

FALL/WINTER 2025

YOUTH PROGRAMMING — GENERAL SCHEDULE

Plan your season — Registration is required for all youth programs.

General Programs run October 27 – December 7.

DAY	TIME	PROGRAM	LOCATION
MONDAY	4:30 - 5:30 PM	Youth Pickleball 6-10	Gymnasium
TUESDAY	4:15 - 5:00 PM	Mini Multi-Racquet 4-5	Gymnasium
	5:00 - 6:00 PM	Youth Multi-Racquet 6-10	Gymnasium
	6:00 - 6:45 PM	Junior Jam Golf 5-9	Golf Simulators
	7:00 - 7:45 PM	Junior Jam Golf 10-15	Golf Simulators
WEDNESDAY	4:15 - 5:00 PM	Mini Multi-Racquet 4-5	Gymnasium
	5:00 - 5:30 PM	Mini Movers Dance	Cardio/TRX Studio
	5:00 - 6:00 PM	Youth Multi-Racquet 6-10	Gymnasium
	5:30 - 6:15 PM	Multi-Sport 6-8	Gymnasium
	5:30 - 6:30 PM	Intro to Functional Fitness 11-13	Functional Fitness
	6:00 - 6:45 PM	Tiny Twirlers Dance	Cardio/TRX Studio
	6:30 - 7:15 PM	Multi-Sport 9-11	Gymnasium
	6:30 - 7:30 PM	Intro to Functional Fitness 14-16	Functional Fitness
THURSDAY	4:30 - 5:30 PM	11+ Youth Multi-Racquet 11-16	Gymnasium
SATURDAY	8:30 - 9:00 AM	Mini Movers Dance	Cardio/TRX Studio
	9:00 - 9:30 AM	Mini Movers Dance	Cardio/TRX Studio
	9:30 - 10:15 AM	Tiny Twirlers Dance	Cardio/TRX Studio
	10:30 - 11:30 AM	Youth Pickleball 6-10	Gymnasium
	11:00 AM - 12:00 PM	Fam Jam Golf	Golf Simulators
	11:30 AM - 12:30 PM	Youth Squash 6-10	Squash Courts
	12:30 - 1:30 PM	Youth Squash 11-16	Squash Courts
	1:00 - 2:00 PM	Fam Jam Golf	Golf Simulators

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].



FALL/WINTER 2025

YOUTH PROGRAMMING — AQUATICS SCHEDULE

Plan your swim season — Registration is required for all aquatics programs.

DAY	TIME	PROGRAM
TUESDAY'S Oct 28 - Dec 16 (8 sessions)	4:00 - 4:30 PM	Parent & Tot 1/2
	4:00 - 4:30 PM	Preschool 1/2/3 *
	4:00 - 4:30 PM	Private Lesson
	4:35 - 5:05 PM	Private Lesson
	4:35 - 5:05 PM	Swimmer 1/2 **
	4:35 - 5:20 PM	Swimmer 3/4 **
	5:10 - 5:40 PM	Preschool 1/2/3 *
	5:10 - 5:40 PM	Private Lesson
	5:25 - 5:55 PM	Preschool 4/5 *
	5:45 - 6:15 PM	Private Lesson
	5:45 - 6:15 PM	Private Lesson
	6:00 - 6:30 PM	Swimmer 1/2 **
	6:20 - 7:05 PM	Swimmer 3/4 **
	6:20 - 7:20 PM	Swimmer 5/6 **
	6:35 - 7:05 PM	Private Lesson
SATURDAY'S Nov 1 - Dec 20 (8 sessions)	9:00 - 9:30 AM	Parent & Tot 1/2
	9:00 - 9:30 AM	Private Lesson
	9:15 - 9:45 AM	Preschool 1/2/3 *
	9:35 - 10:05 AM	Preschool 4/5 *
	9:35 - 10:05 AM	Private Lesson
	9:35 - 10:05 AM	Swimmer 1/2 **
	9:50 - 10:35 AM	Swimmer 3/4 **
	10:10 - 10:40 AM	Private Lesson
	10:10 - 11:10 AM	Swimmer 5/6 **
	10:40 - 11:10 AM	Semi-Private Lesson
	10:45 - 11:15 AM	Preschool 1/2/3 *
	10:45 - 11:15 AM	Private Lesson
	11:15 - 11:45 AM	Swimmer 1/2 **
	11:15 AM - 12:15 PM	Swim Patrol ***
	11:20 AM - 12:05 PM	Swimmer 3/4 **
	11:50 AM - 12:20 PM	Private Lesson

* Preschool programs ages 3-5 | ** Swimmer programs ages 6-12 | *** Patrol ages 8-14

View the Junior Swim Guide — Detailed Level Descriptions & Lesson Content.

For more details contact Emily Stow, *Aquatics Manager*, aquatics@ecathleticclub.ca.

