

FALL 2026 - PROGRAM SCHEDULE

MONDAY	INSTRUCTOR	LOCATION	TIME	DATES*	WKS	M	NM	CODE
Stretchalates	Marta	Sunnybrooke	9:00 – 9:55 am	Sept 21 - Dec 7	10	\$53	\$63	4071-A26
Fit for life 2	Sharon	Terry Fox	9:00 – 9:55 am	Sept 28 - Dec 7	10	\$53	\$63	4029-A26
Balance Fit	Marta	Sunnybrooke	10:05 – 11:00 am	Sept 21 - Dec 7	10	\$53	\$63	4137-A26
Fit for life 1	Sharon	Terry Fox	10:10 – 11:05 am	Sept 28 - Dec 7	10	\$53	\$63	4030-A26
Chair Yoga	Marta	Sunnybrooke	11:10 – 12:05 pm	Sept 21 - Dec 7	10	\$53	\$63	4115-A26
Fit for life 3	Lynn	Terry Fox	11:30 – 12:25 pm	Sept 28 - Dec 7	10	\$53	\$63	4018-A26
Stretch & Strength (chair)	Lynn	Terry Fox	12:30 – 1:25 pm	Sept 28- Dec 7	10	\$53	\$63	4074A-A26
Spanish - Interm. 1	Isabel	Edw. J	11:30 – 1:00 pm	Sept 21 - Dec 7	11	\$99	\$110	4133-A26
Spanish - Advanced	Isabel	Edw. J	1:00 – 2:25 pm	Sept 21 - Dec 7	11	\$99	\$110	4136-A26
Intro Pickleball	Kathleen	Edw. J	3:00 – 4:30 pm	Sept 21 - Dec 21	13	\$15	n/a	4325A-A26
Modified Pickleball	n/a	Edw. J	4:40 – 6:00 pm	Sept 21 - Dec 21	13	\$15	n/a	4523O-A26

TUESDAY	INSTRUCTOR	LOCATION	TIME	DATES	WKS	M	NM	CODE
Spanish - Beginner	Isabel	Edw. J	9:00 – 10:25 am	Sept 22 - Dec 8	12	\$108	\$120	4135-A26
Tai Chi Kung (zoom)	Colin	ZOOM	10:00 – 11:00 am	Sept 22 - Dec 8	12	\$63	\$75	Z4121_A26
Ease into exercise	Fiona	Sunnybrooke	10:15 – 11:10 am	Sept 22 - Dec 8	12	\$63	\$75	4037-A26
Bridge - Intermediate	Debby	Banquet	10:30 – 12:00 pm	Sept 22 - Dec 22*	8	\$30	n/a	4140-A26
KineAction 3 -standing, floor	Maya	Terry Fox	10:30 – 11:25 am	Sept 22 - Dec 8*	10	\$53	\$63	4019A-A26
Spanish - Interm. 2	Isabel	Edw. J	10:30 – 11:55 am	Sept 22 - Dec 8	12	\$108	\$120	4134-A26
Fit for life 2	Fiona	Sunnybrooke	11:20 – 12:15 pm	Sept 22 - Dec 8	12	\$63	\$75	4036-A26
KineAction 3 -standing, floor	Maya	Terry Fox	11:35 – 12:30 pm	Sept 22 - Dec 8*	10	\$53	\$63	4028A-A26
KineAction 2-seated, standing	Maya	Terry Fox	12:40 – 1:35 pm	Sept 22 - Dec 8*	10	\$53	\$63	4021A-A26
Line dancing 1	Nathalie	Sunnybrooke	1:00 – 2:15 pm	Sept 22 - Nov 24*	7	\$46	\$53	4101-A26
Samba Canasta	n/a	Banquet	1:00 – 4:00 pm	Sept 22 - Dec 22*	8	\$10	n/a	4511B-A26
Book Club	n/a	Edw. J	1:30– 2:30 pm	SEP 29, OCT 27, NOV 24, DEC 22		free	n/a	4525-A26
Line dancing 4	Nathalie	Sunnybrooke	2:20 – 3:35 pm	Sept 22 - Nov 24*	7	\$46	\$53	4103-A26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Sept 22 - Dec 22	14	\$15	n/a	4302A-A26
Line dancing 2	Nathalie	Sunnybrooke	3:40 – 4:55 pm	Sept 22 - Nov 24*	7	\$46	\$53	4108-A26

WEDNESDAY	INSTRUCTOR	LOCATION	TIME	DATES	WKS	M	NM	CODE
Yoga	Subanki	Sunnybrooke	8:45 – 9:55 am	Sept 23 - Dec 9*	10	\$66	\$76	4112-A26
Fit for life 2	Sharon	Terry Fox	9:00 – 9:55 am	Sept 23 - Dec 9	12	\$63	\$75	4020-A26
Modified Pickleball	n/a	Edw. J	9:00 – 10:20 am	Sept 23 - Dec 23	14	\$15	n/a	4523E-A26
Social Bridge	n/a	Banquet	9:30 – 12:25 pm	Sept 23 - Dec 23*	11	\$10	n/a	4510B-A26
Fit for life 1	Sharon	Terry Fox	10:00 – 10:55 am	Sept 23 - Dec 9	12	\$63	\$75	4027-A26
Gentle Yoga	Subanki	Sunnybrooke	10:10 – 11:20 am	Sept 23 - Dec 9*	10	\$66	\$76	4111-A26
Modified Pickleball	n/a	Edw. J	10:30 – 12:00 pm	Sept 23 - Dec 23	14	\$15	n/a	4523C-A26
Fit & Strong	Nicky	Terry Fox	11:00 – 11:55 am	Sept 23-Dec 9	12	\$63	\$75	4600-A26
Arthritis Exercise	Caroline H	Sunnybrooke	11:30 – 1:00 pm	Sept 23 - Dec 9	12	\$108	\$120	4022-A26
Modified Pickleball	n/a	Edw. J	1:00 – 2:30 pm	Sept 23 - Dec 23	14	\$15	n/a	4523F-A26
American Mah Jongg	n/a	Banquet	1:00 – 4:00 pm	Sept 23 - Dec 23*	11	\$10	n/a	4164C-A26
Stretch & Strength (floor)	Lynn	Terry Fox	1:30 – 2:25 pm	Sept 30 - Dec 9	11	\$58	\$69	4074-A26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Sept 23 - Dec 23	14	\$15	n/a	4302B-A26

DDO Civic Centre at 12001, boul. de Salaberry (entrance 5)
Chalet Edward Janiszewski (Edw. J) situated at 264 Rue Ernest
Chalet Terry Fox situated at 80, rue Westpark
Chalet Sunnybrooke, situated at 7, rue Cadman

THURSDAY	INSTRUCTOR	LOCATION	TIME	DATES	WKS	M	NM	CODE
Oil Painting	Jacinta	Edw. J	9:30 – 12:00 pm	Sept 24 - Dec 10	12	\$240	\$252	4152-A26
Circuit Training for All	Marc	Terry Fox	9:00 – 9:55 am	Sept 24 - Dec 10	12	\$63	\$75	4031-A26
American Mah Jongg	n/a	Banquet	9:30 - 12:00 pm	Sept 24 - Dec 17*	9	\$10	n/a	4164-A26
Tai Chi Kung (zoom)	Colin	ZOOM	10:00 – 11:00 am	Sept 24 - Dec 10	12	\$63	\$75	Z4123-A26
Men's Circuit Training	Marc	Terry Fox	10:00 – 10:55 am	Sept 24 - Dec 10	12	\$63	\$75	4034-A26
Sit & Fit	Nicky	Terry Fox	11:00 – 11:55 am	Sept 24 - Dec 10	12	\$63	\$75	4016-A26
Modified Pickleball	n/a	Edw. J	1:00 – 2:30 pm	Sept 24 - Dec 17	13	\$15	n/a	4523G-A26
Social Bridge	n/a	Banquet	1:00 - 4:00 pm	Sept 24 - Dec 17*	9	\$10	n/a	4510A-A26
Samba Canasta	n/a	Banquet	1:00 - 4:00 pm	Sept 24 - Dec 17*	9	\$10	n/a	4511A-A26
Line dancing-one wall	Nathalie	Sunnybrooke	1:00 – 2:00 pm	Sept 24 - Nov 26*	7	\$37	\$44	4104-A26
Singing Group	Susanna	Terry Fox	1:00 – 2:25 pm	Sept 24 - Dec 17*	10	\$90	\$100	4154-A26
Line dancing 3	Nathalie	Sunnybrooke	2:05 – 3:20 pm	Sept 24 - Nov 26*	7	\$46	\$53	4102-A26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Sept 24 - Dec 17	13	\$15	n/a	4302E-A26
Modified Pickleball	n/a	Edw. J	6:00 – 7:30 pm	Sept 24 - Dec 17	13	\$15	n/a	4523Q-A26

FRIDAY	INSTRUCTOR	LOCATION	TIME	DATES	WKS	M	NM	CODE
Modified Pickleball	n/a	Edw. J	9:00 – 10:20 am	Sept 25 - Dec 18	13	\$15	n/a	4523D-A26
English Conversation	n/a	Banquet	10:00 – 11:00 am	Oct. 2 - Dec. 18*	8	Free	n/a	4526-A26
KineAction 3 -standing, floor	Maya	Terry Fox	10:30 – 11:25 am	Sept. 25 - Dec. 11*	10	\$53	\$63	4019-A26
Modified Pickleball	n/a	Edw. J	10:30 – 12:00 pm	Sept 25 - Dec 18	13	\$15	n/a	4523L-A26
French Conversation	n/a	Banquet	11:00 – 12:00 pm	Oct. 2 - Dec. 18*	8	Free	n/a	4527-A26
Fit Chair Yoga	Dana	Sunnybrooke	11:30 – 12:25 pm	Sept 25 - Dec 11	12	\$63	\$75	4115B-A26
Stretchalates (zoom)	Lilly	ZOOM	11:30 – 12:25 pm	Sept. 25 - Dec. 18	13	\$68	\$81	Z4070-A26
KineAction 1-seated, no floor	Maya	Terry Fox	11:35 – 12:30 pm	Sept. 25 - Dec. 11*	10	\$53	\$63	4028-A26
KineAction 2-seated, standing	Maya	Terry Fox	12:40 – 1:35 pm	Sept. 25 - Dec. 11*	10	\$53	\$63	4021-A26
Zumba Gold	Dana	Sunnybrooke	1:00 - 1:55 pm	Sept 25 - Dec 11	12	\$63	\$75	4015A-A26
Samba Canasta	n/a	Banquet	1:00 – 4:00 pm	Oct. 2 - Dec. 18*	7	\$10	n/a	4511C-A26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Sept 25 - Dec 18	13	\$15	n/a	4302C-A26

SATURDAY	INSTRUCTOR	LOCATION	TIME	DATES	WKS	M	NM	CODE
Modified Pickleball	n/a	Edw. J	9:00 – 10:20 am	Sept 26 - Dec 19	13	\$15	n/a	4523M-A26
Modified Pickleball	n/a	Edw. J	10:30 – 12:00 pm	Sept 26 - Dec 19	13	\$15	n/a	4523N-A26

SUNDAY	INSTRUCTOR	LOCATION	TIME	DATES	WKS	M	NM	CODE
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Sept. 27 - Dec. 20	13	\$15	n/a	4302D-A26

Stay tuned for L'Escapade outings — details to come during the session.

MEMBERSHIP 2026-2027

Regular member - \$25
Associate member - \$45

ONLINE Registration at ddoclub55.com

Regular Member: From Tue, Sep 15 at 10 a.m.
Associate Member: From Thurs, Sep 17 at 10 a.m.

IN PERSON REGISTRATION

Location : 12001, boul. de Salaberry, Banquet Hall (entrance 5)

Time : from 10 am to 2 pm

Registration dates:

DDO residents (regular and new members): from Tuesday, Sept. 15.

Associate members: from Thursday, September 17

Non-residents: Friday, September 18

PROXY Registration: During registration periods, an individual may register for themselves, a family member, and/or one other household member who meets the Club's membership requirements. However, new members must appear in person and cannot be registered by proxy.

Footnote: * Dates: Check your receipt for days when there are no classes.

Footnote: M: Member rate NM: Non-member rate

Schedule as of August 27, subject to change without notice

Latest schedule published on our website: [DDOCLUB55.COM](https://ddoclub55.com)

FITNESS

SOCIAL

LEARNING

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Chalet Terry Fox situated at 80, rue Westpark
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