



FALL 1 YOUTH PROGRAMMING

2026

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

F I T N E S S	DAY	TIME	PROGRAM	DATES	LOCATION
	MONDAY	4:15 PM - 5:00 PM	Mini Multi-Racquet (Ages 4-6)	Sept 14 - Nov 2	Gymnasium
		5:00 PM - 6:00 PM	Junior Squash 'Learn to Play' (Ages 7-10)	Sept 14 - Oct 5	Squash Courts
	TUESDAY	5:00 PM - 6:00 PM	Little Warriors Martial Arts	Sept 8 - Oct 13	TRX Studio
		6:00 PM - 6:30 PM	Junior Golf Lab (Ages 5-9)	Sept 8 - Oct 13	Golf Simulators
		6:45 PM - 7:30 PM	Junior Golf Lab (Ages 10-15)	Sept 8 - Oct 13	Golf Simulators
	WEDNESDAY	5:00 PM - 6:00 PM	Junior Squash Academy (Ages 7-10)	Sept 9 - Oct 14	Squash Courts
	SATURDAY	10:30 AM - 11:30 AM	Youth Multi-Racquet (Ages 7-10)	Sept 12 - Oct 31	Gymnasium
		11:30 AM - 12:15 PM	Mini Multi-Racquet (Ages 4-6)	Sept 12 - Oct 31	Gymnasium
		1:00 PM - 2:00 PM	Lift with Liana	Sept 12 - Oct 31	Gymnasium

A Q U A T I C S	DATES	TIME	PROGRAM	DATES	TIME	PROGRAM
	TUESDAYS Oct 6 - Dec 8 (10 sessions)	4:00 PM - 4:30 PM	Preschool 1/2/3 *	SATURDAYS Oct 10 - Dec 12 (10 sessions)	9:00 AM - 9:30 AM	Parent & Tot 1/2
		4:00 PM - 4:30 PM	Private Lesson		9:00 AM - 9:30 AM	Private Lesson
		4:15 PM - 4:45 PM	Preschool 4/5 *		9:15 AM - 9:45 AM	Preschool 1/2/3 *
		4:35 PM - 5:05 PM	Private Lesson		9:35 AM - 10:05 AM	Private Lesson
		4:35 PM - 5:05 PM	Swimmer 1/2 **		9:35 AM - 10:05 AM	Swimmer 1/2 **
		4:50 PM - 5:35 PM	Swimmer 3/4 **		9:50 AM - 10:35 AM	Swimmer 3/4 **
		5:10 PM - 5:40 PM	Preschool 4/5 *		10:10 AM - 10:40 AM	Preschool 4/5 *
		5:10 PM - 6:10 PM	Swimmer 5/6 **		10:40 AM - 11:40 AM	Swimmer 5/6 **
		5:40 PM - 6:10 PM	Swimmer 1/2 **		10:45 AM - 11:45 AM	Swim Patrol ***
		5:45 PM - 6:15 PM	Private Lesson		11:45 AM - 12:15 PM	Private Lesson
		6:15 PM - 6:45 PM	Private Lesson		11:50 AM - 12:20 PM	Private Lesson
6:20 PM - 6:50 PM	Private Lesson	11:50 AM - 12:20 PM	Private Lesson			

*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 program descriptions](#)] or email Warren Reeves *Head of Athletic Programming*, [warren@ecathleticclub.ca] / Emily Stow, Aquatics Manager, [aquatics@ecathleticclub.ca].