

FALL/WINTER 2025

ADULT PROGRAMMING

GENERAL & AQUATICS SCHEDULE

Plan your season — Registration is required for all programs.
General Programs run October 27 – December 7.

DAY	TIME	PROGRAM	LOCATION
MONDAY	6:00 - 7:00 AM	Masters Swim Oct 27 - Dec 8	Aquatic Centre
	5:00 - 6:00 PM	Adult - Learn to Golf	Golf Simulators
	7:00 - 10:00 PM	Adult Mixed Basketball League	Gymnasium
TUESDAY	9:00 - 10:00 AM	Yoga - Flow	Zen Studio
	1:30 - 2:30 PM	HYROX Training Camp	Functional Fitness
	6:00 - 7:00 PM	Co-Ed Pickleball	Gymnasium
	6:00 - 7:00 PM	Masters Swim Oct 28 - Dec 9	Aquatic Centre
WEDNESDAY	10:45 - 11:45 AM	6 Weeks, 6 Spaces	Functional Fitness
	12:30 - 1:30 PM	Women's Pickleball	Gymnasium
	5:00 - 6:00 PM	Adult - Learn to Golf	Golf Simulators
THURSDAY	12:30 - 1:30 PM	Intermediate Squash	Squash Courts
	1:30 - 2:30 PM	HYROX Training Camp	Functional Fitness
	5:00 - 6:00 PM	Golf - Speed Training	Golf Simulators
	5:30 - 6:30 PM	Beginner Squash	Squash Courts
SATURDAY	10:00 - 11:00 AM	Yoga - Flow	Zen Studio
	11:20 AM - 12:05 PM	Adult 2/3 Nov 1 - Dec 20	Aquatic Centre
	2:00 - 3:00 PM	Golf - Speed Training	Golf Simulators

— Aquatics Programs

Register through the **Member Portal** or at the front desk.

For more details:

[[View program descriptions](#)] or email Warren Reeves, *Head of Athletic Programming*, [warren@ecathleticclub.ca] or Emily Stow, *Aquatics Manager*, [aquatics@ecathleticclub.ca].

