



FALL 1 ADULT PROGRAMMING GENERAL & AQUATICS SCHEDULE

2026

Plan your season — Registration is required for all programs.

DAY	TIME	PROGRAM	DATES	LOCATION
MONDAY	5:00 - 6:00 PM	Get Into Golf	Sept 14 - Oct 19	Golf Simulators
	6:00 - 7:00 PM	'Learn to Play' Squash	Sept 14 - Oct 5	Squash Courts
TUESDAY	12:30 - 1:30 PM	'Learn to Play' Pickleball	Sept 8 - Sept 29	Gymnasium
	5:00 - 6:00 PM	Women's Beginner Squash	Sept 8 - Sept 29	Squash Courts
	6:15 - 6:45 PM	Private Swim Lesson	Oct 6 - Dec 8	Aquatics Centre
WEDNESDAY	12:30 - 1:30 PM	Intermediate Squash	Sept 9 - Oct 28	Squash Courts
	6:00 - 7:00 PM	Beginner Squash	Sept 9 - Sept 30	Squash Courts
THURSDAY	9:00 - 10:00 AM	Lift with Liana	Sept 10 - Oct 15	Functional Fitness Studio
	12:30 - 1:30 PM	Advanced Squash	Sept 10 - Oct 29	Squash Courts
	5:30 - 6:30 PM	Women's Squash: Beginner Plus	Sept 10 - Oct 29	Squash Courts
FRIDAY	11:30 AM - 12:30 PM	Women's Beginner Pickleball	Sept 11 - Oct 2	Gymnasium
	12:00 - 1:00 PM	Golf Strong	Sept 11 - Oct 16	Functional Fitness Studio
SATURDAY	10:10 AM - 11:10 AM	Learn to Swim	Oct 10 - Dec 12	Aquatics Centre
	11:15 AM - 11:45 AM	Private Swim Lesson	Oct 10 - Dec 12	Aquatics Centre
	11:30 AM - 12:30 PM	Yogabody	Sept 12 - Oct 3	Yoga Studio

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].