



# SPRING 1 YOUTH PROGRAMMING GENERAL SCHEDULE

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

DAY	TIME	PROGRAM	DATES	LOCATION
<b>MONDAY</b>	4:00 PM – 5:00 PM	"FLEX" Mini Multi-Racquet 4–5	Mar 2 – Apr 27, (No class Mar 23)	Gymnasium
	5:00 PM – 6:00 PM	"FLEX" Youth Multi-Racquet 6–10	Mar 2 – Apr 27, (No class Mar 23)	Gymnasium
<b>TUESDAY</b>	5:00 PM – 5:30 PM	Mini Movers Dance	Mar 3 – Mar 31, (No class Mar 24)	Cardio/TRX Studio
	5:30 PM – 6:00 PM	Tiny Twirlers Dance	Mar 3 – Mar 31, (No class Mar 24)	Cardio/TRX Studio
	6:00 PM – 6:45 PM	Move and Mellow	Mar 3 – Mar 31, (No class Mar 24)	Cardio/TRX Studio
<b>WEDNESDAY</b>	4:15 PM – 5:00 PM	"FLEX" Mini Multi-Racquet 4–5	Mar 4 – Apr 29, (No class Mar 25)	Gymnasium
	5:00 PM – 6:00 PM	Junior Squash 7–12	Mar 4 – Apr 29, (No class Mar 25)	Squash Courts
	6:00 PM – 6:45 PM	Junior Jam Golf 5–9	Mar 4 – Apr 1, (No class Mar 25)	Golf Simulators
	7:00 PM – 7:45 PM	Junior Jam Golf 10–15	Mar 4 – Apr 1, (No class Mar 25)	Golf Simulators
<b>THURSDAY</b>	4:30 PM – 5:30 PM	"FLEX" Youth Multi-Racquet 6–10	Mar 4 – Apr 29, (No class Mar 25)	Squash Courts
<b>SATURDAY</b>	9:00 AM – 9:30 AM	Mini Movers Dance	Mar 7 – Apr 4, (No class Mar 28)	Cardio/TRX Studio
	9:30 AM – 10:00 AM	Tiny Twirlers Dance	Mar 7 – Apr 4, (No class Mar 28)	Cardio/TRX Studio
	10:00 AM – 10:45 AM	Move and Mellow	Mar 7 – Apr 25, (No class Mar 28)	Cardio/TRX Studio
	11:30 AM – 12:30 PM	Youth Multi-Racquet 6–10	Mar 7 – Apr 25, (No class Mar 28)	Gymnasium
	12:30 PM – 1:15 PM	Mini Multi-Racquet 4–5	Mar 7 – May 2, (No class Mar 28)	Gymnasium
<b>SUNDAY</b>	10:00 AM – 12:00 PM	Youth Basketball Clinics		Gymnasium

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)].



# SPRING 1 YOUTH PROGRAMMING AQUATICS SCHEDULE

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

DATES	TIME	PROGRAM
	4:00 PM – 4:30 PM	Private Lesson
	4:15 PM – 4:45 PM	Private Lesson
	4:35 PM – 5:05 PM	Preschool 1/2/3 *
	4:50 PM – 5:20 PM	Preschool 4/5 *
<b>TUESDAYS</b> <b>Mar 3 - Apr 28</b>	5:10 PM – 5:55 PM	Swimmer 3/4 **
(8 sessions) (No class Mar 24)	5:25 PM – 5:55 PM	Private Lesson
	6:00 PM – 6:30 PM	Swimmer 1/2 **
	6:00 PM – 7:00 PM	Swimmer 5/6 **
	6:35 PM – 7:05 PM	Private Lesson
	7:05 PM – 7:35 PM	Private Lesson

DATES	TIME	PROGRAM
	9:00 AM – 9:30 AM	Parent & Tot 1/2
	9:15 AM – 9:45 AM	Preschool 1/2/3 *
	9:15 AM – 10:00 AM	Swimmer 3/4 **
	9:35 AM – 10:05 AM	Private Lesson
	9:50 AM – 10:20 AM	Private Lesson
<b>SATURDAYS</b> <b>Mar 7 - May 2</b>	10:05 AM – 11:05 AM	Swimmer 5/6 **
(8 sessions) (No class Apr 4)	10:10 AM – 10:40 AM	Preschool 4/5 *
	10:25 AM – 10:55 AM	Swimmer 1/2 **
	10:45 AM – 11:15 AM	Private Lesson
	11:00 AM – 12:00 PM	Swim Patrol ***
	11:10 AM – 11:40 AM	Private Lesson
	11:20 AM – 12:05 PM	Swimmer 3/4 **
	11:45 AM – 12:25 PM	Preschool 1/2/3 *

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

Register through the [Member Portal](#) or at the front desk.

**For more details:**

View the [Junior Swim Guide](#) — Detailed Level Descriptions & Lesson Content.

For more details contact Emily Stow, Aquatics Manager, [[aquatics@ecathleticclub.ca](mailto:aquatics@ecathleticclub.ca)].