



FALL ADULT PROGRAMMING GENERAL & AQUATICS SCHEDULE

2026

Plan your season — Registration is required for all programs.

Day	Time	Program	Location
Monday	12:30 PM – 1:30 PM	'Learn to Play' Pickleball Nov 2 - Nov 23	Gymnasium
	4:00 PM – 5:00 PM	Get Into Golf Nov 2 - Dec 7	Golf Simulators
Tuesday	6:30 AM – 7:30 AM	Masters Swim Sept 8 - Oct 13 / Oct 27 - Nov 24	Aquatics Centre
	12:30 PM – 1:30 PM	Pickleball: Beginner Plus Nov 3 - Nov 24	Gymnasium
	5:00 PM – 6:00 PM	Women's Beginner Squash Nov 3 - Nov 24	Squash Courts
	5:30 PM – 6:30 PM	Masters Swim Sept 8 - Oct 13	Aquatics Centre
	6:15 PM – 6:45 PM	Private Swim Lesson Oct 6 - Dec 8	Aquatics Centre
Wednesday	10:50 AM – 11:35 AM	Aquafit Sept 2 - Sept 30 / Oct 7 - Oct 28	Aquatics Centre
	11:30 AM - 12:30 PM	Intermediate Squash Nov 4 - Dec 9	Squash Courts
	5:00 PM – 6:00 PM	Golf - Practice with a Pro Nov 4 - Nov 25	Golf Simulators
	6:00 PM – 7:00 PM	Master the Short Game Nov 4 - Nov 25	Golf Simulators
	6:00 PM – 7:00 PM	'Learn to Play' Squash Nov 4 - Nov 25	Squash Courts
Thursday	9:00 AM – 10:00 AM	Lift with Liana Nov 5 - Dec 10	Functional Fitness Studio
	12:30 PM – 1:30 PM	Advanced Squash Nov 5 - Dec 10	Squash Courts
	5:30 PM – 6:30 PM	Women's Squash: Beginner Plus Nov 5 - Dec 10	Squash Courts
	5:30 PM – 6:30 PM	Masters Swim Sept 10 - Oct 15 / Nov 5 - Dec 3	Aquatics Centre
Friday	6:00 PM – 7:00 PM	Golf Course Management 101 Nov 5 - Nov 26	Golf Simulators
	11:30 AM – 12:30 PM	Women's Beginner Pickleball Nov 6 - Nov 27	Gymnasium
Saturday	12:00 PM – 1:00 PM	Golf Strong Nov 6 - Nov 27	Functional Fitness Studio
	9:30 AM - 10:15 AM	Parent & Tot Racquets (Ages 2-3) Nov 7 - Dec 12	Squash Courts / Gymnasium
	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
	12:00 PM – 1:00 PM	Yoga FORE Golfers Nov 12 - Dec 12	Yoga Studio
	1:00 PM – 2:00 PM	Yogabody Nov 14 - Dec 12	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].