



GYMNASIUM SCHEDULE

Open Gym- Unsupervised time in the gymnasium where members can enjoy open play using available sports equipment. *No set-up.

Fam-Jam - A designated open gym time for families to enjoy active play together using child-friendly equipment in a fun and safe environment.

Pickleball & Badminton Courts – Courts can be reserved in advance through the member portal by logging into WellnessLiving app.



Questions? Contact Warren Reeves, *Head of Athletic Programming*, warren@ecathleticclub.ca

FALL/WINTER 2025

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST
6AM														
7AM														
8AM	Pickleball (Bookings) 6:00 - 11:00 AM	Open Gym* 6:00 - 11:00 AM	Pickleball (Bookings) 6:00 - 10:30 AM	Open Gym* 6:00 - 10:30 AM	Pickleball (Bookings) 6:00 - 11:00 AM	Open Gym* 6:00 AM - 12:30 PM	Pickleball (Bookings) 6:00 - 11:00 AM	Open Gym* 6:00 - 11:00 AM	Pickleball (Bookings) 6:00 - 11:00 AM	Open Gym* 6:00 - 11:00 AM	Pickleball (Bookings) 7:00 AM - 1:30 PM	Open Gym* 7:00 - 8:00 AM		Open Gym* 7:00 - 8:00 AM
9AM														
10AM														
11AM	Pickleball (Drop in) 11:00 AM - 1:00 PM	Pickleball (Drop in) 11:00 AM - 1:00 PM	Pickleball (Drop in) 10:30 AM - 12:30 PM	Pickleball (Drop in) 10:30 AM - 12:30 PM	Badminton 11:00 AM - 1:00 PM		Pickleball (Drop in) 11:00 AM - 1:00 PM	Pickleball (Drop in) 11:00 AM - 1:00 PM	Pickleball (Drop in) 11:00 AM - 1:00 PM	Pickleball (Drop in) 11:00 AM - 1:00 PM				
12PM														
1PM			Multi Racket Lessons 12:30 - 1:30 PM			Womens Pickleball Lessons 12:30 - 1:30 PM								
2PM	Pickleball (Bookings) 1:00 - 3:30 PM		Open Gym* 1:30 - 3:00 PM		Open Gym* 1:00 - 4:00 PM		Badminton 1:00 - 4:30 PM	Open Gym* 1:00 - 5:30 PM	Pickleball (Bookings) 1:00 - 5:30 PM		Pickleball Lessons 1:30 - 2:30 PM		Pickleball (Bookings) 7:00 AM - 9:30 PM	
3PM		Open Gym* 1:00 - 7:00 PM	Pickleball (Bookings) 3:00 - 5:00 PM	Open Gym* 12:30 - 5:30 PM									Fam - Jam 8:00 AM - 9:30PM	
4PM	Open Gym* 3:30 - 6:00 PM						Youth Multi 4:30 - 5:30 PM							
5PM					Multi Racket JRs 4:00 - 7:00 PM									
6PM	Badminton Lessons 6:00 - 7:00 PM		Pickleball Lessons 5:00 - 7:30 PM	Liana Kids 5:30 - 7:30 PM		Badminton 5:00 - 7:00 PM	Pickleball (Drop in) 5:30 - 8:00 PM	Pickleball (Drop in) 5:30 - 8:00 PM	Pickleball (Drop in) 5:30 - 8:00 PM	Open Gym* 1:00 - 10:30 PM	Pickleball (Bookings) 2:00 - 9:30 PM			
7PM														
8PM	Basketball (League) 7:00 - 10:30 PM	Basketball (League) 7:00 - 10:30 PM	Basketball (Drop-In) 7:30 - 10:30 PM	Basketball (Drop-In) 7:30 - 10:30 PM	Pickleball (Bookings) 7:00 - 10:30 PM	Open Gym* 7:00 - 10:30 PM	Pickleball (Bookings) 8:00 - 10:30 PM	Basketball (Drop-In) 8:00 - 10:30 PM	Pickleball (Bookings) 8:00 - 10:30 PM					
9PM														
10PM														

*EFFECTIVE SEPT 8, 2025 - Schedule is subject to adjustments.