



# SPRING 1 ADULT PROGRAMMING GENERAL & AQUATICS SCHEDULE

Plan your season — Registration is required for all programs.

DAY	TIME	PROGRAM	DATES	LOCATION
MONDAY	6:00 AM – 7:00 AM	Masters Swim	Mar 2 – Apr 27, (No class Apr 6)	Aquatic Centre
	5:00 PM – 6:00 PM	Adult – Learn to Golf	Mar 2–Mar 30, (No class Mar 23)	Golf Simulators
	6:00 PM – 7:00 PM	'Learn to Play' Squash	Mar 2–Mar 30, (No class Mar 23)	Squash Courts
	7:00 PM – 10:00 PM	Adult Mixed Basketball League	(No league play Mar 23)	Gymnasium
TUESDAY	3:30 PM – 4:30 PM	Intermediate Squash	Mar 3 – Apr 28, (No class Mar 24)	Squash Courts
	5:00 PM – 6:00 PM	Masters Swim	Mar 3 – Apr 21	Aquatic Centre
	6:00 PM – 7:00 PM	'Learn to Play' Pickleball	Mar 3 – Mar 31, (No class Mar 24)	Gymnasium
WEDNESDAY	12:30 PM – 1:30 PM	Women's Beginner Pickleball	Mar 4 – Apr 1, (No class Mar 25)	Gymnasium
	5:00 PM – 6:00 PM	Master the Short Game	Mar 4 – Apr 1, (No class Mar 25)	Golf Simulators
THURSDAY	12:30 PM – 1:30 PM	Intermediate Squash	Mar 5 – Apr 30, (No class Mar 26)	Squash Courts
	3:30 PM – 4:30 PM	Intermediate Squash	Mar 5 – Apr 30, (No class Mar 26)	Squash Courts
	5:00 PM – 6:00 PM	Golf – Speed Training	Mar 5 – Apr 30, (No class Mar 26)	Golf Simulators
	5:30 PM – 6:30 PM	Women's Beginner Squash	Mar 5 – Apr 30, (No class Mar 26)	Squash Courts
	6:00 PM – 7:00 PM	Practice with a Pro	Mar 5 – Apr 2, (No class Mar 26)	Golf Simulators
SATURDAY	1:00 PM – 2:00 PM	Yoga for Golfers	Mar 7 – May 2, (No class Mar 28)	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)].