

### SPRING 2026 - PROGRAM SCHEDULE

MONDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M(\$)	NM(\$)	CODE
Stretchalates	Marta	Banquet	9:00 – 9:55 am	April 13 – June 22*	9	\$47	\$56	4071-P26
Fit for life 2	Sharon	Terry Fox	9:00 – 9:55 am	April 13 – June 15*	9	\$47	\$56	4029-P26
Chair Yoga	Marta	Banquet	10:05 – 11:00 am	April 13 – June 22*	9	\$47	\$56	4115-P26
Fit for life 1	Sharon	Terry Fox	10:10 – 11:05 am	April 13 – June 15*	9	\$47	\$56	4030-P26
Balance Fit	Marta	Banquet	11:10 – 12:05 pm	April 13 – June 22*	9	\$47	\$56	4137-P26
Fit for life 3	Lynn	Terry Fox	11:30 – 12:25 pm	April 13 – June 15*	9	\$47	\$56	4018-P26
Spanish - Interm. 1	Isabel	Multimedia	11:30 – 1:00 pm	April 13 – June 22*	10	\$90	\$100	4133-P26
Zumba Gold light	Jackie	Banquet	12:30 – 1:25 pm	April 13 – June 8*	8	\$42	\$50	4015-P26
KineAction 3 (standing, floor)	Maya	Terry Fox	1:00 – 1:55 pm	April 13 – June 15*	7	\$37	\$44	4019B-P26
Social Bridge	n/a	Bistro	1:00 – 4:00 pm	April 13 – June 22*	10	\$10	n/a	4510A-P26
Spanish - Advanced	Isabel	Multimedia	1:00 – 2:25 pm	April 13 – June 22*	10	\$90	\$100	4136-P26
World Dances	Ana	Banquet	1:40 – 2:35 pm	April 13 – June 22*	9	\$47	\$56	4084-P26
Billiards	n/a	Cactus	3:00 – 5:00 pm	April 13 – June 22*	10	\$10	n/a	4515G-P26

TUESDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Spanish - Beginner	Isabel	Multimedia	9:00 – 10:30 am	April 14 – June 23*	10	\$90	\$100	4135-P26
Ease into exercise	Fiona	Banquet	10:15 – 11:10 am	April 14 – June 16*	9	\$47	\$56	4037-P26
Bridge - Intermediate	Debby	Bistro	10:30 – 12:00 pm	April 7 – June 23*	10	\$30	n/a	4140-P26
KineAction 3 (standing, floor)	Maya	Terry Fox	10:30 – 11:25 am	April 7 – June 16*	8	\$42	\$50	4019A-P26
Fit for life 2	Fiona	Banquet	11:20 – 12:15 pm	April 14 – June 16*	9	\$47	\$56	4036-P26
Spanish - Interm. 2	Isabel	Multimedia	10:30 – 11:55 am	April 14 – June 23*	10	\$90	\$100	4134-P26
Tai Chi Kung	Colin	Sunnybrooke	10:30 – 11:25 am	April 14 – June 16	10	\$53	\$63	4121-P26
KineAction 1-seated, no floor	Maya	Terry Fox	11:35 – 12:30 pm	April 7 – June 16*	8	\$42	\$50	4028A-P26
Essentrics	Jackie	Sunnybrooke	12:30 – 1:25 pm	April 14 – June 16	10	\$53	\$63	4033-P26
KineAction 2-seated, standing	Maya	Terry Fox	12:40 – 1:35 pm	April 7 – June 16*	8	\$42	\$50	4021A-P26
Knitting	n/a	Multimedia	1:00 – 3:00 pm	April 7 – June 23*	11	Free	n/a	4521-P26
Line dancing 1	Nathalie	Banquet	1:00 – 2:15 pm	April 14 – June 16*	6	\$39	\$45	4101-P26
Samba / Canasta	n/a	Bistro	1:00 – 4:00 pm	April 7 – June 23*	11	\$10	n/a	4511B-P26
Book club	n/a	Multimedia	1:30 – 2:30 pm	AP 21, MA 19, JN 16	3	Free	n/a	4525-P26
Zumba Gold moderate	Jackie	Sunnybrooke	1:30 – 2:25 pm	April 14 – June 16	10	\$53	\$63	4012-P26
Line dancing 4	Nathalie	Banquet	2:20 – 3:35 pm	April 14 – June 16*	6	\$39	\$45	4103-P26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	April 7 – June 23	11	\$15	n/a	4302A-P26
Billiards	n/a	Cactus	3:00 – 5:00 pm	April 7 – June 23*	11	\$10	n/a	4515A-P26
Games	n/a	Cactus	3:00 – 5:00 pm	April 7 – June 23*	11	\$10	n/a	4514A-P26
Line dancing 2	Nathalie	Banquet	3:40 – 4:55 pm	April 14 – June 16*	6	\$39	\$45	4108-P26
Billiards	n/a	Cactus	5:10 – 7:10 pm	April 7 – June 23*	11	\$10	n/a	4515B-P26
Fit & strong	Nicky	Terry Fox	5:30 – 6:25 pm	April 14 – June 16	10	\$53	\$63	4600-P26

WEDNESDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Hatha & Flow Fusion	Subanki	Banquet	8:45 – 9:55 am	April 8 – June 10*	9	\$59	\$68	4112-P26
Fit for life 2	Sharon	Terry Fox	9:00 – 9:55 am	April 15 – June 17	10	\$53	\$63	4020-P26
Bridge	n/a	Bistro	9:30 – 12:25 pm	April 8 – June 17*	9	\$10	n/a	4510B-P26
Gentle Yoga	Subanki	Banquet	10:10 – 11:20 am	April 8 – June 10*	9	\$59	\$68	4111-P26
Fit for life 1	Sharon	Terry Fox	10:10 – 11:05 am	April 15 – June 17	10	\$53	\$63	4027-P26
Arthritis Exercise	Caroline H	Banquet	11:30 – 1:00 pm	April 8 – June 17*	9	\$81	\$90	4022-P26
American Mah Jongg	n/a	Bistro	1:00 – 4:00 pm	April 8 – June 17*	9	\$10	n/a	4164C-P26
Stretch & Strength (standing & floor)	Lynn	Banquet	1:30 – 2:25 pm	April 8 – June 17*	9	\$47	\$56	4074-P26
Billiards	n/a	Cactus	3:00 – 5:00 pm	April 8 – June 17*	9	\$10	n/a	4515E-P26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	April 8 – June 17	11	\$15	n/a	4302B-P26

THURSDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Oil Painting	Jacinta	Edw. J	9:30 – 12:00 pm	April 16 – June 18	10	\$200	\$220	4152-P26
French Conversation - Beginner	Johanne	Bistro	9:00 – 9:55 am	April 16 – June 4*	7	Free	n/a	4527A-P26
Circuit Training for All	Marc	Banquet	9:00 – 9:55 am	April 16 – June 25*	10	\$53	\$63	4031-P26
Men's Circuit Training	Marc	Banquet	10:00 – 10:55 am	April 16 – June 25*	10	\$53	\$63	4034-P26
Tai Chi Kung	Colin	Sunnybrooke	10:30 – 11:25 am	April 23 – June 18	9	\$47	\$56	4123-P26
Stretch & Strength (standing & chair)	Lynn	Banquet	11:15 – 12:10 pm	April 16 – June 25	10	\$53	\$63	4074A-P26
Fit Chair Yoga	Nicky	Sunnybrooke	12:30 – 1:25 pm	April 16 – June 18	10	\$53	\$63	4016-P26
Line dancing-one wall	Nathalie	Banquet	1:00 – 2:00 pm	April 16 – June 25*	7	\$37	\$44	4104-P26
Singing Group	Susanna	Vue sur Parc	1:00 – 2:25 pm	April 16 – June 25*	7	\$63	\$70	4154-P26
American Mah Jongg	n/a	Bistro	1:00 – 4:00 pm	April 16 – June 25*	9	\$10	n/a	4164-P26
Line dancing 3	Nathalie	Banquet	2:05 – 3:20 pm	April 16 – June 25*	7	\$46	\$53	4102-P26
Billiards	n/a	Cactus	3:00 – 5:00 pm	April 16 – June 25*	9	\$10	n/a	4515C-P26
Games	n/a	Cactus	3:00 – 5:00 pm	April 16 – June 25*	9	\$10	n/a	4514B-P26
Billiards	n/a	Cactus	5:10 – 7:10 pm	April 16 – June 25*	9	\$10	n/a	4515D-P26

FRIDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
English Conversation	n/a	Bistro	10:00 – 11:00 am	April 17 – June 26*	9	Free	n/a	4526-P26
KineAction 3 (standing, floor)	Maya	Terry Fox	10:30 – 11:25 am	April 10 – June 12*	7	\$37	\$44	4019-P26
French Conversation - Intermediate	n/a	Bistro	11:00 – 12:00 pm	April 17 – June 26*	9	Free	n/a	4527-P26
Fit Chair Yoga	Dana	Sunnybrooke	11:30 – 12:25 pm	April 17 – June 19	10	\$53	\$63	4115B-P26
Stretchalates	Lilly	Zoom	11:30 – 12:25 pm	April 17 – June 26	11	\$58	\$69	Z4070-P26
KineAction 1-seated, no floor	Maya	Terry Fox	11:35 – 12:30 pm	April 10 – June 12*	7	\$37	\$44	4028-P26
Zumba Fitness plus	Dana	Sunnybrooke	1:00 – 1:55 pm	April 17 – June 19	10	\$53	\$63	4015A-P26
KineAction 2-seated, standing	Maya	Terry Fox	12:40 – 1:35 pm	April 10 – June 12*	7	\$37	\$44	4021-P26
Samba / Canasta	n/a	Bistro	1:00 – 4:00 pm	April 17 – June 26*	10	\$10	n/a	4511C-P26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	April 10 – June 26	11	\$15	n/a	4302C-P26

SUNDAY	INSTRUCTOR	LOCATION	TIME	DATES*	# WKS.	M	NM	CODE
Samba / Canasta	n/a	Bistro	1:00 – 4:00 pm	April 12 – June 21	11	\$10	n/a	4511A-P26
Ping Pong	n/a	Edw. J	3:00 – 6:00 pm	April 12 – June 21	11	\$15	n/a	4302D-P26

**SAVE THE DATES FOR BINGO AND WHIST**

**MILITARY WHIST - April 20 and May 25**

**BINGO - April 22, May 20**

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

**MEMBERSHIP 2025-2026**

Regular member - \$15  
Associate member - \$35

**ONLINE Registration at ddoclub55.com**

Regular Member: From Tue., Mar. 31 at 10 a.m.  
Associate Member: From Thurs. Apr. 2 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

Regular member: From Tuesday, March 31

Associate member: From Thursday, April 2

Non-member: From Tuesday, April 7

Open to All: From April 7, 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 March 24, subject to change without notice

FITNESS

SOCIAL

APPRENDRE

**Discover our modified pickleball. See the schedule in a separate document.**

DDO Civic Centre at 12001, boul. de Salaberry (entrance 5A)  
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