

REGISTRATION DATES SUMMER 2022

Tuesday June 7 to Friday June 10

June 7 at 10 am to June 10 at 2 pm

June 7 from 10 am to 2 pm

June 8 from 10 am to 2 pm

Regular Members DDO Residents ONLY

ONLINE REG will be open during this time.

ONSITE REG for those who must come in person.

ONSITE REG for those who must come in person.

Wednesday June 8 to Friday June 10

June 8 from 10 am to 2 pm

June 8 at 10 am to June 10 at 2 pm

Associate Members

ONSITE REG for those who must come in person.

ONLINE REG will be open during this time.

PHYSICAL WELL-BEING (Please note the dates and number of weeks)

COURSE	LOCATION	INSTRUCTOR	DAY	TIME	DATES	# WEEKS	COST	✓
Stretchalates	Gym 019	Lyse	Mon.	9 am – 9 :55 am	13 June – 15 August	10	\$46	
Yoga Chair	Gym 019	Lyse	Mon.	10 am – 10 :55 am	13 June – 15 August	10	\$46	
Balance and Mobility	Gym 019	Lyse	Mon.	11 am – 11 :55 am	13 June – 15 August	10	\$46	
Fit for Life 3	Gym 019	Lori	Mon.	1 pm – 1:55 pm	NOT AVAILABLE			
Yoga	Gym 019	Lyse	Tues.	11 am – 11:55 am	21 June – 23 August	10	\$46	
Line Dancing 1	Gym 019	Nathalie	Tues.	1 pm – 2 :15 pm	14 June – 16 August	10	\$58	
Line Dancing 3	Gym 019	Nathalie	Tues.	2 :30 pm – 3 :45 pm	14 June – 16 August	10	\$58	
Fit for Life 2	Gym 019	Sharon	Wed.	9 :00 am – 9 :55 am	15 June – 17 August	10	\$46	
Fit for Life 1	Gym 019	Sharon	Wed.	10 am – 10 :55 am	15 June – 17 August	10	\$46	
A Walk in the Park¹	Chalet	Jackie	Wed.	9 am – 9:55 am	NOT AVAILABLE			
Zumba Gold 1	Chalet²	Jackie	Wed.	10 am – 10:55 am	NOT AVAILABLE			
Essentrics	Chalet	Jackie	Wed.	11 am – 11 :55 am	NOT AVAILABLE			
Stretchalates	Online	Lyse	Wed.	10 am – 10 :55 am	15 June – 17 August	10	\$46	
Fit for Life 2	Gym 019	Maya	Thurs.	9 am – 9:55 am	23 June – 18 August (no classes on July 7 th and July 14 th)	7	\$33	
Fit for Life 1	Gym 019	Maya	Thurs.	10 am – 10:55 am	23 June – 18 August (no classes on July 7 th and July 14 th)	7	\$33	
Tai Chi Kung Chair/1	Cactus	Colin	Thurs.	10 am – 10 :55 am	16 June – 18 August	10	\$46	
Tai Chi Kung 2	Cactus	Colin	Thurs.	11 am – 11 :55 am	16 June – 18 August	10	\$46	
Line Dancing Flash Mob ³	Gym 019	Nathalie	Thurs.	1 pm – 2:15 pm	14 July – 6 August	5	\$25	
Line Dancing 2	Gym 019	Nathalie	Thurs.	2 :30 pm – 3 :45 pm	16 June – 18 August	10	\$58	
Exercise for arthritis AWISH	Gym 019	Beverly	Fri.	10 am – 11 :30 am	8 July – 19 August	7	\$55	
Hatha Yoga	Cactus	Elishia	Fri.	10 am – 10:55 am	5 August – 26 August	4	\$20	

¹ **A Walk in the Park** is a leisurely walking activity led by our instructor, Jackie. Rain or shine, you will walk around Coolbrooke Park and its surrounding areas. Please dress according to the weather.

² **Coolbrooke Chalet** is situated at Coolbrooke Park: 260 Spring Garden St, Dollard-Des Ormeaux, Quebec H9B 1S6. Coolbrooke Chalet is a short driving distance from the Dollard-des-Ormeaux Community Center. The chalet is equipped with a phone for emergencies, washrooms and a water fountain as well as air-conditioning. Parking is available on site.

³ **Line Dancing Flash Mob**: See publicity for more information!

Be on the lookout for our special activities schedule!