

Online Registration Instruction Fall 2021

HOW TO REGISTER ONLINE

1- If you already have an account:

Click "Login" and enter your username and password.

If you don't have an account:

Click on "Create your account" and follow the steps given to create your account.

2- Once on the online registration site, click on the "Register" button under your name.

3 - Select your name in the member tab

4- Select "Physical Fitness" in the program tab

5 - Select the desired level

6- Click on the "Add to cart" button located next to the desired activity;

- A small green rectangle will confirm the addition of the activity to the basket.

7- Repeat step 5 and 6 as many times as necessary.

8- When all the activities have been selected, click on the "Cart" icon at the top right;

9- Click on "Proceed to check out" to make your payment by following the steps indicated.

- Accept the payment terms.

- The system will ask you for your credit card number at the very end of the process, which completes your registration.

- Following payment, your receipt will be available in the "My account" tab in the "Account and receipt" folder.

If you have any difficulties or questions, please do not hesitate to contact us!

514) 684-1012 # 209 / ddoclub55@gmail.com / ddoclub55.com

Information about craft classes
available soon on the website



Registration Information Fall 2021

Mon. Sept. 20 & Tues Sept. 21

Sept. 20 from 10 am to Sept 24 at 4 pm

Sept. 20 from 10 am to 2 pm

Sept. 21 from 10 am to 2 pm

Regular Members (DDO) Residents only

Online registration will be open during this period

Onsite REG will be open to regular members who need to come in person

Onsite REG will be open to regular members who need to come in person

Wed. Sept. 22 to Fri. Sept. 24

Sept. 22 from 10 am to Sept 24 at 4 pm

Regular Members & Associate Members (Returning Members who are non-residents)

Physical Well Being Program Fall 2021 Online

MONDAY

Zumba Gold 1 with Jackie (11 weeks - \$29) * No classes on October 11

Come and dance your way to improve your cardio, balance and coordination as you follow the catchy music at a slow to medium pace always facing one wall.

09/27 -12/13
9:45 - 10:40

Fit for life 1 Maya (9 weeks - \$24) * No classes on October 11 and 25 and November 1

Set to music, this slower-paced course will help you maintain fitness for everyday life. The benefits of increased coordination and muscular endurance can help maintain independence. * There is no floor work in this course. A chair can be used for this exercise.

09/27 -12/13
11:30 - 12:25

TUESDAY

Essentrics with Jackie (11 weeks - \$29)

Using only your body weight, you'll flow through a series of movements that combine dynamic stretching and strengthening. Your balance will improve as you develop muscle tone and unlock tight joints. Choreographed to music, this class leaves you feeling supple and energized. *A yoga mat is required.

09/28 - 11/30
9:45 - 10:40

Tai Chi chair/1 with Colin 11 weeks - \$29)

Set to meditative Chinese music, the slow, deliberate movements of Tai Chi emphasize body awareness. Either standing or seated, as you focus on each position, your flexibility, and coordination will improve.

09/28 - 12/07
10:00 - 10:55

Tai Chi 2 with Colin (11 weeks - \$29)

Set to meditative Chinese music, the slow, deliberate movements of Tai Chi emphasize body awareness. As you focus on each position, your flexibility, balance and coordination will improve, all of which aid in daily living.

09/28 - 12/07
11:00 - 11:55

Fit for life 2 with Maya (9 weeks - \$24) * No classes on October 26 and November 2

Set to music, this medium-paced course will tone and strengthen your muscles while improving your balance and coordination. Add the cardio and flexibility elements & you have a well-rounded, fun workout!

09/28 - 12/07
11:30 - 12:25

WEDNESDAY

Yoga with Lyse (11 weeks - \$29)

As this slow-paced class progresses from relaxation exercises, to warm-up, to endurance, you'll tone your whole body to soothing music. To master yoga you'll learn how to combine the movements with the proper breathing and posture. *A yoga mat is required.

09/29 - 12/08
9:00 - 9:55

Stretchalates with Lyse (11weeks - 29\$)

Inspired by Pilates, this slow to medium-paced stretching class will improve your flexibility, balance, and coordination as you work to strengthen all the joints in your body. Some exercises are performed on floor mats.

09/29 - 12/08
10:00 - 10:55

Physical Well Being Program Fall 2021 Onsite

MONDAY

Stretchalates with Lyse (11 weeks - \$50) * No classes on October 11

Inspired by Pilates, this slow to medium-paced stretching class will improve your flexibility, balance, and coordination as you work to strengthen all the joints in your body.

09/27 -12/13
9:00 - 9:55

Yoga chair with Lyse (11 weeks - \$50) * No classes on October 11

Working on balance and flexibility this course gives you the opportunity to experience the relaxation of Yoga without having to go down on the floor. It is designed for those people who are unable to get down to the floor and back up with ease.

09/27 -12/13
10:00 - 10:55

Balance & Mobility : Basic level with Lyse (11 weeks - \$50) * No classes on October 11

Learning of fundamental gentle skills with several static and dynamic balance movements. This course was designed for members wanting to improve their balance and reaction time, two essential skills in avoiding falls. Especially useful for our icy Montreal winters! * There is no floor work in this course.

09/27 -12/13
11:00 - 11:55

TUESDAY

Line dancing 1 with Nathalie (10 weeks - \$57)

You will learn basic choreography at slow pace with low intensity.

09/28 - 11/30
13:00 - 14:15

Line dancing 2 with Nathalie (10 weeks - \$57)

You will learn moderate choreography while maintaining a modest intensity.

09/28 - 11/30
14:30 - 15:45

WEDNESDAY

Fit for life 2 with Sharon (11 weeks - \$50)

Set to music, this medium-paced course will tone and strengthen your muscles while improving your balance and coordination. Add the cardio and flexibility elements & you have a well-rounded, fun workout!

09/29- 12/08
9:00 - 9:55

Zumba Gold 1 with Jackie (11 weeks - \$50)

Come and dance your way to improve your cardio, balance and coordination as you follow the catchy music at a slow to medium pace always facing one wall.

09/29- 12/08
9:45 - 10:40

Fit for life 1 with Sharon (11 weeks - \$50)

Set to music, this slower-paced course will help you maintain fitness for everyday life. The benefits of increased coordination and muscular endurance can help maintain independence. * There is no floor work in this course. A chair can be used for this exercise.

09/29- 12/08
10:00 - 11:00

Essentrics with Jackie (11 weeks - \$50)

Using only your body weight, you'll flow through a series of movements that combine dynamic stretching and strengthening. Your balance will improve as you develop muscle tone and unlock tight joints. Choreographed to music, this class leaves you feeling supple and energized. *A yoga mat is required.

09/29- 12/08
10:45 - 11:45

THURSDAY

Tai Chi chair/1 with Colin (11 weeks - \$50)

Set to meditative Chinese music, the slow, deliberate movements of Tai Chi emphasize body awareness. Either standing or seated, as you focus on each position, your flexibility, and coordination will improve.

09/30 - 12/09
10:00 - 10:55

Tai Chi 2 with Colin (11 weeks - \$50)

Set to meditative Chinese music, the slow, deliberate movements of Tai Chi emphasize body awareness. As you focus on each position, your flexibility, balance and coordination will improve, all of which aid in daily living.

09/30 - 12/09
11:00- 11:55

Line dancing (One wall) with Nathalie (10 weeks - \$57)

You will learn basic dances while facing only one wall. This course is geared for those participants with limited mobility.

09/30 - 12/02
14:30 - 15:45

FRIDAY

Fit for life 2 with Maya (9 weeks - \$41) * No classes on October 29 and November 5

Set to music, this medium-paced course will tone and strengthen your muscles while improving your balance and coordination. Add the cardio and flexibility elements & you have a well-rounded, fun workout!

10/01- 12/10
10:30 - 11:25

Fit for life 1 with Maya (9 weeks - \$41) * No classes on October 29 and November 5

Set to music, this slower-paced course will help you maintain fitness for everyday life. The benefits of increased coordination and muscular endurance can help maintain independence. * There is no floor work in this course. A chair can be used for this exercise.

10/01- 12/10
11:25 - 12:20