. Tuscan Lakes and Texas New Mexico Power will complete the lighting along Austin Street. The lighting project schedule is yet to be determined, but are planned for this summer.

LEAGUE CITY'S **EASTERN REGIONAL PARK**PROPOSED FOR **TUSCAN LAKES**

The 28-acre Eastern Regional Park is one step closer to becoming a reality for League City – and for Tuscan Lakes! The park, which is proposed for a spot in Tuscan Lakes on the south side of Highway 96, would feature many amenities for families to enjoy including an outdoor swimming pool, international soccer fields, baseball/softball practice fields, hike and bike trails and a community center with two gymnasiums and a multi-purpose room.

The project would add a much needed second pool for League City residents, and area swim teams including the Space City Aquatic Team, the League City Barracudas and the Harbor Tide Swim Team have all expressed interest in using a 50 meter pool. League City Council is currently considering a 25 yard pool or a 50 meter pool. The swim teams have indicated that they would be willing to pay nominal rental fees to utilize the facilities to help underwrite the cost of operations. The park would be funded from city sales tax money and from revenues collected from park programs and rentals.

"The addition of this recreational facility would be a wonderful asset to our community that so many of our families could enjoy," said Bob Douglas. "Tuscan Lakes would be proud to be home to Eastern Regional Park."

COMPLIANCE CORNER

- Reminder that exterior improvements/changes require submittal of ARC form. To receive the ARC form email christinag@houcomm.com or call 832-864-1200.
- Also anyone doing fence repair that: Wooden fences visible from the street or a common area must be stained with Sherwin-Williams Deckscapes, #3034/Cedar/Solid. Interior fences may be sealed with a clear sealant or stained with Sherwin Williams Deckscapes, #3034/Cedar/Solid. No other stain color or paint will be approved.

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On Saturday, May 2nd, the 103.7 JACK FM 2009 Block Party came to Tuscan Lakes with a fun-filled day of free activities for the entire family! The Tuscan Lakes VIP Tent was the place to be for residents where they enjoyed complimentary ice cream and frisbees. The Tuscan Lakes HOA was on hand to answer questions about the community, and residents who completed an activities survey received a Tuscan Lakes t-shirt.

The four hour event featured live music by the Jud Johnson Band, vendor giveaways, food and beverages and activities including face-painting and a moonwalk. South Shore Karate/Self Defense America conducted Taekwondo demonstrations, and Pizza King provided pizza for the Block Party. Deejays from 103.7 JACK FM were onsite to meet and greet and provide giveaways to partygoers.

The party was enjoyed by many residents and was a huge success! Special thanks to the 103.7 JACK FM Block Party's presenting sponsor, JSC Federal Credit Union, and sponsors SunKissed Tan and Team Mancuso Powersports South. And thanks to all of our Tuscan Lakes' families who attended our Block Party Bash!

MAKE A SPLASH THIS SUMMER POOLSIDE!

Summertime is here and the living is easy. And what better way to cool off on those hot summer days than at the Cypress Point, (Tuscan Lakes Recreation Centerl). Admittance to the pool requires wristbands, and they are valid from year to year. So, find your wristbands, pack your pool bag and enjoy!

Can't find your wristbands? If you have not received your pool wristbands or have misplaced them, contact the Tuscan Lakes HOA at 832-864-1200 prior to your first visit, and we'll get new ones issued to you. Remember, residents may bring up to four guests per family or household.

POOL HOURS

- June, July and August: Tuesday Sunday, 10 am to 9 pm
- September: Weekends Only, 10 am to 9 pm
- Closed Mondays for maintenance.
- Open Memorial Day, 4th of July and Labor Day. If the holiday falls on a Monday, the poll will be closed on the following Tuesday for maintenance.



CELEBRATE THE RED, WHITE AND BLUE

WITH TUSCAN LAKES!

Join Tuscan Lakes as we celebrate the 4th of July with a four hour 4th of July Fun Fest on Saturday, July 4th from noon to 4 pm at the Cypress Point. Grab the kids, your coolers and lawn chairs and join in the fun. Hamburgers with trimmings, chips, cookies and cold drinks will be provide by AMOCO Federal Credit Union along with moonwalks, face painting and games.

Scheduled activities are also planned and will be led by volunteers from the 4th of July Committee.

Scheduled activities include:

1:30 pm Balloon Toss2:30 pm Sack Races3:30 pm Cake Walk

A deejay will be on hand to spin the tunes, and guests can cool off with complimentary snow cones. Don't miss out on the fun! For more information about the 4th of July Fun Fest or the 4th of July Committee email lifestyledirector@tuscanlakes.com.

th complimentary out the 4th of July plakes.com.

THE RED, WHITE AND BLUE **NEEDS YOU!**

The 4th of July Fun Fest Committee needs you! Join us to assist with event set-up and activities during the 4th of July Fun Fest on Saturday, July 4th from noon to 4 pm. Serve your country and your community during this special celebration and help us make this year's 4th of July Fun Fest the best ever! Volunteers are asked to serve for a minimum of one hour and will supervise the scheduled activities – balloon toss, sack races and cake walk. Additionally, volunteers are needed to provide cakes for the cake walk.

For more information or to become a 4th of July Fun Fest Volunteer, contact Tuscan Lakes Lifestyle Director, Robin Mitchell, lifestyledirector@tuscanlakes.com or 281-332-5450 x 1 1 1.

DID YOU KNOW TUSCAN LAKES IS A JOHNSON DEVELOPMENT COMMUNITY?

The Johnson Development Corp. is an award-winning residential and commercial land development company involved in premier projects including master-planned communities such as Sienna Plantation, Fall Creek, Riverstone, Woodforest, Tuscan Lakes, Edgewater and Silverlake in Houston, Texas, and Towne Lake, BridgeMill and Lake Arrowhead in Atlanta, Georgia. Established in 1975, known for innovative master planning and today one of the largest and most successful land developers in both Houston and Atlanta, The Johnson Development Corp. has cultivated a strong reputation for vibrant, responsible development, with impeccably designed communities. For more information, visit www.johnsondevelopment.com.

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