




# SPRING 2 ADULT PROGRAMMING GENERAL & AQUATICS SCHEDULE

2026

Plan your season — Registration is required for all programs.

DAY	TIME	PROGRAM	DATES	LOCATION
MONDAY	11:00 AM - 11:45 AM	AquaFit	May 11 - June 1	Aquatic Centre
	6:00 PM - 7:00 PM	Get Golf Course Ready	May 4 - May 25	Golf Simulators
	6:00 PM - 7:00 PM	'Learn to Play' Squash	May 4 - May 25	Squash Courts
TUESDAY	7:00 AM - 8:00 AM	Intermediate Squash	May 5 - June 9	Squash Courts
	11:30 AM - 1:00 PM	Powerlifting 101	May 12 - June 2	Functional Fitness
	12:30 PM - 1:30 PM	'Learn to Play' Pickleball	May 5 - May 26	Gymnasium
	6:00 PM - 7:00 PM	Co-Ed Beginner Squash	May 5 - June 9	Squash Courts
WEDNESDAY	7:00 AM - 8:00 AM	Co-Ed Beginner Squash	May 6 - June 10	Squash Courts
	11:00 AM - 11:45 AM	Water Fitness Class	May 13 - June 17	Aquatic Centre
	12:30 PM - 1:30 PM	Women's Beginner Pickleball	May 6 - May 27	Gymnasium
	6:00 PM - 7:00 PM	Intermediate Squash	May 6 - June 10	Squash Courts
THURSDAY	12:30 PM - 1:30 PM	Upper Intermediate Squash	May 7 - June 11	Squash Courts
	5:00 PM - 6:00 PM	Get Golf Course Ready	May 7 - May 28	Golf Simulators
	5:30 PM - 6:30 PM	Women's Beginner Squash	May 7 - June 11	Squash Courts

 — 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)].