



VILLE DE
CITY OF



DOLLARD-DES-ORMEAUX

SPORTS, RECREATION AND CULTURE GUIDE 2024 / 2025



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SPORTS AND RECREATION DEPARTMENT

WORD FROM THE MAYOR

Dear friends and neighbors,

Sports, leisure and cultural activities offer residents a chance to explore their interests, develop new skills, and build meaningful relationships outside the classroom as well as the work place and one's daily life. Whether it is sports, arts or music, these experiences play a crucial role in fostering well-rounded individuals. Later in life, in adulthood and in senior age, activities encourage physical health and socializing while promoting overall well-being and community building.

None of this would be possible without our outstanding team of volunteers who are passionate about making a positive impact by devoting their precious time, skills and resources. Their dedication is not only commendable but also essential in building a stronger, more vibrant community. The Dollard-des-Ormeaux approach to volunteering is an exemplary model and defining staple of our identity, which is at the core of our success as a community.

Thanks to our volunteers, the City of Dollard-des-Ormeaux counts about 100 associations offering a variety of services and recreational activities fostering social cohesion and unity among our residents of all ages and backgrounds. I would like to emphasize the importance of their work and involvement with our partner associations.

I encourage all our residents to get involved as volunteers with our associations to ensure that the diversity and quality of leisure activities is maintained and that our community can continue to benefit from the exceptional services we are able to offer thanks to all of you!

In this guide, you will find all the activities offered by our associations.

Once again, thank you for volunteering your time!



Alex Bottausci
Mayor

514 684-1465

abottausci@ddo.qc.ca

Facebook : @AlexBottausciDDO

RECREATION INFO-LINE

Do you have a question regarding recreation activities by the City of Dollard-des-Ormeaux?

Have you tried the Recreation Info-Line? Call us at 514-684-1011, select 1 and then 2. From there, select one of the following options:

Upcoming events	Option 1	Library	Option 6
Public Skating	Option 2	Seniors Club	Option 7
Aquatic Activities	Option 4	To speak to someone during office hours or to leave a message	Option 8
Dollard Centre for the Arts	Option 5		

HALL RENTALS FOR YOUR CELEBRATIONS

The City has three halls to rent for parties, exhibitions or seminars, with access to a kitchen if required. The seating capacity is 200 in the **Banquet Hall**, 120 in the **Reception Hall**, and 64 in the **Park View Hall**, which is wheelchair accessible, with reserved parking for the disabled. The rental includes tables and chairs; you must make outside arrangements if you require a caterer, tablecloths, tableware, a sound system and microphone, etc. A minimum of one-month notice is required to reserve the halls.

Information regarding rates, available equipment, and reservation procedures can be found on our website.



UNIVERSAL ACCESS

To find the handicapped-accessible cultural and sports activities, please look for this logo.

EVENTS OFFERED BY THE CITY

The Sports, Recreation and Cultural Department has a dynamic, cheerful and enthusiastic team that is always ready to entertain you throughout the year. That is why we are constantly striving to offer you a variety of events that will appeal to young and old alike.

In the meantime, we invite you to subscribe to our Facebook page @DDOville or to our newsletter through our website <https://ville.ddo.qc.ca> to stay up to date on the latest news and upcoming events in the City.

Please note that the details of each event such as: Halloween, Winter Carnival, Ecological and Gardening day, International Day and other big summer events will be posted on various media a few weeks before they are held. Subscribe to our newsletter and never miss a celebration again!

Looking forward to seeing you there!

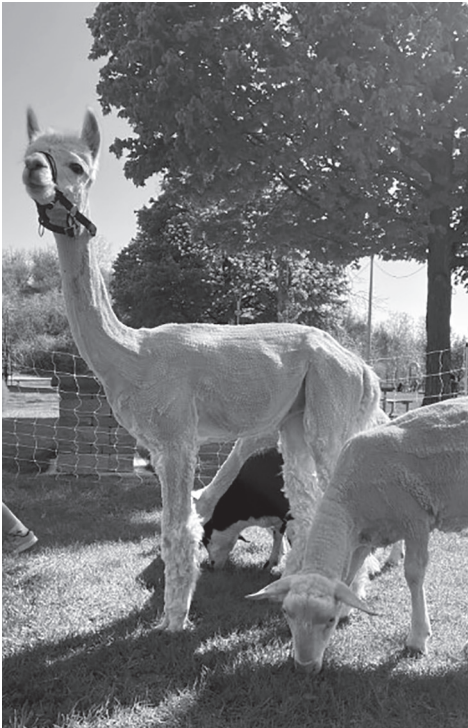
REGISTRATION AND INFORMATION NIGHT

August 14, 2024, from 6:30 p.m. to 8:30 p.m.

Banquet Hall, Civic Centre

Entrance #5

Come and meet the organizers of more than 30 various community groups.



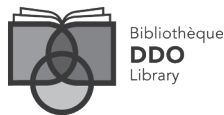
USE OF PHOTOGRAPHS TAKEN DURING ACTIVITIES AND EVENTS

For promotional purposes, the Sports, Recreation and Culture Department often take pictures of activities and events taking place in Dollard-des-Ormeaux. We reserve the right to use and disseminate these photos without prior notice or compensation to the people in the pictures.

CULTURAL ACTIVITIES

DOLLARD-DES-ORMEAUX PUBLIC LIBRARY

514-684-1496 • bibliotheque@ddo.qc.ca



The Dollard-des-Ormeaux Public Library offers DDO residents a variety of free services for members of all ages. The renovated library offers users a new, spacious library, at the cutting edge of technology: a third space where life is good.

Collection

The collection includes over 125,000 documents. French and English books, reference books, large-print books, foreign-language books, language courses with CD, comics and Mangas, magazines and newspapers, DVDs and BLU-RAYS, audiobooks, digital books and magazines, music and movie streaming and video games are available.

Returns

A return chute is accessible when the library is closed.

Online resources

A variety of online resources is offered to library members, such as language courses, e-books, digital magazines, genealogy, music, etc.

Research Support and Reading Suggestions

Our attentive reference staff offer assistance to ensure members find what they are looking for. Thematic suggestions are presented in several places in the library in order to make your selection easier. Don't miss Mathieu's suggestions for children and teens on Facebook and the library's website!



Computer Lab

The library has new computers that provide access to the Internet, databases and various software programs, including photo processing and video editing. They can be found in the children's, teen and adult sections.



Printing, Photocopying and Scanning

It is possible to print from a laptop, tablet or cellphone anywhere in the library. These services are offered at a cost of \$0.25/page for black and white and \$0.50/page for colour.

Study Room

Four study rooms are available for members. The rooms are equipped with dry-erase boards to facilitate teamwork.

Cultural Activities

The library offers a variety of cultural activities for the entire family: chess night, board game night, movie night, etc. Various activities are offered for children: Story Time, Homework Helpers, my Reading Buddy, workshop on different subjects, Coding Club, shows, etc. Certain activities are reserved for teens. Adult activities include among others, Reading Clubs, Writing Workshops, NBF Film Club, conferences on different topics and Cultural Fridays.

The library's Cultural Activities Calendar is published in January, June and September. It is available online and at the library.

TD Summer Reading Club

The DDO Library's TD Summer Reading Club offers a fun-filled summer for young readers aged 12 and under. A variety of reading challenges are offered for all levels with rewards for participants, all in the form of game.



Books for Baby

Parents of children one year old and younger are invited to register their child at the library in order to receive their free baby-ready kit



Group Visits

The library team organizes visits for school and recreational groups in order to discover the library, its services and to promote the pleasure of reading.

Home Delivery

A free service for members unable to visit the library (seniors, persons with a chronic illness or a disability and caregivers) to maintain a link with the library and reading.

Volunteering

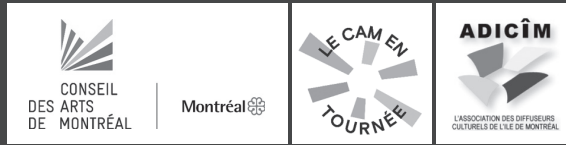
Volunteer opportunities for high school students are available during the school year for tutoring, reading assistance and coding with elementary students.

Cultural Fridays A cultural event not to be missed!

Venue: Banquet Hall

Reservation: Library Web site
ville.ddo.qc.ca

Presented as part of
CAM en tournée



ARTIFACT **KATE WYATT QUARTET**

September 27 at 7 p.m.

Jazz

Pianist and composer Kate Wyatt presents her album *Artifact*, an excellent glimpse into the many layers of her musicianship. The album consists of a masterful and thoughtful series of original compositions, as well as a brilliant standard by Billy Strayhorn.



Source : Julia Marois

LA RÉVOLTE DES ANCIENS **ENSEMBLE ARION**

January 24 at 7 p.m.

Classical music

Winner of the Prix Opus in the category Production de l'année Jeune Public 2022, *La révolte des anciens* demonstrates the rebellious spirit of the Italian composers of the early Baroque period, a spirit that can also be found in the musicians who perform their music today!



Source : Guillaume Gobain

FABULA FEMINA **CORDÂME**

October 25 at 7 p.m.

Classical music

Moving music celebrating women poets from different eras, performed by Cordâme and Coral Egan. A memorable, spellbinding show combining chamber music, lyrical singing and jazz.



Source : Da Vinci

LATIN JAZZ PROJECT **RACHEL THERRIEN**

February 21 at 7 p.m.

Jazz

With her Latin Jazz Project, Rachel Therrien performs a festive repertoire featuring original works and afro-latin jazz classics. A sizzling mix of high-calibre jazz and hip-swinging grooves!



Source : Claudia Raymat

AUGMENTED REALITY **BENJAMIN DESCHAMPS**

November 29 at 7 p.m.

Jazz

Concert featuring music from the 2023 Opus Award-winning jazz album, *Augmented Reality*, by saxophonist Benjamin Deschamps and his quartet. An electrifying, powerful, and lyrical performance.



Source : Bruno Guérin

GLIMPSE **RÉMI CORMIER**

April 4 at 7 p.m.

Jazz

The compositions of renowned jazz trumpet player Rémi Cormier bring a breath of fresh air and modernity to the fusion of genres and cultures, reminiscent of the music of Tigran Hamsyan or Avishai Cohen.



CHRISTMAS CAROLS **MONTREAL CITY VOICES**

Sunday, December 15 at 2 p.m.

Montreal City Voices chorus brings four-part a cappella harmony in the barbershop style to the local community. Join us for a concert and sing-along of Christmas carols!



PROJET DHARANI **May 9 at 7 p.m.**

World music

Dharani is a unique collaboration between the rich musical traditions of India, Africa, and latin jazz. A celebration of cultural diversity through a magical and unforgettable performance!






Source : Amar Khoday



Centre des arts de Dollard
Dollard Centre for the Arts



12001 De Salaberry Boulevard, Dollard-des-Ormeaux, Quebec
H9B 2A7 Cultural Centre, local E-008

Contact Information	514-684-1012, ext. 6213 arts@ddo.qc.ca dollardartscentre.com
Description	The Dollard Centre for the Arts is a collection of studio and art gallery spaces located in the Civic Centre. It is where a dynamic, bilingual and multicultural community of people of all backgrounds, ages and interests work together to promote the timeless disciplines of drawing, painting, sculpture, music, dance and theatre.
Session	Winter Session (January-March), Spring Session (April-June), Summer Session (July-August), Fall Session (September-December).
Registration	Ongoing registration: online, by phone or in person. Or at the Registration and Information Night.
Fine Arts, Music, Dance and Theatre	Discover classes in a variety of disciplines for children and adults who wish to explore their creativity and develop their technique. These courses are offered by experienced and trained professionals in well-equipped art studios.
Fine Arts Summer Camp 	The perfect place for the creative child! With activities ranging from the visual and performing arts (Fine Art, Music, Dance and Theatre) to outdoor playtime (Games and Nature Walks), the Dollard Centre for the Arts offers kids a chance to create the magic and memories that summer camp brings.
Galerie de la Ville 	A space dedicated to discovery and dialogue, the Galerie explores the place of art in our lives. Exhibitions are displayed year-round, showcasing the work from professional and semi-professional visual artists, as well as the work of students of all ages.
Artists' Association of Dollard 	Join a dynamic association of visual artists! Participate in lectures, demonstrations, group exhibitions, gallery and museum visits, and outdoor painting events. Meetings are held on the last Tuesday of every month at 7 p.m. to encourage discussion, professional development and offer mutual support.

AQUATIC ACTIVITIES

 **DOLLARD-DES-ORMEAUX AQUATIC ASSOCIATION**
12001, boulevard De Salaberry, Dollard-des-Ormeaux



Contact	514-684-0070 local 6602 aaddo@ddo.qc.ca www.ville.ddo.qc.ca	Session	We offer four sessions a year: September to December January to March March to June June to August
Age group	Swimming lessons: four months and over Group fitness/aqua fitness: 16 years and over Initiative Go DDO: for the whole family Teen programs : 11 years and over	Cost	Depends on the program Resident and non-resident rates available
		Registration	Please consult website: www.ville.ddo.qc.ca or AADDO Facebook page

Educational Programs



Parent & Tot
Preschool
Swimmer
Adult Swimmer
Private lessons



Bronze Medallion
Bronze Cross
Standard First Aid
Emergency First Aid
(early childcare)
National Lifeguard
Swim Instructor
CPR level C with
defibrillator
NLS Recertification



Stay Safe &
Babysitting



Teen Action and Initiative Go DDO

See page 23.

Recreational Programs

For public swim periods and the fitness room, several options are available:
1, 3, 6, or 12-month membership, 10 or 20-visit pass.



Aqua-Arthritis



Aqua-fitness



Aqua-stroller



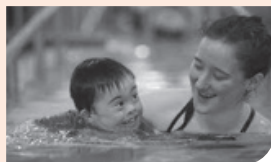
Group fitness



Fitness room

Adapted Swimming

Trained instructors work one-on-one with those who have limitations or disabilities due to physical, mental or chronic health conditions.

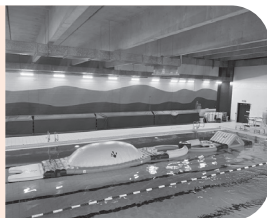


Aqua-School Program

Looking for an activity for your school or daycare? Please don't hesitate to contact us.

Birthday Parties

Host your party at the Dollard-des-Ormeaux Aquatic Centre! A playground on the water! Play tag, race your friends or climb up the action tower! Guaranteed Fun!

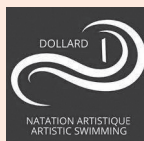


Competitive teams/ Programs



Swimming/Masters

Head Coach: Matt Showers
coachmatt@ddoswim.com



Artistic Swimming

Head Coaches:
Laura Swift and Christiane Callary
ddoheadcoach@gmail.com



Water-polo

Head Coach: Brian Parilloco
coachbrian@ddowaterpolo.ca

OUTDOOR POOLS

The City of Dollard-des-Ormeaux is proud to have five community outdoor pools on its territory, run entirely by non-profit associations and staffed by local volunteers. Community spirit, learning water sports, recreational swimming and social activities are all fundamental values shared by these aquatic communities.

Visit our outdoor pools and find the one that best suits your lifestyle. Have an unforgettable summer and become a member. By joining this community, you'll find a fun way to stay active, meet your neighbors, make new acquaintances and enjoy the summer.

Day passes are also available.

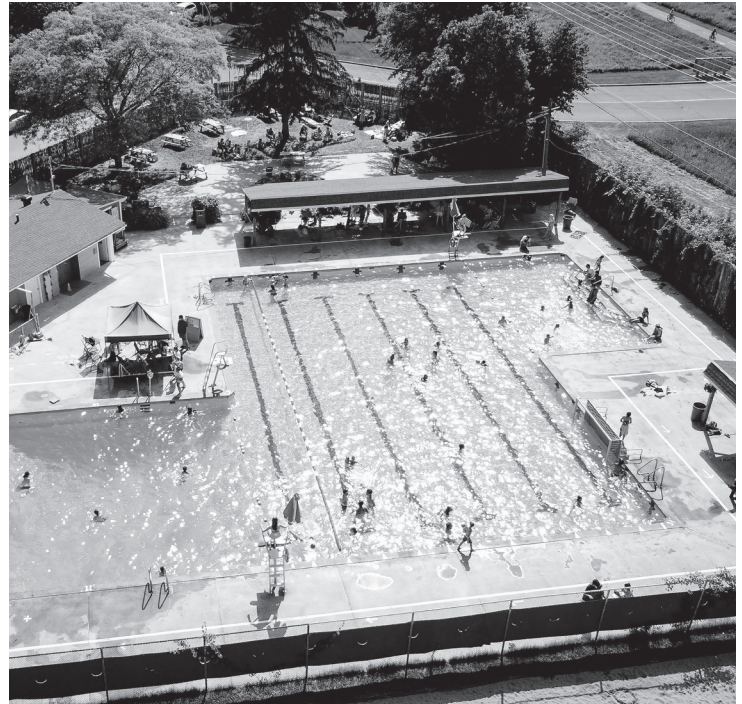
ELM PARK RECREATION ASSOCIATION (EPRA)

Elm Pool, 532 Montcalm

Description: EPRA's mission is to provide recreational, water safety and educational services, to promote health and well-being as well as an active lifestyle, while responding to the needs of community members of all ages, abilities, and cultural backgrounds.



Contact	514-620-1910 info@elparkpool.com www.elparkpool.com
Age group	All ages.
Courses offered	Swimming, diving, synchro, and water polo lessons and competitive teams, aquafit, parents and tots swim classes, Masters, Fitness Well-Being classes, Elm Youth Club, leaders and junior leaders' programs, Bronze medallion, Bronze cross, Bronze Star certified programs and more!
Session	Mid-June to beginning of September. We offer two sessions of lessons for a duration of four weeks each during the summer. Classes are offered in the morning, evenings and on weekends. Please contact us for more info!
Cost	For a complete list of prices, please visit our website. Early registration discounts available.
Registration	Registration can be done in person or online, except for Youth Club registrations which must be done in person. Check our website for details and times.
Competitive teams/ programs	Swimming, diving, synchro, water polo and Masters.
Additional information	Elm offers Parents & Tots pre-school classes and fun activities for seniors. For an extra fee, we also offer Pool Members an ELM Youth Club for kids ages 6 to 12, with full day service.



FAIRVIEW POOL

Fairview Pool, 345 Blue Haven

Description: We are an outdoor pool serving the community since 1968. We offer many aquatic activities as well as summer activities for all ages to enjoy. Come join our exceptional community!



Contact	514-952-4438 www.fairviewpool.com
Age group	All ages
Courses offered	Swimming lessons, synchronized swimming, water polo, diving, aquafit, swim team, Bronze Medallion and more.
Session	Mid-June to beginning of September.
Cost	For a complete list of prices, please visit our website: www.fairviewpool.com Early bird specials are available.
Registration	Contact us for registration information or visit our website at www.fairviewpool.com
Competitive teams/ programs	We have competitive teams in synchronized swimming, water polo, diving and swimming.
Additional information	We have an exclusive « Pre-Jr Lifeguard » program for lifeguards in training.

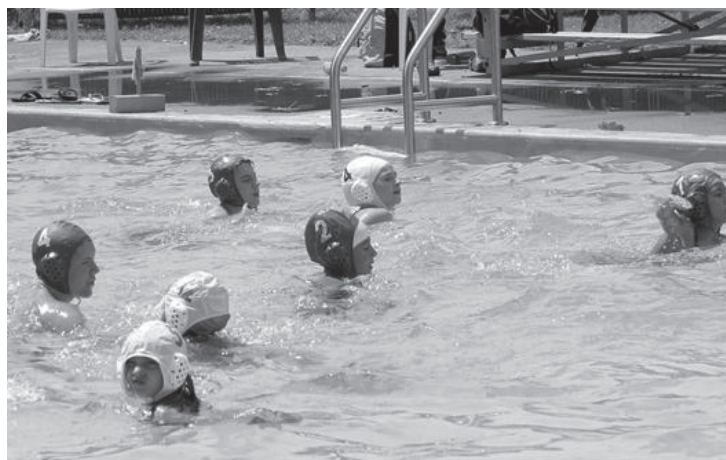
GLENMORE POOL & COUNTRY CLUB

Glenmore Pool, 120 Glenmore



Description: Programs and activities for the whole family. Spacious shaded grounds, baby pool, snack bar, playground, volleyball and more.

Contact	514-684-3143 (during the summer) info@glenmorepool.com www.glenmorepool.com
Age group	All ages
Courses offered	Swimming lessons, diving, synchro and water polo. Bronze cross and medallion. Masters swim program, aqua fitness and more.
Session	Mid-June to beginning of September
Cost	For a complete list of prices, please visit our website. Early bird specials are available.
Registration	Contact us for registration information
Competitive teams/ programs	We have a number of competitive teams.
Additional information	We offer a leaders program for 12 to 15 year olds.



WESTMINSTER POOL ASSOCIATION

Westminster Pool, 541 Westminster



Description: We are committed to building a sense of family in the community, and promoting the physical health and well-being of our members by offering various aquatic sports and social activities.

Contact	514-620-1677 poolwestminster@gmail.com www.westminsterpool.com
Age Group	All ages
Courses Offered	Swimming lessons, Synchronized swimming, Water Polo, diving, Swim Team, Bronze Medallion, Bronze Cross and more
Session	Mid-June to beginning of September.
Cost	For a complete list of prices, please visit our website. Early bird specials are available.
Registration	Online on our website or contact us for registration information.
Competitive teams/ programs	We have competitive teams for Synchronized swimming, Water Polo, diving and swimming.

WESTPARK POOL

Westpark Pool, 100 Wilson



Westpark Pool

Description: A 50m family-oriented pool with activities available for all.

Contact	514-685-3247 westparkpool@gmail.com
Age Group	All ages
Courses Offered	Swimming lessons including Bronze Cross, diving lessons, synchronized swimming, water polo, aquafit, Masters program, Leaders and more
Session	CLOSED FOR THE 2024 SEASON
Competitive teams/ programs	We have a number of competitive teams for swimming, synchronized swimming, water polo and diving.



www.elparkpool.com
www.fairviewpool.com
www.glenmorepool.com
www.westminsterpool.com
www.westparkpool.org

COMMUNITY ACTIVITIES

803 NORTH SHORE SABRE SQUADRON

Riverdale High School,
3347 Sources Boulevard, Pierrefonds



Description: We offer local training programs to develop leadership, good citizenship and physical fitness, as well as stimulate an interest in aviation.

Contact	514-421-0803 info@803squadron.com www.803squadron.com www.facebook.com/803squadron
Age group	12 to 18 year olds
Courses offered	Flying, survival, leadership, citizenship, bag pipes, dance, trips and more
Session	September to June
Cost	Free (fundraising activities required)
Competitive teams/ programs	We have some competitive programs, including drill, band and public speaking.
Registration	Ongoing
Additional information	We offer summer camps.

AMCAL FAMILY SERVICES

7 Sainte-Anne St., Pointe-Claire

Description: AMCAL Family Services is a West Island based, non-profit, community organization serving families in Montreal and its surrounding areas for the past 40 years. Our team of dedicated professionals is committed to serving the needs of youth, young adults and parents through our residential, outreach, supervised visits, in school and community groups programs. Our approach is to support youth by protecting, promoting and preserving healthy family relationships thereby strengthening communities.



Contact	514-694-3161 afs@amcal.ca www.amcal.ca
Age group	0 to 30 year olds (depending on the program).
Session	Year-long (depending on the program).
Registration	Contact us for registration.

BLACK FAMILY ASSOCIATION OF THE WEST ISLAND

Lake Road and Edward Janiszewski Chalets

Description: Activities for all ages. We offer workshops, Saturday program for children and homework help. We also operate a summer day camp for children 4 to 13 years old and a CIT program for 14 and 15 years old.

Contact	514-696-7906 514-823-8914
Session	September to June - Lake Road Chalet July to August : Summer camp (7 weeks) – Edward Janiszewski Chalet

CANORIENT CHRISTIAN ASSOCIATION

Description : Giving Canadians of second, third and subsequent generations, a feeling that they are connected with the traditions of other areas of the world and different periods of time.

Contact	canorient.wixsite.com/canorient
Session	Many events organized all year-long.

DOLLARD-DES-ORMEAUX TOASTMASTERS



Description: Achieve your goals and become a confident speaker and strong leader. The Club offers a supportive learn-by-doing environment using a renowned program.

Contact	contact-3021@toastmastersclubs.org www.ddo.toastmastersclubs.org www.facebook.com/ddoToastmasters 514-292-0359
Age group	18 years and over
Session	Year-long Please visit our website for schedule
Registration	Ongoing

FAIRVIEW CENTENNIAL SCOUTS

Fairview and Westminster Chalets

Description: Scouting makes a difference in the lives of children, youth and young adults, as it provides opportunities for growth, new experiences, and development as citizens of the world.



Contact	514-591-0514 scouts@camlin.ca www.quescouts.ca www.facebook.com/scoutscanada or www.facebook.com/Fairview.Centennial
Age group	Boys, girls and young adults Beavers: 5 to 7 year olds Cubs: 8 to 10 year olds Scouts: 11 to 14 year olds Venturers: 15 to 17 year olds Rovers: 18 to 26 year olds
Session	September to June
Cost	\$280 per year
Registration	In person, online at www.myscouts.ca/ca/netforum_locator/search or at the Registration and Information Night.



FILIPINO CANADIAN ASSOCIATION OF WEST ISLAND

Lake Road Chalet and Edward Janiszewski Chalet

Description: To promote, organize, conduct and manage cultural and social programs.

Contact	514-883-4230 adorsbolusan@hotmail.com www.fcawi.ca
Age group	All ages
Session	September to April
Registration	Contact us for registration information.



FRIENDS FOR MENTAL HEALTH



Amis de la santé mentale
Friends for Mental Health

Description: Our mission is to accompany, support and equip the family and friends of a person living with a mental health challenge, for the well-being of all.

Contact	514-636-6885 info@asmfmh.org www.asmfmh.org
Age group	6 to 12 years old, 13 to 25 years old and 26 years old and over
Session	Year-long
Registration	Contact us for registration information or at the Registration and Information night.

FRIENDS OF CANADIAN POLISH YOUTH

Description: We support Canadian Polish Youth in integrating and participating in the community while preserving Polish roots, assisting youth in acquiring life skills and helping others.



Contact	kphmontreal@gmail.com
Age group	5 to 18 year olds
Session	September to June
Registration	Contact us for registration information.



GIRL GUIDES OF CANADA NORTHSHORE DISTRICT

Coolbrooke, Elm, Lake Road, Westminster and Edward Janiszewski chalets



Description: Enable girls to be confident, resourceful and courageous, and to make a difference in the world.

Contact	qc-oakwoodsdc@district.guidescanada.ca www.girlguides.ca
Age group	Sparks: 5 to 6 year olds Embers: 7 to 8 year olds Guides: 9 to 11 year olds Pathfinders: 12 to 14 year olds Rangers: 15 to 17 year olds Volunteers: 18 years and over
Session	September to June
Registration	Register online anytime: www.register.girlguides.ca
Cost	\$140 plus the cost of the uniform. Financial assistance available.



GUJARATI SAMAJ OF MONTREAL

P.O. Box 38120, 3347 Sources Boulevard



Gujarati Samaj of Montreal

જ્યો જ્યો વસે એક ગુજરાતી ત્યો ત્યો સઘડાય ગુજરાત



Description: Organization of cultural activities throughout the year according to the calendar of festivities of the Gujarati community.

Contact	514-836 3880 info@gujaratisamaj.ca www.gujaratisamaj.ca
Age group	All ages
Session	Year-long, with activities according to the calendar of festivities of the Gujarati community.
Registration	Contact us for registration information.



MONTREAL CONFUCIUS SCHOOL

851 Tecumseh, Dollard-des-Ormeaux

Description: We offer language courses (French, English, Spanish and Mandarin), visual arts (Chinese painting, Chinese calligraphy, oil painting, sketching, manga, etc.), performing arts (Chinese folk dances, Chinese musical instruments, ballet, Latin dance, hip-hop, vocal music, figure training, etc.), sciences (mathematics, robotics, coding, animation, etc.), and sports (tai-chi, ping-pong, badminton, Zumba, taekwondo, etc.). The courses can be taken in groups or one-on-one. We also offer day camp services during the Christmas break, the spring break and the summer in the West Island.



Our after-school program offers online weekday courses from 5 to 9 PM. Both online and offline courses are available on weekends and during summer vacation, March break, and Christmas break.

Our in-person Saturday courses and day camps are held in Dollard-des-Ormeaux. Please visit our website for more details, including course schedules, camp activities, and registration information.

We have both full-time and part-time teaching positions available, both onsite and remotely. Priority for summer camp positions will be given to young Canadian citizens and permanent residents.

Contact	TEL: 514-691-0412 Email : kzschooll@yahoo.ca WeChat: kongzi6910412 Website: www.confuciussschool.ca
Age group	3 years and above
Session	Year-long
Registration	https://confuciussschool.ca/sign-up

 **NOVA WEST ISLAND**



Description: We offer in-home nursing care (palliative/cancer/ALS), bereavement support for adults and children, senior activity program for adults with neurocognitive impairments and home support.

Contact	514-695-8335 info@novawi.org www.novawi.org
Age group	For all ages
Session	Year-long
Registration	Contact us for registration information and location of activities/services.

SWINGING STARS SQUARE DANCE CLUB

Westwood Chalet



Description: Square Dancing is a square of 8 persons, paired off, dancing to many calls choreographed by a caller. It is an inexpensive way to enjoy weekly evenings out, being active with low impact exercise. It can be a great opportunity to make new friends, No dance experience needed. Singles, Couples are welcome!

Contact	514-907-0953 Swinging.stars.ddo@gmail.com
Age Group	18 years and over
Session	September to December January to June
Registration	Contact us for registration information.

 **THE WEST ISLAND BLACK COMMUNITY ASSOCIATION**



48C, 4th Avenue South, Roxboro

Description: The West Island Black Community Association (WIBCA) is dedicated to extending its programs for the benefit of all, regardless of ethnic origin, color, gender, religion or race, and to be integrated as a vibrant part of society by continuously increasing the participation in our programs to reach more youths, adults and seniors. We seek to relieve loneliness and isolation, educate the public on health issues, various cultures and multiculturalism and operate as drop-in centre for youths, providing counseling, educational and recreational activities in a supervised setting.

Contact	514-683-3925 admin@wibca.org www.wibca.org
Age group	Children, youth and seniors.
Session	Year-long

 **TOPS**
Coolbrooke Chalet



Description: Non-profit support group to help you lose weight.

Contact	514-636-0903 TOPS.DDO@gmail.com www.tops.org
Age group	13 years and over
Session	Year-long Mondays from 6 p.m. to 7:30 p.m.
Registration	Contact us for registration information.

VOLUNTEER ACCOMPANIMENT SERVICE (ABOVAS)



Trans-Canada Hwy, Pointe-Claire, QC, H9R 1B6

Description: ABOVAS helps West Island residents in a vulnerable situation who require accompanied-transport for their medical and social appointments on the Island of Montreal.

Contact	Medical accompaniments: 514-694-3838 Social accompaniments: 514-513-3838 Email: info@abovas.com Website: www.abovas.com
Age group	Medical: 18 years and over Social: 65 years old and over (under 65 with a reference from the CLSC)
Session	Year-long

 **VOLUNTEER WEST ISLAND**
1 de l'Église, Sainte-Anne-de-Bellevue



Description: Recruitment of volunteers: citizens of all age groups (14 years +) referred to organizations. Services for seniors, vulnerable people and persons with loss of autonomy programs.

Contact	514-457-5445 info@volunteerwestisland.org www.cabvwi.org
Age group	Citizens of all age groups: 14 years and over Seniors: 55 years and over
Session	All year-long for citizens and seniors programs (Meals on Wheels and Frozen Meals , Contact (friendly calls), Young at Heart Club activities in the community hall, Pet Therapy and HandyPerson Income Tax Clinics (March & April)
Registration	Contact us for more information on our services, volunteering and more.

WEST ISLAND ASSISTANCE FUND

21, Centre Commercial, Roxboro, H8Y 3K6



Description: We have a food bank that provides nutritious and balanced food. We provide clothing through our thrift store (Friperie Deuxième Vie). We offer personal hygiene products, Christmas baskets and toys. We distribute school supplies. We file tax returns through our tax clinic. We have a collective garden and community kitchen (for processing surplus food and cooking workshops).

Contact	514-683-0456 info@fdoi.org www.fdoi.org
Registration	Contact us for general information or to know the requirements.

WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED

111 Donegani, Pointe-Claire



Description: For 65 years, WIAIH's mission has been to enhance the quality of life of people with an intellectual disability or an Autism Spectrum Disorder and to provide support to their families.

Contact	Tel.: 514-694-6531 Ext. 218 Email: recreation@wiaih.qc.ca Website: wiaih.qc.ca
Age group	For 12 years old and over
Session	September to June: In-person and online programs during evenings and weekends. Summer: In-person day camp for children 6 to 21 who cannot integrate municipal camps (Must be a user of the WMRC). In-person day camps for adolescents and adult campers. Sleep-away camps for adult campers. Spaces are limited.
Universal access 	Not all locations are wheelchair accessible but the programs are adapted to needs. Contact us for more information.



WEST ISLAND CHINESE COMMUNITY CENTER OF MONTREAL

Fairview Chalet



Description: As a non-profit association dedicated to improving the integration of members of the Chinese community into the Canadian society, we organize various activities such as qi gong, tai-chi, vocal training, line dancing etc on Wednesdays, English classes, table tennis, tai-chi, mah-jong, board games, dance etc on Saturdays.

We have been organizing the annual celebration for the Mid-Autumn Festival since 2018 and the annual Gala celebrating the Chinese New Year since 2009. They are important festivals celebrated in China as well as other Asian countries. All are welcome at both events. Please contact us for more information.

Contact	514-696-2399 or 514-691-0412 westchinesecenter@yahoo.ca www.mwestchinesecenter.ca
Age group	All ages
Session	Year-long
Registration	https://mwestchinesecenter.ca/join-us

WEST ISLAND CITIZEN ADVOCACY



Description: West Island Citizen Advocacy's purpose is to support and defend the rights of vulnerable or disadvantaged people in its community to improve their quality of life.

Contact	514-694-5850 info@pcbo-wica.com volunteerwica.com
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WEST ISLAND COMMUNITY RESOURCE CENTRE

114, Donegani Avenue, Pointe-Claire



Description: The CRC is a non-profit organization dedicated to improving the quality of life of the West Island residents by connecting them to services and programs offered in the community sector. The CRC connects, promotes and supports the West Island Community Sector.

Contact	514-694-6404 info@crcinfo.ca www.crcinfo.ca
Age group	All ages
Session	Year-long
Registration	Contact us for registration information.

WEST-ISLAND COMMUNITY SHARES

451 Blvd Beaconsfield, suite 205, Beaconsfield



Description: West Island Community Shares is a registered charity dedicated to building a strong, resilient, inclusive and healthy community. We do this by raising crucial funds for more than 40 local community organizations and projects which focus on developing strong and resilient children, creating bridges to support vulnerable populations, empowering women to reach their full potential for themselves and their families, and providing basic necessities to West Islanders in need. For more information visit our website at communityshares.ca.

Contact	514-695-8694 info@partageaction.ca www.partageaction.ca
Session	We organise events all year long. For more details please visit our website at communityshares.ca .

WEST ISLAND HARMONY CHORUS

Council Chambers, Dollard-des-Ormeaux Civic Centre



Description: A cappella 4-part harmony singing group for all ages and skill levels

Contact	514-777-9409 berelmichaelweiner@gmail.com montrealislandcitychorus.com
Age Group	15 years and over
Session	Year-long
Registration	Contact us for more information or at the Registration and Information Night

WEST ISLAND MISSION

72D, Brunswick, DDO



Description: Food bank and other related resources. Shopping model for grocery pick-up.

Contact	514 912-6813 info@wimmoi.org www.wimmoi.org
Age group	All ages

WEST ISLAND MS SELF HELP GROUP SP|MS Canada

105-1255 Trans-Canada Highway, Dorval

Description: Our mission has been to offer moral and physical support to people with multiple sclerosis; to do the same for their family members and help those afflicted with MS to remain in their home environment for as long as possible.

A variety of weekly activities offered at no cost as well as online options. Occasional outings, seminars, support group, therapies, etc

Contact	514-676-1588 Lisa.witt@mscanada.ca www.spcanada.ca www.mccanada.ca
Age group	Adults
Session	Year-long
Registration	Anytime

WEST ISLAND WOMEN'S SHELTER



Description: The Shelter is a warm home that will give you the opportunity to rebuild yourself and regain control over your life. Despite the current context, our services are still offered and available for you and your children. A multidisciplinary team provides a multitude of services to women and children who are victims of conjugal violence. In addition to providing temporary accommodations through our shelter and our 14 second-stage apartments, over the years we have developed various services to benefit and support women and children who are not housed in our Shelter, through phone conversation, personal accompaniment, follow-ups and counselling sessions. A crisis counsellor is available for you 24/7 to help you shed light on what you are going through in complete confidentiality. In addition, you can meet a counsellor from external services who can offer you support adapted to your needs and to what you are experiencing. We have also devoted part of our energies to informing and educating the population about conjugal violence.

Contact	514-620-4845 info@rfoi.org www.wiws.ca
Age group	Women of any age and their children

WEST ISLAND YOUTH ACTION (AJOI)

15632, Gouin Boulevard West, Sainte-Geneviève



Description: The *Jeux de la rue de l'Ouest-de-l'Île* program offers free sporting activities in Dollard-des-Ormeaux parks for youth between the ages of 12 and 25.

Contact	514-267-6029 animation@ajoi.info www.ajoi.info
Age group	12 to 25 years old
Session	Summer (June-September) For a complete list of activities offered throughout the year, please contact us or visit our website or Facebook page.
Registration	Contact us for registration information or at the Registration and Information night.

WEST ISLAND YOUTH SYMPHONY ORCHESTRA

Noel-Legault community centre, Pointe-Claire



Description: Our orchestra allows young musicians to develop their musical talent in an orchestra under the direction of professional conductors and sharing music with their community.

Contact	514-834-9025 info@osjwi.qc.ca www.osjwi.qc.ca
Age Group	Symphony orchestra: 14 to 25 year olds String orchestra: 9 to 16 year olds
Session	September to June
Registration	Contact us for audition information (send emails to auditions@osjwi.qc.ca), to volunteer or for general inquiries. We will also be present at the Registration and information night.

PRESCHOOL AND DAY CAMPS

 **CPE DOLLARD**
12000 De Salaberry



Contact	514-683-7366 info@cpedollard.ca www.cpedollard.ca
Age group	0 to 5 year olds
Session	Year-long
Registration	To register or for more information, visit the website www.laplace0-5.com With <i>La Place 0-5</i> , you can register your child on the waiting lists of all the subsidized daycares.

 **CPE LES BOIS VERTS**
50 Séville, Dollard-des-Ormeaux



Description: Non-profit Child care centre

Contact	514-684-7712, ext. 1 cpe.boisverts@videotron.ca
Age Group	18 months to 5 year olds
Session	Year-long
Registration	To register or for more information, visit the website www.laplace0-5.com With <i>La Place 0-5</i> , you can register your child on the waiting lists of all subsidized daycares.



DDO DAY CAMP

Parc Elm, Westminster, Sunnybrooke, Westwood.

Office: 12001, De Salaberry Boulevard, office H-193
Dollard-des-Ormeaux



Description: For over 20 years, the DDO Day Camp has strived to bring the joys of summer to every camper. We aim at providing our campers with a safe and enjoyable experience through a variety of sports, arts and team activities for children aged 5 to 13. Our activities are supervised and animated by qualified staff who value your children's safety and fun above all else.

Contact	514-684-0970 info@campdejourddo.com www.campdejourddo.com www.facebook.com/campdejourddo
Age Group	5 to 13 years old
Session	Summer
Cost	Kidz Camp: \$230.00/week for residents Adventure/Athletic Camp: \$230.00/week for residents
Registration	Contact us for registration information or visit our website www.campdejourddo.com

WESTPARK CO-OP PRESCHOOL

Lake Road Chalet



Description: Our preschool offers two programs run by a qualified teacher who incorporates education through guided play and many fun experiences.

Contact	514-400-8133 westparkpreschool@hotmail.com www.westparkpreschool.weebly.com
Age Group	2 year olds: Parents & Tots 3 and 4 year olds: Preschool
Session	September to June Parents & Tots: Monday from 9 a.m. to 11 a.m. Preschool: Tuesday to Friday from 9 a.m. to 12 p.m..
Cost	Parents & Tots: \$50/month Preschool: \$180/month for 3 days/week or \$195/month for 4 days/week
Registration	Visit our website for more information or contact us for a visit!

SENIORS

THE DOLLARD-DES-ORMEAUX SENIORS CLUB

Community Centre, 12001 De Salaberry Boulevard

Description: Proudly serving the community for 25 years, the DDO Seniors Club offers vibrant and enriching programs professionally created to enhance the physical, social, and intellectual well-being of residents aged 55 and above. Experience dynamic activities tailored to your interests, activity level, and schedule preferences. Enjoy fun volunteering opportunities, special events, and workshops exclusively offered to our members. Together, let's create a warm and engaging community where everyone feels welcome and inspired!

Contact	514-684-1013 clubseniorddo@ddo.qc.ca www.ddoclub55.com
Age Group	55 years and over
Courses Offered	Tai chi, Hatha yoga, Yoga, Line dancing, Zumba gold, Fit for life, French, Spanish, Singing, Backgammon, Bingo, Canasta, Pool, Mah Jongg, Whist, Book Club, field trips, special events and many more.
Session	Seasonal program offered 12 months a year.
Cost	Please contact us or visit our website: www.ddoclub55.com
Registration	Contact us at 514-684-1013 or clubseniorddo@ddo.qc.ca or visit www.ddoclub55.com



CUMMINGS JEWISH CENTRE FOR SENIORS

96 Roger Pilon



Description: To empower and enhance the quality of life of adults ages 50 and over by providing dynamic and innovative programs, social services, and volunteer opportunities in a vibrant, respectful, inclusive and compassionate environment. Building on its Jewish Heritage, Cummings embraces people from all ethnic, cultural, and socio-economic backgrounds.

Contact	514-734-1763 Marcy Beraznik cummingcentre.org/west-island
Age Group	50 years old and over
Session	Year-long and seasonal
Registration	Contact 514-343-3510 for registration information

SAHYOG SENIORS CLUB OF MONTREAL

Westwood chalet

Description: Activities for seniors, inquire with us to know more about the various activities and outings that we offer.



Contact	514-862-6374 or 514-952-6745 sahyog.seniors@gmail.com sahyogseniorclubmontreal.com
Age Group	55 years and over
Session	Year-long (every Saturday at Westwood chalet)
Cost	\$50 annual membership fee

SENIORS OF THE WEST ISLAND AND SUBURBS

Coolbrooke Chalet

Description: Association for seniors. Bingo from 1 p.m. to 4 p.m. followed by Zumba or line dancing from 4 p.m. to 5 p.m. depending on the number of members signed up.

Contact	514-421-1504 anitapoitras3@gmail.com
Age Group	55 years and over

WEST ISLAND GOLDEN AGE GREEK CANADIAN ASSOCIATION



Sunnybrooke Chalet

Description: Assist members requiring assistance, organize luncheons and presentations to inform members on Government assistance programs, legal and taxation issues, organize excursions to places of interest.



Contact	514-962-4471 514-891-9648 Michael.antoniadis@gmail.com prassasp@gmail.com
Age Group	65 years and over
Session	September to June

SPORTS AND RECREATIONAL ACTIVITIES

BADMINTON

WEST ISLAND BADMINTON CLUB

Polyvalent Des Sources, 2900 Lake St, Dollard-Des Ormeaux, Quebec H9B 2P1
Ecole DDO 35 Av. Anselme-Lavigne, Dollard-des-Ormeaux, QC H9A 1N5
Ecole Bois de Liesse 175 Rue Sonata, Dollard des Ormeau, Qu H9B 2M6

Description: Our Club offers an excellent junior training program as well as a recreational and highly-charged competitive adult program. Only club that also offers advanced singles play as well as typical doubles play. Top Canadian level coach to give the best technical and strategical lessons for both children and adults. PDS Facility has 8 high caliber courts on soft safe wood floors and Ecole DDO is the best place to play badminton In the West Island. We play and train all year-round !! We have 300 + members!!

Contact	514-588-8324 wibc@ap2000sports.com (email) www.ap2000sports.com (website) www.badmintonwibc.com (website)
Age Group	6 years and 80 +
Session	Summer: June – August (morning & evening) Fall: September – December Winter / Spring: January - June
Registration	Ongoing online registration until programs are full or at the Registration and Information Night.
Competitive Teams/ Programs	We have national class competitive junior and adult teams. After having followed our elite Olympic Plus program, many members find themselves in Québec and Canadian Junior teams.

BASEBALL

DOLLARD AMATEUR BASEBALL ASSOCIATION

12001 De Salaberry Boulevard, Room H-173

Description: We offer a supervised program of instructional and competitive baseball under the rules and regulations of Baseball Québec. Our objective is to instill in our members the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority.



Contact	514-683-0386 contactus@dollardbaseball.com www.dollardbaseball.com
Age Group	4 to 23 years old
Courses Offered	<p>Summer:</p> <ul style="list-style-type: none"> Novice program focuses primarily on development. 9U through Junior players play two games a week plus practices, divided into A and B level teams depending on skill level. <p>Fall:</p> <ul style="list-style-type: none"> A separate 10 game Fall Ball league is available which extends the season until Thanksgiving weekend. <p>Various training programs available throughout the off-season.</p>
Session	Year-long
Cost	Varies by age and program. For a complete list of prices, visit our website.
Registration	Reserved for residents of Dollard-des-Ormeaux. Online registration available on our website.
Competitive Teams/ Programs	There are three levels of competitive teams: AA players play for regional teams run by the LSL Tigers and A and B players represent D.D.O. in the Lac St. Louis League against teams from across the region.

BASKETBALL

WEST ISLAND OUTDOOR BASKETBALL LEAGUE (WIOBL)

Elm Park



Description: To promote, organize, supervise and stimulate interest and participation in summer basketball for boys, girls, men and women in an outdoor environment.

Contact	514-626-6044 wioblstevehall@gmail.com www.wiobl.com
Age Group	Youth 7 to 17 year olds Adults 18 and up
Session	May to end of August
Cost	Family rates available Youth Regular rate: First child \$170, second child \$160, third child from the same family \$85 and fourth child is free. Adults \$170, family rates do not apply

CURLING

GLENMORE CURLING CLUB

120, Glenmore

Description: Leagues: day curlers, open, mixed, TGIF, Sunday & mixed doubles plus many club events. Little Rocks and Juniors for children and youth players.



Contact	514-684-6350 mail@glenmorecurling.com www.glenmorecurling.com
Age Group	Children 5 to 12 years old and 12 to 18 years old Adults ages 18 and over
Courses Offered	Instructional curling for children on Sunday. Adult instructional leagues on Friday and Sunday evenings. Various clinics offered during the season.
Session	September to April Visit our website for schedule and calendar of events.
Registration	Contact us for registration information or at the Registration and Information Night.
Competitive Teams/ Programs	Competitive teams at all levels of play, beginner to Elite.

FIGURE SKATING

DOLLARD FIGURE SKATING CLUB

Civic Centre Arena, 12001, De Salaberry Boulevard,
Room H-172



Description: The Dollard Skating Club offers skating lessons for all ages to learn the basics, develop or to compete. Everything is supervised by certified professional coaches in a fun and dynamic environment.

Contact	contactus@cpadollard.com www.cpadollard.com
Age Group	3 years and over
Courses Offered	Canskate – Learn to skate Prestar – Developing Figure Skaters Starskate – Learn to compete Sports Etudes – Elite athletes Adult – Adult Canskate (learn to skate)
Session	Year-long
Cost	Prices vary around \$360
Competitive Teams/ Programs	Figure skating (STARSKATE & SPORTS ETUDES programs)

FOOTBALL

NORTH SHORE FOOTBALL

Description: For more than 60 years, the NSFL has been an integral part of the Dollard-des-Ormeaux community and of the West Island. Kids play for enjoyment and everyone participates.



Contact	514-347-2183 info@northshorefootball.org www.northshorefootball.org
Age Group	Park Level: 5 to 13 year old boys and girls Intercity Level: 14 to 17 year old boys and girls
Session	March to November
Cost	Park level \$300 with discount for additional children in the same family Intercity level \$450 Full equipment is provided by the Football League, except for cleats.
Registration	Beginning of April until September 1 online at www.northshorefootball.org
Competitive Teams/ Programs	All our teams play AAA football.

HOCKEY

DOLLARD HOCKEY ASSOCIATION

Civic Centre Arena, 12001, De Salaberry Boulevard,
Room H-183



Description: We provide a positive learning experience by developing the fundamental and athletic skills of all participants in a fun, enjoyable and safe environment. We foster their development by teaching the values of fair play, respect, and teamwork.

Contact	514-683-3825 susanspentgis@gmail.com www.dollardhockey.com
Age Group	For girls and boys MAHG: 4 to 6 year olds Novice: 7 to 8 year olds Atom: 9 to 10 year olds Peewee: 11 to 12 year olds Bantam: 13 to 14 year olds Midget: 15 to 17 year olds Junior: 18 to 21 year olds Seniors: 21 to 26 year olds
Courses Offered	We offer public skating and a Tiny Tots program where children learn how to skate (see below).
Session	August to April
Cost	\$150, plus team budget
Registration	Contact us for registration information.
Competitive Teams/ Programs	AA teams start at Atom (10 year olds) until Junior. Girl's teams can start at the Atom level if there are enough players.

LAC ST-LOUIS AAA LIONS

Description: Midget AAA Hockey League

Contact	https://lions.liguemidgetaaa.ca
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TINY TOTS PROGRAM

OFFERED BY THE DOLLARD HOCKEY ASSOCIATION

Civic Centre Arena, 12001 De Salaberry Boulevard



Description: The primary focus of the program is basic skating skill development. Children must wear a Canadian Standard Association (CSA) approved helmet.

Contact	514-683-3825 Dhbook@videotron.ca www.dollardhockey.com
Age Group	For 4 year olds and over
Session	Fall session Winter session For session dates and times, follow the Tiny Tots link on the website. https://www.dollardhockey.ca/tinytots
Cost	\$130 per session
Registration	Contact us for registration information.
Additional information	The child's Medicare card is required for first time registration. A group may be cancelled if there is insufficient registration

KARATE KARATE SPIRIT

Elm Chalet

Description: Traditional Wado-Kai Karate and Sports Karate for boys, girls and adults. Wado-Kai Karate is a great way to keep in shape for young and old alike. Karate Esprit is a non-profit organization. It is a member of Karaté-Québec (www.karatequebec.com).



Contact	514-347-4668 karate.esprit@gmail.com www.canadajkwadokai.org click on « find a dojo »
Age Group	8 years and older
Courses Offered	Beginner, intermediate and advanced classes Monday and Wednesday evenings and Saturday mornings
Session	Fall: September to December Winter: January to March Spring: April to June
Cost	Beginners, one course per week: \$70 Beginners and intermediates, three courses per week: \$140 Advanced, three courses per week: \$160
Registration	In class during the first week of each session or at the Registration and Information Night.
Competitive Teams/ Programs	Karate competition team

LACROSSE

WEST ISLAND LACROSSE ASSOCIATION (WILA)

Description: We offer local training programs to develop leadership, good citizenship and physical fitness, as well as stimulate an interest in aviation.



Contact	info@westislandlacrosse.com
Age Group	U7 – U22
Courses Offered	Box lacrosse. Practicing good life skills that parallel the lacrosse teachings on the floor. We hope to give every young child a solid foundation both in sports and beyond.
Session	April to July

MARTIAL ARTS

GROUPE QI GONG SANTÉ

Edward Janiszewski Chalet

Description: The *Groupe Qi Gong Santé* aims to promote the health of the community through the practice of Qi Gong, a Chinese ancient martial art. This art promotes the maintenance of a good physical and mental balance and also helps to prevent any illness.

Contact	514-627-9088 hoalu51@gmail.com
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PICKLEBALL

WEST ISLAND PICKLEBALL CLUB



Description: Join us to play Pickleball.

Contact	Pickleballwestisland.com pickleballwestisland@gmail.com
Age Group	6-99 years old
Session	Year-long and throughout the West Island.
Cost	\$30 per year to play indoors. Free outside.
Registration	In person, online or at the Registration and Information Night.
Competitive Teams/ Programs	We have tournaments several times per year.

DOLLARD PICKLEBALL

Description: Come join us to play pickleball and build new friendships with members from our community.



Contact	https://pickleballddo.ca/ president@pickleballddo.ca
Age Group	18+
Session	Outdoor sessions take place in our beautiful parks and indoor sessions will occur in school gyms or local facilities.
Cost	\$30 Membership fee for the calendar year. There will be no additional costs for regular outdoor sessions. Indoor sessions will have additional costs depending on costs to rents gyms/courts.
Registration	Online at www.pickleballddo.ca/pourquoi-devenir-membre/ , by email president@pickleballddo.ca or in person at the Registration and Information Night.
Competitive Teams/ Programs	We plan to hold tournaments during the year.

PUBLIC SKATING

OFFERED BY THE DOLLARD HOCKEY ASSOCIATION

Civic Centre Arena, 12001 De Salaberry Boulevard



Description: Public skating open to all and public skating for adults only.

Contact	514-684-1011
Session	Schedule open to all: From September 4 to May 7: Saturday 6:30 p.m. to 8 p.m. Sunday 1:30 p.m. to 3 p.m. Wednesday 6:30 p.m. to 8 p.m. Special schedule during the Holidays from December 23 to January 3 and during spring break from March 3 to 7. Schedule for adults: From September 3 to May 8: Tuesday 10 a.m. to 11 a.m. Thursday 10 a.m. to 11 a.m. Schedule may change due to special events.
Cost	Residents: \$2 (free for children under the age of 5) Non-residents: 3\$ for all
Additional Information	Safety regulation: During public skating, it is mandatory for children ages 12 and younger to wear a CSA-approved helmet (face shield is optional).

RINGUETTE

PIERREFONDS / DDO/ÎLE BIZARD RINGUETTE

Sportplexe 4 Glaces, Civic Centre and Centre Sportif Saint-Raphaël

Description: Ringuette is a team sport played on an ice rink. No need to know how to skate, we will teach you at the same time of learning the rules. We have mixed teams from 4 yrs old up to 9yrs old. Ringuette is a non-contact sport, a fast unique game and an exciting one. Protective equipment is mandatory. Practices and games are mostly during the week-end for the younger players and within the Lac St-Louis region. The game has 2-15 min periods stop time and played with shot clock expect moustiques and novice B-C.



Contact	www.ringuettepierrefonds.com for any questions, please email info@ringuettepierrefonds.com
Age Group	4 years old and over for girls 4 years old to 9 for boys
Courses Offered	Learn to Skate program on Saturday morning at 9:00 at the Île Bizard arena Power skating and skills clinic for players and goalies on Monday nights
Session	September to April
Registration	Contact us for registration information registrar@ringuettepierrefonds.com registration and payments are done thru teamsnap
Competitive teams/ programs	A, B, C - Ringuette Québec Elite program

RUGBY

MONTREAL BARBARIANS RUGBY CLUB

Westwood Park, 45 rue Thornton, DDO, H9B 1X7

Description: Founded in 1953, the Montreal Barbarians rugby club is one of the oldest clubs in Quebec! We are home to one men's team, one women's team and multiple youth and junior teams.



All experience levels are welcome.

Contact	514-534-1172 Youth/Junior: montrealbarbariansrugby@gmail.com Senior: info@montrealbarbarians.ca www.montrealbarbarians.ca Instagram and Facebook : Montreal Barbarians Rugby Club
Age Group	Youth Junior: 5 to 18 year olds Senior: 18 years and over
Session	Youth/Junior: May to August Senior: September to November
Cost	Varies depending on the age group U8/U10: \$165 U12: \$180 U14: \$235 U16/18: \$250 Senior: \$345 Senior Student : \$280
Registration	Contact us for registration information.
Competitive Teams/ Programs	Senior teams compete in Rugby Québec leagues.

SOCCER

DOLLARD RECREATIONAL SOCCER ASSOCIATION

Description: We are an active league for amateur players from Dollard-des-Ormeaux. The games are played all year round in a friendly and informal atmosphere. Our members come from various communities and our association is open to anyone aged 35 and over.

Contact www.drso-web.com

DOLLARD SOCCER CLUB

12001 De Salaberry Boulevard, Room H-186

Description: Throughout the year, Dollard Soccer Club plans activities for girls and boys ages 4 and older. We have recreational programs and development programs that follow the model from Canada Soccer. In addition, there are Youth and Senior recreational leagues as well as Youth and Senior competitive leagues (regional and provincial) as well as an eight-week summer camp with daycare for the U09 to U14. Come take a peek at our website and follow us on Facebook, Instagram and Twitter for more the details.



Contact	514-421-2928, ext. 102 info@dollardsoccer.ca www.dollardsoccer.ca
Age Group	4 years old - adult (senior)
Session	Summer: May to September Winter: Part 1: October to December Part 2: January to April
Registration	Visit our website for registration information.
Competitive Teams/ Programs	<ol style="list-style-type: none"> Grassroots soccer from U04-U08. The programs for U09-U12 consist of two choices: <ul style="list-style-type: none"> CDC: The developmental program which aim at improving the athletes technical, physical, and cognitive (in relation to soccer) abilities. This program is overseen by qualified technical staff and revolves around station-based work with participation in the regional league. REC: For those who just want to play games for fun in a recreational league. From U13 and up (incl Seniors), we have teams for non-competitive recreational leagues (YLL/ REC), as well as competitive regional (LDR& LDIR) and provincial (LDP) leagues.
Additional Information	SHOOTING STARS is a program for special needs children between the ages of 4 to 18. For more information, visit our website: www.dollardsoccer.ca .

SOFT BALL

DDO EXECUTIVE SOFTBALL LEAGUE

Description: Recreational softball league, for men 35 and over. 14 teams, 196 registered players and 26 games, excluding playoffs. Season begins in May and concludes with playoffs in September.

Contact www.ddosoftball.ca

DOLLARD MIXED SOFTBALL LEAGUE

Spring Garden Park



Description: To provide a mixed recreational softball league to the residents and non-residents.

Contact	514-823-5866 chad@dollardmixedsoftball.ca www.dollardmixedsoftball.ca
Age Group	18 years and over
Session	May to August Sundays from 10:00 a.m. to 5:30 p.m.
Cost	Varies depending on the season
Competitive Teams/ Programs	There are eight competitive teams playing every week.

SPEED SKATING



THE DOLLARD DES ORMEAUX SPEED SKATING CLUB (WEST ISLAND CYCLONES)



Civic Centre Arena, 12001 De Salaberry Boulevard

Description: Since 1996, the West Island Cyclones has promoted short track speed skating to the West Island community. All skaters are welcome.

Contact	cpvwestisland@gmail.com
Age Group	4+ years old
Session	September to April + optional extension to May
Cost	Consult the website
Registration	Via website: www.cpvwestisland.ca
Competitive Teams/ Programs	Regional, interregional and provincial competitive programs are available.
Additional Information	Speed skates are included with registration. Additional safety equipment is mandatory, and may be purchased through the Club's online store.

TAI CHI



DDO TAI CHI ACADEMY

Sunnybrooke Chalet

Description: Tai Chi is a sequence of gentle stretching and movement. Come and discover a proven way to improve your health and sleep, alleviate stress, joint stiffness, circulation problems and much more. Beginners welcome.

Contact	514-799-7703 danny.rabinowitz@gmail.com www.facebook.com/groups/taichi.ddo
Age Group	12 years and over
Session	Year-long
Cost	\$30/month

TENNIS

TENNIS MONTRÉAL

Lake Road Park



Description: Our mission is to promote and increase tennis playing among sports fans of all ages and levels (from beginners to advanced players) by bringing together people interested in tennis and by organizing lessons, coaching sessions, activities and tournaments.

Contact	514-270-2724 www.tennismontreal.qc.ca
Age Group	7 to 17 year olds
Session	Two sessions in the summer: June to July and July to August, Monday to Friday.
Registration	Online or by phone at local 0



Tennis with Initiative Go DDO

See page 23.

YOGA

HOLIVIE CENTRE

Edward Janiszewski Chalet



Description: Hatha yoga classes for men, women and youth over 14 years old, including breathing exercises, stretching and asanas (yoga postures).

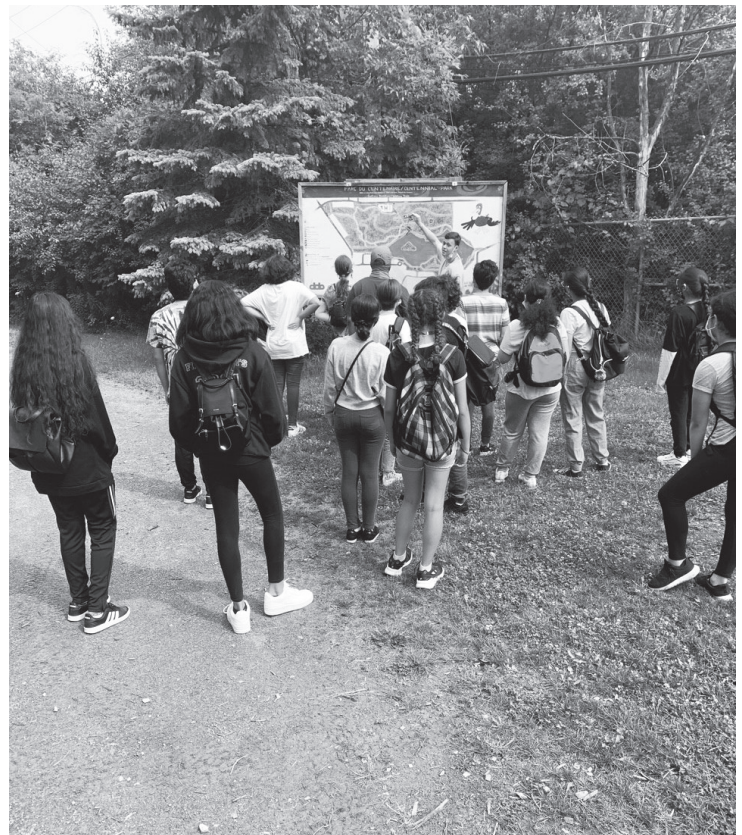
Contact	514-684-5133
Age Group	14 years and over
Session	September to June
Registration	Contact us for registration information.

TEEN ACTIVITIES

 **INITIATIVE GO DDO**
OFFERED BY THE DOLLARD-DES-ORMEAUX AQUATIC ASSOCIATION (AADDO)
 12001 De Salaberry Boulevard, Dollard-des-Ormeaux



Contact	514-684-0070, local 6602 aaddo@ddo.qc.ca
Teen Action (12 to 17 years old)	<p>Teen Action With our awesome list of activities, our amazing staff of animators and the participation of the teens themselves, Teen Action is an experience never to be forgotten! Activities such as Laser Quest, Rock-climbing, Arbraska, Super Aqua Club, Escape rooms and so much more are available for teens ages 11 to 17 throughout the year.</p> <p>FitClub FitClub welcomes teens aged 11-17 to learn about fitness and nutrition in a fun and safe environment. With our great coaches and welcoming facility, participants will learn the basics on weight lifting and conditioning all while receiving all kinds of tips on how to adopt healthy habits to last a lifetime.</p> <p>GoDDO's Teen programming provides participants with the chance to learn new skills, meet new people, gain independence, and enjoy fun-filled activities. Join us throughout the year – we cannot wait to meet you!</p>
Age group	Various programs offered for all ages
Session	Summer session – Fall session – Winter session – Spring session
Additional information	<p>In collaboration with local partners, we develop actions that encourage our participants to adopt healthy habits and lifestyles.</p> <p>Our other programs cover a wide range of age groups and include:</p> <ul style="list-style-type: none"> • Badminton • Pickleball • Junior Jams • Yoga for Youngsters • 7sports • Free workshops • Group Fitness • Tennis • ...and more!



LÉGENDE / LEGEND

- A** Hôtel de ville / City Hall
- B** Centre civique de Dollard-des-Ormeaux / Dollard-des-Ormeaux Civic Centre
- C** Travaux publics / Public Works
- D** Service d'incendie / Fire Department
- E** Police / Police

