

FALL 2025 PROGRAM SCHEDULE

MONDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Stretchalates	Lyse	Banquet	9:00 – 9:55 am	Sept. 22 – Dec. 15*	8	\$42	\$50	4071-A25
Fit for life 2	Sharon	Terry Fox	9:00 – 9:55 am	Sept. 22 – Dec. 15*	12	\$63	\$75	4029-A25
Yoga Chair	Lyse	Banquet	10:05 – 11:00 am	Sept. 22 – Dec. 15*	8	\$42	\$50	4115-A25
Fit for life 1	Sharon	Terry Fox	10:10 – 11:05 am	Sept. 22 – Dec. 15*	12	\$63	\$75	4030-A25
Balance Fit	Lyse	Banquet	11:10 – 12:05 pm	Sept. 22 – Dec. 15*	8	\$42	\$50	4137-A25
Fit for life 3	Lynn	Terry Fox	11:25 – 12:20 pm	Sept. 22 – Dec. 8*	11	\$58	\$69	4018-A25
Spanish - Inter. 1	Isabel	Multimedia	11:30 – 1:00 pm	Sept. 22 – Dec. 1*	10	\$90	\$100	4133-A25
Zumba Gold	Jackie	Banquet	12:30 – 1:25 pm	Sept. 22 – Dec. 15*	8	\$42	\$50	4015-A25
Social Bridge	n/a	Bistro	1:00 – 4:00 pm	Sept. 15 – Dec. 15*	13	\$10	n/a	4510A-A25
Spanish - Advanced	Isabel	Multimedia	1:00 – 2:25 pm	Sept. 22 – Dec. 1*	10	\$90	\$100	4136-A25
Billiards	n/a	Cactus	3:00 – 5:00 pm	Sept. 15 – Dec. 15*	13	\$10	n/a	4515G-A25

TUESDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Spanish - Beginner	Isabel	Multimedia	9:00 – 10:30 am	Sept. 23 – Nov. 25	10	\$90	\$100	4135-A25
Ease into exercise	Fiona	Banquet	10:15 – 11:10 am	Sept. 23 – Nov. 25*	9	\$47	\$56	4037-A25
Bridge - Intermediate	Debby	Bistro	10:30 – 12:00 pm	Sept. 23 – Nov. 11	8	\$30	\$38	4140-A25
Feelin' Stronger with kinesiologist	Maya	Terry Fox	10:30 – 11:25 am	Sept. 23 – Dec. 16	12	\$63	\$75	4019A-A25
Fit for life 2	Fiona	Banquet	11:20 – 12:15 pm	Sept. 23 – Nov. 25*	9	\$47	\$56	4036-A25
Spanish - Intermediate 2	Isabel	Multimedia	10:30 – 11:55 am	Sept. 23 – Nov. 25	10	\$90	\$100	4134-A25
Tai Chi Kung	Colin	Sunnybrooke	11:00 – 11:55 am	Sept. 23 – Dec. 16	13	\$68	\$81	4121-A25
Step easy with kinesiologist	Maya	Terry Fox	11:35 – 12:30 pm	Sept. 23 – Dec. 16	12	\$63	\$75	4028A-A25
Essentrics	Jackie	Sunnybrooke	12:30 – 1:25 pm	Sept. 23 – Dec. 16	13	\$68	\$81	4033-A25
Zumba Toning	Jackie	Sunnybrooke	1:30 – 2:25 pm	Sept. 23 – Dec. 16	13	\$68	\$81	4012-A25
Keep it Movin' with kinesiologist	Maya	Terry Fox	12:40 – 1:35 pm	Sept. 23 – Dec. 16	12	\$63	\$75	4021A-A25
Knitting	n/a	Multimedia	1:00 – 3:00 pm	Sept. 16 – Dec. 9*	12	Free	n/a	4521-A25
Samba / Canasta	n/a	Bistro	1:00 – 4:00 pm	Sept. 16 – Dec. 9*	12	\$10	n/a	4511B-A25
Line Dancing 1	Nathalie	Banquet	1:00 – 2:15 pm	Sept. 23 – Nov. 18	8	\$52	\$60	4101-A25
Line Dancing 4	Nathalie	Banquet	2:20 – 3:35 pm	Sept. 23 – Nov. 18*	8	\$52	\$60	4103-A25
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Sept. 16 – Dec. 16*	13	\$15	n/a	4302A-A25
Billiards	n/a	Cactus	3:00 – 5:00 pm	Sept. 16 – Dec. 2*	11	\$10	n/a	4515A-A25
Games	n/a	Cactus	3:00 – 5:00 pm	Sept. 16 – Dec. 2*	11	\$10	n/a	4514A-A25
Line Dancing 2	Nathalie	Banquet	3:40 – 4:55 pm	Sept. 23 – Nov. 18*	8	\$52	\$60	4108-A25
Billiards	n/a	Cactus	5:10 – 7:10 pm	Sept. 16 – Dec. 2*	11	\$10	n/a	4515B-A25

WEDNESDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Hatha & Flow Fusion	Subanki	Banquet	8:45 – 9:55 am	Sept. 24 – Dec. 17*	10	\$65	\$75	4112-A25
Fit for life 2	Sharon	Terry Fox	9:00 – 9:55 am	Oct. 1 – Dec. 17	12	\$63	\$75	4020-A25
Bridge	n/a	Bistro	9:30 – 12:25 pm	Sept. 17 – Dec. 3*	12	\$10	n/a	4510B-A25
Gentle Yoga	Subanki	Banquet	10:10 – 11:20 am	Sept. 24 – Dec. 17*	10	\$65	\$75	4111-A25
Fit for life 1	Sharon	Terry Fox	10:10 – 11:05 am	Oct. 1 – Dec. 17	12	\$63	\$75	4027-A25
Arthritis Exercise	Caroline	Banquet	11:30 – 12:45 pm	Sept. 24 – Dec. 17*	9	\$79	\$88	4022-A25
Mah Jongg	n/a	Bistro	1:00 – 4:00 pm	Sept. 17 – Dec. 3	12	\$10	n/a	4164C-A25
Stretch & Strength	Lynn	Banquet	1:20 – 2:15 pm	Oct. 1 – Nov. 26*	8	\$42	\$50	4074-A25
Billiards	n/a	Cactus	3:00 – 5:00 pm	Sept. 17 – Dec. 3	12	\$10	n/a	4515E-A25
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Sept. 17 – Dec. 17	14	\$15	n/a	4302B-A25

THURSDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Oil Painting	Jacinta	Edw. J	9:30 – 12:00 pm	Sept. 25 – Nov. 27	10	\$200	\$220	4152-A25
French - Beginner	Johanne	Multimedia	9:00 – 9:55 am	Sept. 25 – Dec. 4*	9	\$54	\$63	4131A-A25
French -Intermediate	Johanne	Multimedia	10:00 – 11:30 am	Sept. 25 – Dec. 4*	9	\$77	\$86	4131B-A25
Active Coordination	Marc	Banquet	9:00 – 9:55 am	Sept. 25 – Nov. 27*	9	\$47	\$56	4035-A25
Men's Circuit Training	Marc	Banquet	10:00 – 10:55 am	Sept. 25 – Nov. 27*	9	\$47	\$56	4034-A25
Tai Chi Kung	Colin	Sunnybrooke	10:30 – 11:25 am	Sept. 25 – Dec. 18	13	\$68	\$81	4123-A25
Circuit Training for All	Marc	Banquet	11:05 – 12:00 pm	Sept. 25 – Nov. 27*	9	\$47	\$56	4031-A25
Line Dancing – One Wall	Nathalie	Banquet	1:00 – 2:00 pm	Sept. 25 – Nov. 27*	9	\$47	\$56	4104-A25
Singing Group	Susanna	Park view	1:00 – 2:25 pm	Sept. 25 – Nov. 27	10	\$89	\$99	4154-A25
Fit Chair Yoga	Lynn	Sunnybrooke	12:30 – 1:25 pm	Sept. 25 – Dec. 11	12	\$63	\$75	4016-A25
Mah Jongg	n/a	Bistro	1:00 – 4:00 pm	Sept. 18 – Dec. 11	13	\$10	n/a	4164-A25
Line Dancing 3	Nathalie	Banquet	2:05 – 3:20 pm	Sept. 25 – Nov. 27*	9	\$59	\$68	4102-A25
Billiards	n/a	Cactus	3:00 – 5:00 pm	Sept. 18 – Dec. 11*	12	\$10	n/a	4515C-A25
Games	n/a	Cactus	3:00 – 5:00 pm	Sept. 18 – Dec. 11*	12	\$10	n/a	4514B-A25
Billiards	n/a	Cactus	5:10 – 7:10 pm	Sept. 18 – Dec. 11*	12	\$10	n/a	4515D-A25

FRIDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
English Tea	n/a	Bistro	10:00 – 11:00 am	Sept. 19 – Dec. 12*	12	Free	n/a	4526-A25
Feelin' Stronger with kinesiologist	Maya	Terry Fox	10:30 – 11:25 am	Sept. 26 – Dec. 19*	12	\$63	\$75	4019-A25
French Café	n/a	Bistro	11:00 – 12:00 pm	Sept. 19 – Dec. 12*	12	Free	n/a	4527-A25
Chair Yoga	Dana	Sunnybrooke	11:30 – 12:25 pm	Sept. 26 – Dec. 19	13	\$68	\$81	4115B-A25
Stretchalates	Lyse	Zoom	11:30 – 12:25 pm	Sept. 26 – Dec. 19	13	\$68	\$81	Z4070-A25
Step easy with kinesiologist	Maya	Terry Fox	11:35 – 12:30 pm	Sept. 26 – Dec. 19*	12	\$63	\$75	4028-A25
Keep it Movin' with kinesiologist	Maya	Terry Fox	12:40 – 1:35 pm	Sept. 26 – Dec. 19*	12	\$63	\$75	4021-A25
Samba / Canasta	n/a	Bistro	1:00 – 4:00 pm	Sept. 19 – Dec. 12*	12	\$10	n/a	4511C-A25
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Sept. 19 – Dec. 19	14	\$15	n/a	4302C-A25

SUNDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Samba / Canasta	n/a	Bistro	1:00 – 4:00 pm	Sept. 21 – Dec. 21*	11	\$10	n/a	4511A-A25
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	Sept. 21 – Dec. 21*	13	\$15	n/a	4302D-A25

Stay tuned for L'Escapade's monthly outings—dates and restaurants will be announced during the fall session.

MEMBERSHIP 2025-2026

Regular member - \$35

Associate member - \$55

ONLINE Registration at ddoclub55.com

Regular Member: From Tue., Sept. 9 at 10 a.m.

Associate Member: From Thurs., Sept. 11 at 10 a.m.

IN PERSON Registration

The office will be open from 10 a.m. to 2 p.m. on the following dates

Office address: 12001, Boul. De Salaberry, Entrance 5A

Regular member: From Tuesday, September 9

Associate member: From Thursday, September 11

Non-member: From Friday, September 12

Open to All: From Sept. 15, during regular office hours

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 Aug. 5, subject to change without notice

FITNESS

SOCIAL

APPRENDRE

Our Locations: Centre Civique DDO at 12001, boul. de Salaberry; 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