



FALL YOUTH PROGRAMMING

2026

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

Fitness

Day	Time	Program	Location
Monday	4:15 – 5:00 PM	Mini Multi-Racquet (Ages 4–6) Nov 9 - Dec 14	Squash Courts / Gymnasium
Tuesday	5:00 – 6:00 PM	Little Warriors Martial Arts (Ages 6-16) Nov 3 - Dec 8	TRX Studio
	6:00 – 6:30 PM	Junior Golf Lab (Ages 5–9) Nov 3 - Dec 8	Golf Simulators
	6:45 – 7:30 PM	Junior Golf Lab (Ages 10–15) Nov 3 - Dec 8	Golf Simulators
Wednesday	4:30-5:30 PM	Junior Multi-Racquet (Ages 7–10) Nov 4 - Dec 9	Squash Courts / Gymnasium
Thursday	4:30-5:30 PM	Youth Badminton (Ages 7–10) Nov 5 - Nov 26	Gymnasium
Saturday	9:30-10:15 AM	Parent & Tot: Racquets (Ages 2-3) Nov 7 - Dec 12	Squash Courts / Gymnasium
	10:30 – 11:30 AM	Youth Multi-Racquet (Ages 7–10) Nov 7 - Dec 12	Squash Courts / Gymnasium
	10:30 – 11:30 AM	Youth Multi-Sport (Ages 5–9) Nov 7 - Dec 12	Gymnasium
	11:30 AM – 12:15 PM	Mini Multi-Racquet (Ages 4–6) Nov 7 - Dec 12	Squash Courts / Gymnasium
	11:30 AM – 12:30 PM	Youth Multi-Sport (Ages 10–14) Nov 7 - Dec 12	Gymnasium
	1:00 – 2:00 PM	Lift with Liana Nov 7 - Dec 12	Gymnasium

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].



Aquatics

Day	Time	Program
TUESDAY Oct 6 - Dec 8 (10 sessions)	4:00 – 4:30 PM	Preschool 1/2/3 *
	4:00 – 4:30 PM	Private Lesson
	4:15 – 4:45 PM	Preschool 4/5*
	4:35 – 5:05 PM	Parent & Tot
	4:35 – 5:05 PM	Swimmer 1/2 **
	4:50 – 5:35 PM	Swimmer 3/4 **
	5:10 – 5:40 PM	Preschool 4/5 *
	5:10 – 6:10 PM	Swimmer 5/6 **
	5:40 – 6:10 PM	Swimmer 1/2 **
	5:45 – 6:15 PM	Private Lesson
	6:15 – 6:45 PM	Private Lesson
	6:20 – 6:50 PM	Private Lesson
SATURDAY Oct 10 - Dec 12 (10 sessions)	9:00 – 9:30 AM	Parent & Tot
	9:00 – 9:30 AM	Private Lesson
	9:15 – 9:45 AM	Preschool 1/2/3 *
	9:35 – 10:05 AM	Private Lesson
	9:35 – 10:05 AM	Swimmer 1/2 **
	9:50 – 10:35 AM	Swimmer 3/4 **
	10:10 – 10:40 AM	Preschool 4/5 *
	10:40 – 11:40 AM	Swimmer 5/6 **
	10:45 – 11:45 AM	Swim Patrol ***
	11:45 AM – 12:15 PM	Private Lesson
	11:50 AM – 12:20 PM	Private Lesson
	11:50 AM – 12:20 PM	Private Lesson
SUNDAY Oct 4 - Dec 13 (10 sessions) <i>No lessons Oct 11</i>	4:00 – 4:30 PM	Preschool 1/2/3 *
	4:35 – 5:05 PM	Preschool 4/5 *
	5:10 – 5:40 PM	Swimmer 1/2 **
	5:45 – 6:30 PM	Swimmer 3/4 **
	6:35 PM – 7:05 PM	Private Lesson