

# WINTER 2025/2026

## ADULT PROGRAMMING

### GENERAL & AQUATICS SCHEDULE

Plan your season — Registration is required for all programs.

DAY	TIME	PROGRAM	LOCATION
MONDAY	6:00 - 7:00 AM	<b>Masters Swim</b> Jan 5 - Feb 23	Aquatic Centre
	5:00 - 6:00 PM	<b>Adult - Learn to Golf</b>	Golf Simulators
	7:00 - 10:00 PM	<b>Adult Mixed Basketball League</b>	Gymnasium
TUESDAY	12:30 - 1:30 PM	<b>Next Level' Beginner Squash</b>	Squash Courts
	5:00 - 6:00 PM	<b>Masters Swim</b> Jan 6 - Feb 24	Aquatic Centre
	6:00 - 7:00 PM	<b>Learn to Play' Pickleball</b>	Gymnasium
WEDNESDAY	12:30 - 1:30 PM	<b>Women's Beginner Pickleball</b>	Gymnasium
	5:00 - 6:00 PM	<b>Adult - Learn to Golf</b>	Golf Simulators
	5:30 - 6:30 PM	<b>Learn to Play' Squash</b>	Squash Courts
	6:00 - 7:00 PM	<b>Adult - Short Game Clinic</b>	Gymnasium
	6:30 - 7:30 PM	<b>Next Level' Beginner Squash</b>	Squash Courts
	7:00 - 8:00 PM	<b>Adult - Ladies Only Clinic</b>	Gymnasium
THURSDAY	12:30 - 1:30 PM	<b>Intermediate Squash</b>	Squash Courts
	5:00 - 6:00 PM	<b>Golf - Speed Training</b>	Golf Simulators
	5:30 - 6:30 PM	<b>Women's Beginner Squash</b>	Squash Courts
	6:30 - 7:30 PM	<b>Intermediate Squash</b>	Squash Courts
FRIDAY	5:00 - 6:00 PM	<b>Adult - Couples Golf Night</b>	Golf Simulators
SATURDAY	11:30 AM - 12:30 PM	<b>Yoga - Flow</b>	Zen Studio
	11:20 AM - 12:05 PM	<b>Adult 2/3</b> Jan 10 - Feb 28	Aquatic Centre
	1:00 - 2:00 PM	<b>Yoga for Golfers</b>	Zen Studio

— 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](mailto:warren@ecathleticclub.ca)] or Emily Stow, *Aquatics Manager*, [[aquatics@ecathleticclub.ca](mailto:aquatics@ecathleticclub.ca)].

