



SUMMER 2025 PROGRAM SCHEDULE

MONDAY

COURSE	CAT.	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Stretchalates	PHY	Lyse	Banquet	9:00 AM – 9:55 AM	July 7 – August 18	7	\$37	\$44
Balance Fit	PHY	Lyse	Banquet	10:05 AM – 11:00 AM	July 7 – August 18	7	\$37	\$44
Balance & Mobility	PHY	Lyse	Banquet	11:10 AM – 12:05 PM	July 7 – August 18	7	\$37	\$44
Fit for life 3	PHY	Lynn	Edw. J	11:30 AM – 12:15 PM	June 30 – August 25	9	\$47	\$56
Zumba Gold	PHY	Jackie	Banquet	12:30 PM – 1:25 PM	June 30 – August 25	9	\$47	\$56
Social Bridge	SOC	NA	Bistro	1:00 PM – 4:00 PM	June 30 – August 25	9	\$10	NA
Billiards	SOC	NA	Cactus	3:00 PM – 5:00 PM	June 30 – August 25	9	\$10	NA

TUESDAY (no class on July 1st)

COURSE	CAT.	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Stretchalates	PHY	Lyse	ZOOM	10:00 AM – 10:55 AM	July 8 – August 19	7	\$37	\$44
Fit for life 2	PHY	Maya	Banquet	10:20 AM – 11:15 AM	July 8 – August 19	7	\$37	\$44
Chair Yoga	PHY	Dana	Banquet	11:30 AM – 12:25 PM	July 8 – August 26	8	\$42	\$50
Essentrics	PHY	Jackie	Edw. J	12:30 PM – 1:25 PM	July 8 – August 26	8	\$42	\$50
Samba / Canasta	SOC	NA	Bistro	1:00 PM – 4:00 PM	July 8 – Sept. 2	9	\$10	NA
Line Dancing 1	PHY	Nathalie	Banquet	1:00 PM – 2:15 PM	July 8 – August 26	8	\$52	\$60
Line Dancing 4	PHY	Nathalie	Banquet	2:20 PM – 3:35 PM	July 8 – August 26	8	\$52	\$60
Ping Pong	PHY	NA	Edw. J	3:00 PM – 6:00 PM	July 8 – Sept. 2	9	\$15	NA
Billiards	SOC	NA	Cactus	3:00 PM – 5:00 PM	July 8 – Sept. 2	9	\$10	NA
Games	SOC	NA	Cactus	3:00 PM – 5:00 PM	July 8 – Sept. 2	9	\$10	NA
Line Dancing 2	PHY	Nathalie	Banquet	3:40 PM – 4:55 PM	July 8 – August 26	8	\$52	\$60
Billiards	SOC	NA	Cactus	5:10 PM – 7:10 PM	July 8 – Sept. 2	9	\$10	NA

WEDNESDAY

COURSE	CAT.	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Yoga	PHY	Subanki	Banquet	9:45 AM – 11:00 AM	July 2 – August 27 *	8	\$52	\$60
Social Bridge	SOC	NA	Bistro	9:30 AM – 12:25 PM	July 2 – Sept. 3	10	\$10	\$20
Fit for life 1	PHY	Dana	Banquet	12:00 PM – 12:55 PM	July 2 – August 27 *	8	42 \$	50 \$
Mah Jongg	SOC	NA	Bistro	1:00 PM – 4:00 PM	July 2 – Sept. 3	10	\$10	\$20
Stretch & Strength for Vitality	PHY	Lynn	Banquet	1:20 PM – 2:15 PM	July 2 – August 27 *	8	42 \$	50 \$
Billiards	SOC	NA	Cactus	3:00 PM – 5:00 PM	July 2 – Sept. 3	10	\$10	NA
Ping Pong	PHY	NA	Edw. J	3:00 PM – 6:00 PM	July 2 – Sept. 3	10	\$15	NA

THURSDAY

COURSE	CAT.	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Oil Painting	LEA	Jacinta	Edw. J	9:30 AM – 12:00 PM	July 3 – July 24	4	\$80	\$100
Tai Chi Kung	PHY	Colin	Banquet	10:00 AM – 10:55 AM	July 3 – August 21	8	\$42	\$50
Fit chair yoga	PHY	Lynn	Banquet	11:30 AM – 12:10 PM	July 3 – August 21	8	\$42	\$50
Mah Jongg	SOC	NA	Bistro	1:00 PM – 4:00 PM	July 3 – Sept. 4	10	\$10	\$20
Billiards	SOC	NA	Cactus	3:00 PM – 5:00 PM	July 3 – Sept. 4	10	\$10	NA
Games	SOC	NA	Cactus	3:00 PM – 5:00 PM	July 3 – Sept. 4	10	\$10	NA
Billiards	SOC	NA	Cactus	5:10 PM – 7:10 PM	July 3 – Sept. 4	10	\$10	NA

FRIDAY

COURSE	CAT.	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Fit for life 3	PHY	Maya	Edw. J	10:30 AM – 11:25 AM	July 11 – August 22	7	\$37	\$44
Fit for life 2	PHY	Maya	Edw. J	11:35 AM – 12:30 PM	July 11 – August 22	7	\$37	\$44
Samba / Canasta	SOC	NA	Bistro	1:00 PM – 4:00 PM	July 4 – Sept. 5	10	\$10	NA
Ping Pong	PHY	NA	Edw. J	3:00 PM – 6:00 PM	July 4 – Sept. 5	10	\$15	NA



SUNDAY

COURSE	CAT.	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Samba / Canasta	SOC	NA	Bistro	1:00 PM – 4:00 PM	July 6 – Sept. 7	10	\$10	NA
Ping Pong	PHY	NA	Edw. J	3:00 PM – 6:00 PM	July 6 – Sept. 7	10	\$15	NA

OUTDOOR MODIFIED PICKLEBALL

Note: Outdoor Modified Pickleball (Indoor Pickleball Not Available)

Instead of choosing a specific day and time, participants can now register for the full summer session under the following conditions:

Cost: \$15 for the entire summer session

Schedule: You may play Monday to Wednesday

Time Options: Choose between 8:00 AM – 9:30 AM or 9:30 AM – 11:00 AM

Two (2) outdoor courts at the Ed J park are officially reserved for us by the City, so space is guaranteed during these times. Sessions will take place regardless of weather conditions. It is at your own discretion to decide whether to play on any given day, based on your comfort and the weather.

* To check the dates when there are no classes, please refer to your receipt.

Physique: PHY

Social: SOC

Learning: LEA

MEMBERSHIP AND REGISTRATION INFORMATION

Summer 2025

MEMBERSHIP FEES (for those not registered for 2024-2025)

Regular Member	\$ 5
Associate Member	\$ 20

ONLINE REGISTRATION

Available until Friday, June 27, at 4:00 PM

Starting Tuesday, June 10, at 10:00 AM — Regular Members
Starting Thursday, June 12, at 10:00 AM — Associate Members

IN-PERSON REGISTRATION

From 10:00 AM to 2:00 PM

Tuesday, June 10, to Friday, June 13 — Regular Members
Thursday, June 12, to Friday, June 13 — Associate Members
Friday, June 13 — Non-members

PROXY Registration: During the registration periods, a person may register for themselves, a family member and/or only one other household, who meet the Club's membership conditions with the exception of new members.

Starting the next Monday, registrations will be held during the Club Registration Office's opening hours.

ROOM AND CHALET LOCATIONS

DDO Civic Centre	12001 Salaberry Blvd, DDO, H9B 2A7
Chalet Edward Janiszewski	264 Ernest Street, DDO, H9A 3G6