



SUMMER 2026 PROGRAM SCHEDULE

MONDAY	CAT	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Balance Fit	FIT	Marta	Banquet	9:00 AM – 9:55 PM	July 6 – Aug 10	6	32 \$	38 \$
Indoor pickleball	FIT	NA	Edw. J	10:00 AM – 11:30 AM	June 29 - Aug 31	10	\$15	NA
Chair Yoga	FIT	Marta	Banquet	10:00 AM – 10:55 AM	July 6 – Aug 10	6	32 \$	38 \$
Balance Fit	FIT	Marta	Banquet	11:05 AM – 12:00 PM	July 6 – Aug 10	6	32 \$	38 \$
Fit for life 3	FIT	Lynn	Banquet	12:15 PM – 1:10 PM	July 6 – Aug 24	8	42 \$	50 \$
KineAction 3	FIT	Maya	Banquet	1:30 PM – 2:25 PM	July 6 – Aug 24	8	42 \$	50 \$
Samba / Canasta	SOC	NA	Bistro	1:00 PM – 4:00 PM	June 29 - Aug 31	10	10 \$	NA
Social Bridge	SOC	NA	ParkView	1:00 PM – 4:00 PM	July 6 - Aug 31	9	10 \$	NA
Billiards	SOC	NA	Cactus	3:00 PM – 5:00 PM	June 29 - Aug 31	10	10 \$	NA

TUESDAY	CAT	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Fit & Strong	FIT	Nicky	Banquet	9:30 AM – 10:25 AM	July 7 – Aug 25	8	42 \$	50 \$
Indoor pickleball	FIT	NA	Edw. J	10:00 AM – 11:30 AM	June 30 - Sept 1	10	15 \$	NA
KineAction 1	FIT	Maya	Banquet	10:30 AM – 11:25 AM	July 7 – Aug 25	8	42 \$	50 \$
KineAction 2	FIT	Maya	Banquet	11:30 AM – 12:25 PM	July 7 – Aug 25	8	42 \$	50 \$
Samba / Canasta	SOC	NA	Bistro	12:00 PM – 3:00 PM	June 30 – Sept. 1	10	10 \$	NA
Line Dancing 1	FIT	Nathalie	Banquet	1:00 PM – 2:15 PM	July 7 – Aug 25	8	53 \$	61 \$
Line Dancing 4	FIT	Nathalie	Banquet	2:20 PM – 3:35 PM	July 7 – Aug 25	8	53 \$	61 \$
Billiards	SOC	NA	Cactus	3:00 PM – 5:00 PM	June 30 – Sept. 1	10	10 \$	NA
Games	SOC	NA	Cactus	3:00 PM – 5:00 PM	June 30 – Sept. 1	10	10 \$	NA
Ping Pong	FIT	NA	Edw. J	3:00 PM – 6:00 PM	June 30 - Sept 1	9	15 \$	NA
Line Dancing 2	FIT	Nathalie	Banquet	3:40 PM – 4:55 PM	July 7 – Aug 25	8	53 \$	61 \$
Billiards	SOC	NA	Cactus	5:10 PM – 7:10 PM	June 30 – Sept. 1	10	10 \$	NA

WEDNESDAY	CAT	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Fit for life 2	FIT	Sharon	Banquet	9:00 AM - 9:55 AM	July 8 – Aug 26*	7	37 \$	\$44
Yoga	FIT	Subanki	ParkView	9:30 AM – 10:45 AM	July 8 – Aug 26*	7	46 \$	\$53
Social Bridge	SOC	NA	Bistro	9:30 AM – 12:25 PM	July 8 – Sept. 2	9	10 \$	NA
Indoor pickleball	FIT	NA	Edw. J	10:00 AM – 11:30 AM	July 8 – Sept. 2	9	15 \$	NA
Fit for life 1	FIT	Sharon	Banquet	10:05 AM – 11:00 AM	July 8 – Aug 26*	7	37 \$	44 \$
Stretch&Strength	FIT	Lynn	Banquet	12:00 PM - 12:55 PM	July 8 – Aug 26*	7	37 \$	44 \$
Fit Char Yoga	FIT	Nicky	Banquet	1:00 PM - 1:55 PM	July 8 – Aug 26*	7	37 \$	44 \$
Mah Jongg	SOC	NA	Bistro	1:00 PM – 4:00 PM	July 8 – Sept. 2	9	10 \$	NA
Billiards	SOC	NA	Cactus	3:00 PM – 5:00 PM	July 8 – Sept. 2	9	10 \$	NA
Ping Pong	FIT	NA	Edw. J	3:00 PM – 6:00 PM	July 8 – Sept. 2	9	15 \$	NA

THURSDAY	CAT	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Oil Painting	LEA	Jacinta	Edw. J	9:30 AM – 12:00 PM	July 9 – July 30	4	80 \$	88 \$
Tai Chi Kung	FIT	Colin	ParkView	10:00 AM – 10:55 AM	July 9 - Aug 20	7	37 \$	\$44
KineAction 3	FIT	Maya	Banquet	10:30 AM – 11:25 AM	July 9 - Aug 20	7	37 \$	\$44
Fit chair yoga	FIT	Dana	Banquet	11:30 AM – 12:25 PM	July 9 - Aug 20	7	37 \$	\$44
Zumba Gold	FIT	Dana	Banquet	12:40 PM - 1:35 PM	July 9 - Aug 20	7	37 \$	\$44
Mah Jongg	SOC	NA	Bistro	1:00 PM – 4:00 PM	July 2 – Sept. 3	10	10 \$	NA
Indoor pickleball	FIT	NA	Edw. J	3:00 PM – 4:30 PM	July 2 – Sept. 3	10	15 \$	NA
Billiards	SOC	NA	Cactus	3:00 PM – 5:00 PM	July 2 – Sept. 3	10	10 \$	NA
Games	SOC	NA	Cactus	3:00 PM – 5:00 PM	July 2 – Sept. 3	10	10 \$	NA
Billiards	SOC	NA	Cactus	5:10 PM – 7:10 PM	July 2 – Sept. 3	10	10 \$	NA

FRIDAY	CAT	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Indoor pickleball	FIT	NA	Edw. J	10:00 AM – 11:30 AM	July 3 – Sept. 4	10	15 \$	NA
Stretchalates	FIT	Lilly	ZOOM	11:30 AM – 12:25 PM	July 10 – Aug 28	8	42 \$	50 \$
Samba / Canasta	SOC	NA	Bistro	1:00 PM – 4:00 PM	July 3 – Sept. 4	10	10 \$	NA
Ping Pong	FIT	NA	Edw. J	3:00 PM – 6:00 PM	July 3 – Sept. 4	10	15 \$	NA

SUNDAY	CAT	INSTRUCTOR	LOCATION	TIME	DATES	# WKS	M	NM
Samba / Canasta	SOC	NA	Bistro	1:00 PM – 4:00 PM	June 28 – Sept. 6*	10	10 \$	NA
Ping Pong	FIT	NA	Edw. J	3:00 PM – 6:00 PM	June 28– Sept. 6	11	15 \$	NA

MEMBERSHIP AND REGISTRATION INFORMATION

MEMBERSHIP 2025-2026 Regular member - \$5 Associate member - \$20
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ONLINE Registration at ddoclub55.com Regular Member: From Tue., June 9 at 10 a.m. Associate Member: From Thurs. June 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: Regular member: From Tuesday, June 9 Associate member: From Thursday, June 11 Open to All: From June 15, during regular office hours Office address: 12001, Boul. De Salaberry, entrance 5A

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.
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Footnote: * Dates: Check your receipt for days when there are no classes. Footnote: M: Member rate NM: Non-member rate Schedule as of June 16, subject to change without notice

FITNESS
SOCIAL
LEARNING

DDO Civic Centre located 12001, boul. de Salaberry (entrance 5A) Chalet Edward Janiszewski (Edw. J) located 264, rue Ernest
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