

## SPORTS, RECREATION AND CULTURE GUIDE



# 2026 /2027

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To find cultural or sports activities accessible for people with reduced mobility, look for this logo.



# SPORTS, RECREATION AND CULTURE



## WORD FROM THE MAYOR

Dear residents,

It is with great pride and pleasure that we present this year's Sports, Recreation and Culture Guide, showcasing a diverse range of activities designed to enrich the lives of our residents and families.

I would like to extend my sincere thanks to our dedicated staff, valued partners, committed volunteers, and community associations whose unwavering efforts continue to enhance the quality of life in Dollard-des-Ormeaux.

From early childhood to the senior years, these programs promote physical health, support overall well-being, and provide opportunities for meaningful social engagement in a safe, inclusive, and stimulating environment. They play a vital role in strengthening the sense of belonging that makes our community so special.

Whether through sports, arts, or cultural pursuits, residents are invited to discover new interests, nurture their passions, and build lasting connections that contribute to personal growth and community vitality.

I warmly encourage you to get involved—whether by participating in activities or volunteering your time. Your engagement helps sustain the diversity and excellence of our programs and ensures that our community continues to thrive.

I invite you to explore this year's guide and take advantage of the many opportunities it offers. Your participation is not only valuable—it is essential to our collective well-being.

Together, we are building a stronger, healthier, and more vibrant community.

Stay active—we look forward to seeing you!



**Alex Bottausci**  
**Mayor**

514 684-1465  
abottausci@ddo.qc.ca  
Facebook : @AlexBottausciDDO

## RECREATION INFO-LINE

Call us at 514-684-1011, select 1 and then 2.



## HALL RENTALS FOR YOUR CELEBRATIONS

The City has two halls to rent for parties, exhibitions or seminars, with access to a kitchen if required. The seating capacity is 200 in the **Banquet 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.



## EVENTS OFFERED BY THE CITY

The Sports, Recreation, and Cultural Department is packed with a lively, upbeat, and totally enthusiastic crew, always geared up to keep you entertained all year long! That's why we're constantly cooking up a mix of events that'll make both the young and the young at heart jump for joy. Get ready for fun, laughs, and a whole lot of excitement!

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, Fête nationale du Québec 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

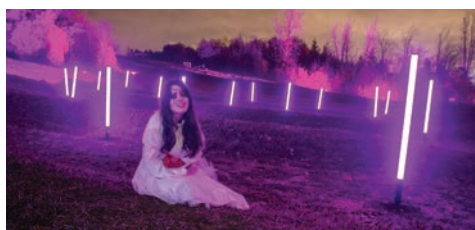
### REGISTRATION AND INFORMATION NIGHT

August 12, 2026, 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](mailto:bibliotheque@ddo.qc.ca)



The Dollard-des-Ormeaux Public Library offers DDO residents a variety of free services for members of all ages.

## Collection

The collection includes over 150,000 documents. Books, reference books, large-print books, foreign-language books, language courses, comics and Mangas, magazines and newspapers, DVDs and BLU-RAYS, audiobooks, digital books and magazines, movie streaming, video games, memory loss kits and family multilingual kits 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.

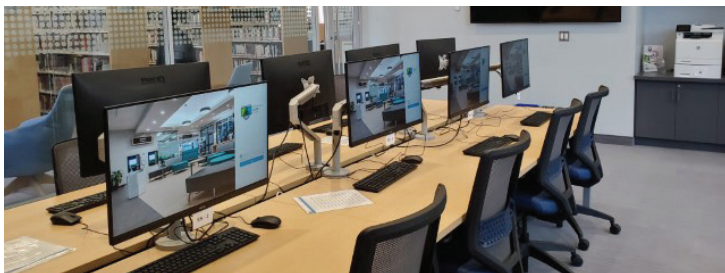
## Research Support and Reading Suggestions

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 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

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 a 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's website  
 Presented as part of CAM en tournée

Scan here



## COLLECTIF9 + RONNY DESINOR

**September 25, 2026 at 7 p.m.**

Collectif9 joins forces with soul/jazz fusion drummer Ronny Desinor for a bold new show. Let yourself be swept away by an electrifying program that pushes the boundaries of classical music.



Source : Kevin Calixte

## SE7EN BUBBLES WAAHLI

**October 23, 2026 at 7 p.m.**

Cofounder of Nomadic Massive, Waahli is a Montréal artist of Haitian origin. His hip-hop blends Afro-Caribbean rhythms and socially engaged lyrics, sung in English, French and Haitian Creole.



Source : Bruno Destombes

## BIRDS JUULIE ROUSSEAU

**November 13, 2026 at 7 p.m.**

Inspired by a Persian tale by Attar, "Birds – La Conférence des Oiseaux" is a musical, poetic journey that invites us to explore the depths of our sensitive, luminous humanity.



Source : Adriana Garcia Cruz

## HOLIDAY MELODIES MONTREAL CITY VOICES

**December 11, 2026 at 7 p.m.**

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



## REFLETS DU TEMPS QUATUOR COBALT

**February 19, 2027 at 7 p.m.**

"Reflets du temps" is a musical journey through time, centered on the music of three women who left a mark on their era: Maddalena Sirmen, Fanny Mendelssohn and Alicia Terzian.



Source : Annie Éthier

## RACINES ZAL SISSOKHO & LAURENT PERRAULT-JOLICOEUR

**March 19, 2027 at 7 p.m.**

Zal Sissokho and Laurent Perrault-Jolicoeur's Racines is a musical journey that combines the depth of contemporary jazz with the poetry of Mandinka traditions.



Source: Hamza Abouelouafaa

## DANCING WITH FIRE ARIANE RACICOT

**April 9, 2027 at 7 p.m.**

Ariane Racicot lights up the stage with music from "Dancing With Fire". Her trio delivers powerful, vibrant and explosively creative jazz.



Source : Joe Cancilla

## MATA - VEILS OF BOLLYWOOD

**May 7, 2027 at 7 p.m.**

An immersive performance blending Bollywood, Indian dance and ecology, "MATA" recounts the rebirth of a tree and ends with a joyful participatory dance.



Source: Leyda Sabina



Temporary relocation address: 161 rue Sonata, DDO (Spring Garden chalet)

|                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact Information</b>                                                                                                                                                             | 514-684-7414<br>arts@ddo.qc.ca<br>dollardartscentre.com                                                                                                                                                                                                                                                                                                                                     |
| <b>Description</b>                                                                                                                                                                     | The Dollard Centre for the Arts 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.                                                                                                                                     |
| <b>Session</b>                                                                                                                                                                         | Winter Session (January-March),<br>Spring Session (April-June),<br>Summer Session (July-August),<br>Fall Session (September-December).                                                                                                                                                                                                                                                      |
| <b>Registration</b>                                                                                                                                                                    | Ongoing registration: online, by phone or in person.                                                                                                                                                                                                                                                                                                                                        |
| <b>Course (Fine Arts, Music, Dance, Theatre)</b>                                                                                                                                       | 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 the Spring Garden Park Chalet as well as the Civic Center.                                                                                                                     |
| <b>Fine Arts Summer Camp</b><br><br>Dollard Fine Arts Summer Camp<br>art music theatre dance nature | 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.                                                                                     |
| <b>Galerie de la Ville</b><br><br>Galerie de la Ville                                               | A space dedicated to discovery and dialogue, the Galerie explores the place of art in our lives. Upon completion of renovations, exhibitions will be again displayed year-round, showcasing the work from professional and semi-professional visual artists, as well as the work of students of all ages.<br>The Galerie de la Ville is temporarily closed due to Civic Center renovations. |
| <b>Artists' Association of Dollard</b><br>                                                          | 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



|                  |                                                                                                                                                                      |                     |                                                                                                                |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|----------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>   | 514-684-0070 local 6602<br>aaddo@ddo.qc.ca<br>www.ville.ddo.qc.ca                                                                                                    | <b>Session</b>      | We offer four sessions a year:<br>September to December<br>January to March<br>March to June<br>June to August |
| <b>Age group</b> | Swimming lessons: 4 months and over<br>Group fitness/aqua fitness: 16 years and over<br>Initiative Go DDO: for the whole family<br>Teen programs : 11 years and over | <b>Cost</b>         | Depends on the program<br>Resident and non-resident rates available                                            |
|                  |                                                                                                                                                                      | <b>Registration</b> | Please consult website: www.ville.ddo.qc.ca<br>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 16.

## 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



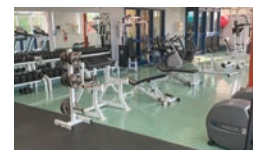
Aqua fitness



Aqua-natal



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!

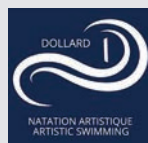


## Competitive teams/ Programs



### 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 Parillo  
coachbrian@ddowaterpolo.ca



# OUTDOOR POOLS

## ELM PARK RECREATION ASSOCIATION (EPRA)

Elm Pool; 532 Montcalm

**Description:** Elm Park Pool provides safe and affordable aquatics services to the community during the summer season. We offer a wide range of programs, activities and social events for members of all ages, abilities and backgrounds.



|                                   |                                                                                                                                                                                                                                                                      |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                    | 514-620-1910<br>info@elparkpool.com<br>www.elparkpool.com                                                                                                                                                                                                            |
| <b>Age group</b>                  | All ages.                                                                                                                                                                                                                                                            |
| <b>Courses offered</b>            | Swimming lessons, aquatics sports teams (swimming, diving, synchro, and water polo) aquafit, parents and tots swim classes, Masters, Fitness & Well-Being classes, Elm Youth Club, Leaders and Junior Leaders' programs, Lifeguard/Lifesaving certification courses. |
| <b>Session</b>                    | Mid-June to beginning of September.<br>We offer two sessions of lessons for a duration of four weeks each during the summer.<br>Classes are offered in the morning, evenings and on weekends.<br>Please contact us for more info!                                    |
| <b>Cost</b>                       | For a complete list of prices, please visit our website. Early registration discounts available.                                                                                                                                                                     |
| <b>Registration</b>               | Membership registration can be done in person or online. See our website for details.                                                                                                                                                                                |
| <b>Competitive teams/programs</b> | Swimming, diving, synchro, water polo and Masters.                                                                                                                                                                                                                   |
| <b>Additional information</b>     | Elm Park pool also offers a wide range of social activities for members of all ages such as Paint Night, Bingo Night, Halloween in July and much more!                                                                                                               |

## 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!



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



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



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

# COMMUNITY ACTIVITIES

## 803 NORTH SHORE SABRE SQUADRON

Altitude 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.

|                                    |                                                                                             |
|------------------------------------|---------------------------------------------------------------------------------------------|
| <b>Contact</b>                     | 438-397-2631<br>info@803squadron.com<br>www.803squadron.com<br>www.facebook.com/803squadron |
| <b>Age group</b>                   | 12 to 18 year olds                                                                          |
| <b>Courses offered</b>             | Flying, survival, leadership, citizenship, bag pipes, dance, trips and more                 |
| <b>Session</b>                     | September to June                                                                           |
| <b>Cost</b>                        | Free (fundraising activities required)                                                      |
| <b>Competitive teams/ programs</b> | We have some competitive programs, including drill, band and public speaking.               |
| <b>Registration</b>                | Ongoing                                                                                     |
| <b>Additional information</b>      | 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.



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

## BLACK FAMILY ASSOCIATION OF THE WEST ISLAND



**Description:** An organisation with a difference, where youths in the community can get together and make long lasting friendships. We welcome children from all cultural and ethnic backgrounds. BFAWI offers summer day camp services and Saturday workshops/homework programming or children of all ages.

|                |                                                                                                                                                                                           |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b> | 514-696-7906<br>514-817-6178<br>514-823-8914<br>blackfamilyassociationwi@gmail.com                                                                                                        |
| <b>Session</b> | Session: Summer Camp (6 weeks) July to August<br>located at Coolbrooke Park Chalet<br>260 Spring Garden D.D.O. Quebec H9B 1S6<br>Saturday workshops/homework help from<br>October to May. |



## 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.

|                |                                      |
|----------------|--------------------------------------|
| <b>Contact</b> | canorient.wixsite.com/canorient      |
| <b>Session</b> | Many events organized all year-long. |



**CERCLE DE FERMIERES**  
490, Montée de l'Église, Ile-Bizard

**Description :** Improving the living conditions of women and families, while preserving and transmitting cultural and artisanal heritage.



|                           |                                                                                                                                  |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>            | Cfq.ib@live.com<br><a href="https://www.facebook.com/groups/171114729569931">https://www.facebook.com/groups/171114729569931</a> |
| <b>Age group</b>          | 14 and older                                                                                                                     |
| <b>Activities offered</b> | Embroidery, sewing, crochet, knitting, weaving and more                                                                          |
| <b>Session</b>            | Year-long                                                                                                                        |



**DDO POP CHOIR**  
Sunnybrooke chalet

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



|                     |                                                                                           |
|---------------------|-------------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-777-9409<br>services@bhs.quebec<br><a href="http://www.bhs.quebec">www.bhs.quebec</a> |
| <b>Age group</b>    | 14 years and over                                                                         |
| <b>Session</b>      | Year-round                                                                                |
| <b>Registration</b> | Contact us for more information.                                                          |



**FILIPINO CANADIAN ASSOCIATION OF WEST ISLAND**

Lake Road Chalet and Edward Janiszewski chalet



**Description:** To improve the physical and social activity of children and seniors.

|                     |                                                                                                  |
|---------------------|--------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-883-4230/514-791-0738<br>fcawi@hotmail.com<br><a href="http://www.fcawi.ca">www.fcawi.ca</a> |
| <b>Age group</b>    | 6 years and above                                                                                |
| <b>Session</b>      | Year-long                                                                                        |
| <b>Registration</b> | 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.

|                     |                                                                                       |
|---------------------|---------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-636-6885<br>info@asmfmh.org<br><a href="http://www.asmfmh.org">www.asmfmh.org</a> |
| <b>Age group</b>    | 6 to 12 years old, 13 to 25 years old and 26 years old and over                       |
| <b>Session</b>      | Year long                                                                             |
| <b>Registration</b> | Contact us for registration information or at the Registration and Information night. |

**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.

|                      |                                                                                                                                                                                                                                                                                     |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>       | 514-591-0514<br>scouts@camlin.ca<br><a href="http://www.quescouts.ca">www.quescouts.ca</a><br><a href="http://www.facebook.com/scoutscanada">www.facebook.com/scoutscanada</a> or<br><a href="http://www.facebook.com/Fairview.Centennial">www.facebook.com/Fairview.Centennial</a> |
| <b>Age group:</b>    | <b>Boys, girls and young adults:</b><br>Beavers: 5 to 7 year olds<br>Cubs: 8 to 10 year olds<br>Scouts: 11 to 14 year olds<br>Venturers: 15 to 17 year olds<br>Rovers: 18 to 26 year olds                                                                                           |
| <b>Session</b>       | September to June                                                                                                                                                                                                                                                                   |
| <b>Cost:</b>         | \$320 per year (\$295 Scouts Canada + \$25 Fairview Centennial Scouts)                                                                                                                                                                                                              |
| <b>Registration:</b> | In person, online at <a href="http://www.myscouts.ca/ca/netforum_locator/search">www.myscouts.ca/ca/netforum_locator/search</a> or at the Registration and Information Night.                                                                                                       |

## GIRL GUIDES OF CANADA OAKWOODS DISTRICT

Coolbrooke, Elm, and Westminster chalets

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



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

## GUJARATI SAMAJ OF MONTREAL

P.O. Box 38120, 3347 Sources Boulevard



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

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

## MONTREAL CONFUCIUS SCHOOL

4698 Boul. Saint-Jean, 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, Kungfu, 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.

|                     |                                                                                                                    |
|---------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | TEL: 514-691-0412<br>Email : kongziactivity@gmail.com<br>WeChat: kongzi6910412<br>Website: www.confuciussschool.ca |
| <b>Age group</b>    | 3 years and above                                                                                                  |
| <b>Session</b>      | Year-long                                                                                                          |
| <b>Registration</b> | https://confuciussschool.ca/sign-up                                                                                |

## NOVA WEST ISLAND



**Description:** Our mission is to enhance community well-being through no-cost, in-home nursing care for palliative and oncology patients, as well as supportive bereavement programs for children and adults. Additionally we provide, at minimal cost, personalized home-support services, and a stimulating senior activity program for adults with neurocognitive impairments.

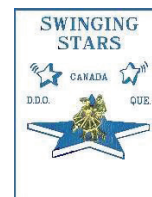
|                     |                                                                              |
|---------------------|------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-695-8335<br>info@novawi.org<br>www.novawi.org                            |
| <b>Age group</b>    | For all ages                                                                 |
| <b>Session</b>      | Year long                                                                    |
| <b>Registration</b> | 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!



|                     |                                              |
|---------------------|----------------------------------------------|
| <b>Contact</b>      | 514-907-0953<br>Swinging.stars.ddo@gmail.com |
| <b>Age Group</b>    | 18 years and over                            |
| <b>Session</b>      | September to June                            |
| <b>Registration</b> | Contact us for registration information.     |



## TABLE DE QUARTIER DU NORD DE L'OUEST-DE-L'ÎLE DE MONTRÉAL



**Description:** We develop collaborative projects to improve our community, around the themes of food security, housing, diversity, socio-ecological transition and access to services.

|                               |                                                                                                           |
|-------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                | 514-788-4150                                                                                              |
| <b>Age group</b>              | All ages                                                                                                  |
| <b>Session</b>                | Year-long.                                                                                                |
| <b>Additional information</b> | For more information, visit our website and we will be present at the Registration and Information Night. |

## THE WEST ISLAND BLACK COMMUNITY ASSOCIATION



WEST ISLAND BLACK COMMUNITY ASSOCIATION  
L'ASSOCIATION DE LA COMMUNAUTÉ NOIRE DE L'OUEST DE L'ÎLE

**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.

|                  |                                                  |
|------------------|--------------------------------------------------|
| <b>Contact</b>   | 514-683-3925<br>admin@wibca.org<br>www.wibca.org |
| <b>Age group</b> | Children, youth and seniors.                     |
| <b>Session</b>   | Yearlong.                                        |

## TOPS



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

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

## VOLUNTEER ACCOMPANIMENT SERVICE (ABOVAS)



Trans-Canada Hwy, Pointe-Claire

**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.

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

|                     |                                                                                                                                                                                                                                    |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-457-5445<br>info@volunteerwestisland.org<br>www.cabvwi.org                                                                                                                                                                     |
| <b>Age group</b>    | <b>Citizens of all age groups:</b> 14 years and over<br><b>Seniors:</b> 55 years and over                                                                                                                                          |
| <b>Session</b>      | 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 Handy Person Income Tax Clinics (March & April) |
| <b>Registration</b> | Contact us for more information on our services, volunteering and more.                                                                                                                                                            |

## WEST ISLAND ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED

111 Donegani, Pointe-Claire



**Description:** For over 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.

|                         |                                                                                                                                                                                                                                                                                                                                   |
|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>          | Tel.: 514-694-6531 Ext. 218<br>Email: recreation@wiaih.qc.ca<br>Website: wiaih.qc.ca                                                                                                                                                                                                                                              |
| <b>Age group</b>        | For 12 years old and over                                                                                                                                                                                                                                                                                                         |
| <b>Session</b>          | <b>September to June:</b> In-person and online programs during evenings and weekends.<br><b>Summer:</b> 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. |
| <b>Universal access</b> | 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.

|                     |                                                                                           |
|---------------------|-------------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-696-2399 or 514-691-0412<br>westchinesecenter@yahoo.ca<br>www.mwestchinesecenter.ca   |
| <b>Age group</b>    | All ages                                                                                  |
| <b>Session</b>      | Year-long                                                                                 |
| <b>Registration</b> | <a href="https://mwestchinesecenter.ca/join-us">https://mwestchinesecenter.ca/join-us</a> |

 **WEST ISLAND CITIZEN ADVOCACY**  
Temporary Address: 152, Concord Crescent Ave,  
Pointe-Claire



**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.

|                |                                                         |
|----------------|---------------------------------------------------------|
| <b>Contact</b> | 514-694-5850<br>info@pcbo-wica.com<br>volunteerwica.com |
|----------------|---------------------------------------------------------|

 **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.

|                     |                                                   |
|---------------------|---------------------------------------------------|
| <b>Contact</b>      | 514-694-6404<br>info@crcinfo.ca<br>www.crcinfo.ca |
| <b>Age group</b>    | All ages                                          |
| <b>Session</b>      | Year-long                                         |
| <b>Registration</b> | Contact us for registration information.          |

**WEST-ISLAND COMMUNITY SHARES**

451 Boulevard Beaconsfield, suite 205, Beaconsfield



**Description:** West Island Community Shares is a registered charity that has been dedicated to building a strong, resilient, inclusive, and healthy community since 1998. We do this by raising crucial funds and purposefully distributing them to over 40 local community organizations that support residents across the West Island. These organizations focus on fostering the growth of strong and resilient children and teens, supporting vulnerable populations, encouraging physical well-being and mental health, empowering women, promoting green initiatives, and providing basic necessities to West Islanders in need.

|                |                                                                                                                                                                                                  |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b> | 514-695-8694<br>info@partageaction.ca<br>www.partageaction.ca                                                                                                                                    |
| <b>Session</b> | Throughout the year, we host a variety of events and fundraising campaigns to support our community.<br>To learn more, please visit <a href="http://communityshares.ca">communityshares.ca</a> . |

 **WEST ISLAND CRISIS CENTRE**  
170 rue du Buisson, Montreal



**Description:** The mission of the West Island Crisis Centre is to respond to the needs of adults in a state of situational crisis, emotional distress or adjustment crisis, whether suicidal or not, as well as their loved ones.

|                  |                                                                        |
|------------------|------------------------------------------------------------------------|
| <b>Contact</b>   | 514 684-6160<br>Centredecriseoi.com<br>intervenant@centredecriseoi.com |
| <b>Age group</b> | Adults                                                                 |
| <b>Session</b>   | Year long                                                              |

 **WEST ISLAND MISSION**  
72D, Brunswick, DDO



**Description:** Food bank and other re-integration resources. Food assistance, grocery store model and delivery services.

|                  |                                                   |
|------------------|---------------------------------------------------|
| <b>Contact</b>   | 514-912-6813<br>www.wimmoi.org<br>info@wimmoi.org |
| <b>Age group</b> | All ages                                          |

**WEST ISLAND MS SELF HELP GROUP**

105-1255 Trans-Canada Highway, Dorval



**Description:** Our mission is to provide meaningful moral and physical support to people living with multiple sclerosis and to extend that same care to their family members. We strive to help individuals with MS remain in their home environment for as long as possible, while fostering a compassionate and supportive community.

We offer a variety of free weekly activities, along with online options to ensure accessibility for all. Our program also includes occasional outings, informative seminars, support groups, summer camp and therapeutic activities designed to enhance well-being and reduce isolation.

|                     |                                                                                                                                                               |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | Lisa Witt<br>514-676-1588<br>Lisa.witt@mscanada.ca<br>info@pbo@mscanada.ca<br><a href="https://sp-canada-banlieue-ouest">https://sp-canada-banlieue-ouest</a> |
| <b>Age group</b>    | All ages                                                                                                                                                      |
| <b>Session</b>      | Year long                                                                                                                                                     |
| <b>Registration</b> | Anytime                                                                                                                                                       |

 **WEST ISLAND WOMENS CENTRE**  
11, Avenue Rodney, Pointe-Claire



**Description:** The West Island Women's Centre is a nonprofit that supports and empowers women through accessible programs and community services. We provide a safe, inclusive space where women can connect, learn, and grow.

|                           |                                                                                                                                                                                                                                                                                                                                       |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>            | 514-695-8529<br>womenscentre@wiwc.ca<br>www.wiwc.ca                                                                                                                                                                                                                                                                                   |
| <b>Age group</b>          | All ages                                                                                                                                                                                                                                                                                                                              |
| <b>Activities offered</b> | Fitness and wellness classes<br>Personal and professional development workshops<br>Support groups (mental health, life transitions, etc.)<br>Language and conversation classes<br>Mom & baby and early childhood programs<br>Seniors (55+) programming<br>Free childcare during programs<br>Community events and outreach initiatives |
| <b>Session</b>            | Year-long                                                                                                                                                                                                                                                                                                                             |



 **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.

|                  |                                              |
|------------------|----------------------------------------------|
| <b>Contact</b>   | 514-620-4845<br>info@rfoi.org<br>www.wiws.ca |
| <b>Age group</b> | Women of any age and their children          |

**WEST ISLAND YOUTH ACTION (AJOI)**

15632, Gouin Boulevard West, Sainte-Geneviève



**Description :** In partnership with local schools, our team organizes open gym sessions throughout the school year. We also offer free sports activities in Dollard-des-Ormeaux parks for youth aged 12 to 25 as part of the Jeux de la rue de West Island program.

|                     |                                                                                                                                                                   |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514 267-6029<br>animation@ajoi.info<br>www.ajoi.info/ajoi-sport                                                                                                   |
| <b>Age group</b>    | 12 to 25 years old                                                                                                                                                |
| <b>Session</b>      | Summer: June - September<br>School Year: September - May<br>For a full list of activities and major sports events, contact us or visit our website and Instagram. |
| <b>Registration</b> | Find out about registration details by email, phone, or at the Information and Registration Night.                                                                |

**WEST ISLAND YOUTH SYMPHONY ORCHESTRA**

Noel-Legault community centre, Pointe-Claire



**Description:** The West Island Youth Symphony Orchestra offers young musicians the opportunity to rehearse and perform in an orchestral setting under the direction of a professional conductor, providing guidance, instruction, and valuable experience to help them develop and refine their musical skills.

We are currently welcoming musicians who play:

**Strings:** Violin / Viola / Cello / Double bass

**Woodwinds:** Flute / Oboe / Clarinet / Bassoon

**Brass & Percussion:** Tuba / Horn / Trumpet / Trombone / Percussion

Join a community of passionate musicians and experience the excitement of performing symphonic music.

|                     |                                                                                                                    |
|---------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | info@osjwi.qc.ca<br>www.osjwi.qc.ca                                                                                |
| <b>Age Group</b>    | Symphony orchestra: 14 to 25 year olds<br>String orchestra: 9 to 16 year olds                                      |
| <b>Session</b>      | September to June                                                                                                  |
| <b>Registration</b> | Visit us at <a href="https://eng.osjwi.qc.ca/auditions">https://eng.osjwi.qc.ca/auditions</a> for audition update. |





# PRESCHOOL, DAY CAMPS AND TEEN ACTIVITIES



## CPE DOLLARD

12000 De Salaberry Boulevard, DDO



|                     |                                                                                                                                                                                                                              |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-683-7366<br>info@cpedollard.ca<br>www.cpedollard.ca                                                                                                                                                                      |
| <b>Age group</b>    | 0 to 5 year olds                                                                                                                                                                                                             |
| <b>Session</b>      | Year-long                                                                                                                                                                                                                    |
| <b>Registration</b> | To register or for more information, visit the website <a href="http://www.laplace0-5.com">www.laplace0-5.com</a><br><br>With La Place 0-5, 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



|                     |                                                                                                                                                                                                                          |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-684-7712<br>cpe.boisverts@videotron.ca                                                                                                                                                                               |
| <b>Age group</b>    | 18 months to 5 year olds                                                                                                                                                                                                 |
| <b>Session</b>      | Year-long                                                                                                                                                                                                                |
| <b>Registration</b> | To register or for more information, visit the website <a href="http://www.laplace0-5.com">www.laplace0-5.com</a><br><br>With La Place 0-5, you can register your child on the waiting lists of all subsidized daycares. |



## INITIATIVE GO DDO

OFFERED BY THE DOLLARD-DES-ORMEAUX  
AQUATIC ASSOCIATION (AADD)

12001 De Salaberry Boulevard, Dollard-des-Ormeaux



|                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                          | 514-684-0070, local 6602<br>aaddo@ddo.qc.ca                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Teen Action (12 to 17 years old)</b> | <p><b>Teen Action</b><br/>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><b>FitClub</b><br/>FitClub welcomes teens aged 11-17 to learn about fitness and nutrition in a fun and safe environment. 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> |
| <b>Age group</b>                        | Various programs offered for all ages                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Session</b>                          | Summer session – Fall session – Winter session – Spring session                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Additional information</b>           | In collaboration with local partners, we develop actions that encourage our participants to adopt healthy habits and lifestyles.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

## DDO DAY CAMP

Elm, Westminster, Sunnybrooke, Terry-Fox, Fairview and Westwood park.

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.

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

## WESTPARK CO-OP PRESCHOOL

Lake chalet



Description: Westpark Co-op Preschool provides a caring, play-based learning environment where children ages 2-4 can explore, create and grow. Our programs encourage curiosity, independence, and social development through hands-on activities and meaningful play. As a co-op preschool, families and our teachers work together to build a strong and supportive community.

|                     |                                                                                                                                      |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-400-8133<br>westparkpreschool@hotmail.com<br>www.westparkpreschool.ca                                                            |
| <b>Age Group</b>    | 2 year olds: Parent & Tots<br>3 and 4 year olds: Preschool                                                                           |
| <b>Session</b>      | September to June<br>Parent & Tots: Monday from 9:30 a.m. to 11:30 a.m.<br>Preschool: Tuesday to Friday from 9:30 a.m. to 12:30 p.m. |
| <b>Cost</b>         | Parent & Tots: \$70/month<br>Preschool: \$215/month for 3 days/week or \$230/month for 4 days/week                                   |
| <b>Registration</b> | Visit our website for more information or contact us for a visit!                                                                    |

# SENIORS

## 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.

|                     |                                                                                                                         |
|---------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-734-1763<br>Marcy Beraznik<br><a href="https://jlive.app/organizations/619">https://jlive.app/organizations/619</a> |
| <b>Age Group</b>    | 50 years old and over                                                                                                   |
| <b>Session</b>      | Year-long and seasonal                                                                                                  |
| <b>Registration</b> | Contact 514-734-1763 for registration information                                                                       |

## PUNJABI HEALTH AND EDUCATION ORGANIZATION



**Description:** We promote healthy living and quality education for seniors through engaging activities, leadership programs, and public speaking competitions—helping build confidence, life skills, and overall well-being.

|                     |                                                                                                |
|---------------------|------------------------------------------------------------------------------------------------|
| <b>Contact</b>      | 514-793-2461<br><a href="mailto:Punjabi.health.org@gmail.com">Punjabi.health.org@gmail.com</a> |
| <b>Age group</b>    | Seniors                                                                                        |
| <b>Session</b>      | Year-long.                                                                                     |
| <b>Registration</b> | Contact us for more information.                                                               |

## RÉPÎT-RESSOURCE



**Description:** Répît-Ressource has been a partner in the daily lives of families and seniors for nearly 30 years. We offer non-medical home care and respite care at home for caregivers of seniors, people undergoing treatment or convalescence, and people with reduced autonomy.

|                  |                                                                                                                                                                                                                                                                         |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>   | 514-353-1479<br><a href="mailto:info@repit-ressource.com">info@repit-ressource.com</a><br><a href="http://www.repit-ressource.com">www.repit-ressource.com</a>                                                                                                          |
| <b>Age Group</b> | 18 years and older                                                                                                                                                                                                                                                      |
| <b>Session</b>   | Year long                                                                                                                                                                                                                                                               |
| <b>Cost</b>      | Varies depending on services and applicable financial assistance and tax credits (increased for those aged 65 and over or upon referral from the CLSC). For an estimate and assistance with financial aid, please contact us. Visit our website or call us for details! |



## 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.

|                  |                                                                                                                                                                                          |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>   | 514-862-6374 or 514-952-6745<br><a href="mailto:sahyog.seniors@gmail.com">sahyog.seniors@gmail.com</a><br><a href="http://sahyogseniorclubmontreal.com">sahyogseniorclubmontreal.com</a> |
| <b>Age Group</b> | 55 years and over                                                                                                                                                                        |
| <b>Session</b>   | Year long (every Saturday at Westwood chalet)                                                                                                                                            |
| <b>Cost</b>      | \$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.

|                  |                                                                                      |
|------------------|--------------------------------------------------------------------------------------|
| <b>Contact</b>   | 514-421-1504<br><a href="mailto:anitapoitras3@gmail.com">anitapoitras3@gmail.com</a> |
| <b>Age Group</b> | 55 years old and over                                                                |

## 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!

|                        |                                                                                                                                                                                                        |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>         | 514-684-1013<br><a href="mailto:clubseniorddo@ddo.qc.ca">clubseniorddo@ddo.qc.ca</a><br><a href="http://www.ddoclub55.com">www.ddoclub55.com</a>                                                       |
| <b>Age Group</b>       | 55 years and over                                                                                                                                                                                      |
| <b>Courses Offered</b> | 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. |
| <b>Session</b>         | Seasonal program offered 12 months a year.                                                                                                                                                             |
| <b>Cost</b>            | Please contact us or visit our website:<br><a href="http://www.ddoclub55.com">www.ddoclub55.com</a>                                                                                                    |
| <b>Registration</b>    | Contact us at 514-684-1013 or <a href="mailto:clubseniorddo@ddo.qc.ca">clubseniorddo@ddo.qc.ca</a> or visit <a href="http://www.ddoclub55.com">www.ddoclub55.com</a>                                   |

## WEST ISLAND GOLDEN AGE GREEK CANADIAN ASSOCIATION

Westwood 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.

|                  |                                                                            |
|------------------|----------------------------------------------------------------------------|
| <b>Contact</b>   | 514-726-8544<br><a href="mailto:Pzervas7@gmail.com">Pzervas7@gmail.com</a> |
| <b>Age Group</b> | 65 years and over                                                          |
| <b>Session</b>   | September to June                                                          |



# SPORTS AND RECREATIONAL ACTIVITIES

## BADMINTON

### WEST ISLAND BADMINTON CLUB

Ecole Secondaire Des Sources , 2900 Lake St, Dollard-Des Ormeaux  
Ecole DDO 35 Av. Anselme-Lavigne, Dollard-des-Ormeaux  
Ecole Bois de Liesse 175 Rue Sonata, Dollard des Ormeau

**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 !!

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

## BASEBALL

### DOLLARD AMATEUR BASEBALL ASSOCIATION

12001 De Salaberry Boulevard, office 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.



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

## 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.

|                  |                                                                                                                                                                                                                                                                                                                                                                         |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>   | 514-626-6044<br>wioblstevehall@gmail.com<br>www.wiobl.com                                                                                                                                                                                                                                                                                                               |
| <b>Age Group</b> | Youth 7 to 17 year olds<br>Adults 18 and up                                                                                                                                                                                                                                                                                                                             |
| <b>Session</b>   | May to end of August                                                                                                                                                                                                                                                                                                                                                    |
| <b>Cost</b>      | Family rates available<br><br>Early bird special in march: First child \$170, second child \$160, third child from the same family \$85 and fourth child+ is free.<br><br>As of April 1st the Youth Regular rate: First child \$180, second child \$170, third child from the same family \$90 and fourth child+ is free<br><br>Adults \$180, 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.

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

## FIGURE SKATING

### DOLLARD FIGURE SKATING CLUB

Civic Centre Arena, 12001, De Salaberry Boulevard,  
office 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.

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

## FOOTBALL

### NORTH SHORE FOOTBALL LEAGUE

**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.



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

## HOCKEY

### DOLLARD HOCKEY ASSOCIATION

Civic Centre Arena, 12001, De Salaberry Boulevard,  
office 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.

|                                        |                                                                                                                                                                                                                                                                   |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                         | 514-683-3825<br>chris.corbeil@dollardhockey.ca<br>www.dollardhockey.com                                                                                                                                                                                           |
| <b>Age Group</b>                       | <b>For girls and boys</b><br>MAHG: 4 to 6 year olds<br>Novice: 7 to 8 year olds<br>Atom: 9 to 10 year olds<br>Peewee: 11 to 12 year olds<br>Bantam: 13 to 14 year olds<br>Midget: 15 to 17 year olds<br>Junior: 18 to 21 year olds<br>Seniors: 21 to 26 year olds |
| <b>Courses Offered</b>                 | We offer public skating and a Tiny Tots program where children learn how to skate (see below).                                                                                                                                                                    |
| <b>Session</b>                         | August to April                                                                                                                                                                                                                                                   |
| <b>Cost</b>                            | \$150, plus team budget                                                                                                                                                                                                                                           |
| <b>Registration</b>                    | Contact us for registration information.                                                                                                                                                                                                                          |
| <b>Competitive Teams/<br/>Programs</b> | AA teams start at Atom (10 year olds) until Junior. Girl's teams can start as early as MAHG (5-6 years old) level if there are enough players.                                                                                                                    |

### LAC ST-LOUIS AAA LIONS

**Description:** Midget AAA Hockey League



|                |                                                                               |
|----------------|-------------------------------------------------------------------------------|
| <b>Contact</b> | <a href="https://lions.liguemidgetaaa.ca">https://lions.liguemidgetaaa.ca</a> |
|----------------|-------------------------------------------------------------------------------|

### 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.

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

## KARATE KARATE ESPRIT

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](http://www.karatequebec.com)).



|                                        |                                                                                                                                               |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                         | 438-526-9088<br>karate.esprit@gmail.com<br><a href="http://www.canadajkwadokai.org">www.canadajkwadokai.org</a> click on « find a dojo »      |
| <b>Age Group</b>                       | 8 years and older                                                                                                                             |
| <b>Courses Offered</b>                 | Beginner, intermediate and advanced classes<br>Monday and Wednesday evenings and<br>Saturday mornings                                         |
| <b>Session</b>                         | Fall: September to December<br>Winter: January to March<br>Spring: April to June                                                              |
| <b>Cost</b>                            | Beginners, one course per week: \$80<br>Beginners and intermediates, three courses per week: \$160<br>Advanced, three courses per week: \$180 |
| <b>Registration</b>                    | In class during the first week of each session or at the<br>Registration and Information Night.                                               |
| <b>Competitive Teams/<br/>Programs</b> | Karate competition team                                                                                                                       |

## LACROSSE WEST ISLAND LACROSSE ASSOCIATION

**Description:** Founded in 2002, the West Island Lacrosse Association (WILA) promotes box lacrosse for players aged 6 to 21 through games, jamborees, and tournaments in the Greater Montreal and Quebec City areas. Committed to the development of student-athletes and in collaboration with Indigenous organizations, WILA supports the preservation of traditional lacrosse knowledge.



|                        |                                                                                                                                                                                                                                                  |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>         | <a href="mailto:info@westislandlacrosse.com">info@westislandlacrosse.com</a>                                                                                                                                                                     |
| <b>Age Group</b>       | U7 – U17                                                                                                                                                                                                                                         |
| <b>Courses Offered</b> | By teaching life skills and technical lacrosse skills, we aim to provide young players with a solid foundation to progress in the sport and beyond, in a context where lacrosse is rapidly growing and will be added to the 2028 Olympic Games.. |
| <b>Session</b>         | April to July                                                                                                                                                                                                                                    |

## MARTIAL ARTS GROUPE QI GONG SANTÉ

Westwood 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.

|                |                                                                          |
|----------------|--------------------------------------------------------------------------|
| <b>Contact</b> | 514-627-9088<br><a href="mailto:hoalu51@gmail.com">hoalu51@gmail.com</a> |
|----------------|--------------------------------------------------------------------------|

## PICKLEBALL WEST ISLAND PICKLEBALL CLUB

**Description:** Join us to play Pickleball.



|                                        |                                                                                                                                                              |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                         | <a href="http://Pickleballwestisland.com">Pickleballwestisland.com</a><br><a href="mailto:pickleballwestisland@gmail.com">pickleballwestisland@gmail.com</a> |
| <b>Age Group</b>                       | 6-99 years old                                                                                                                                               |
| <b>Session</b>                         | Year round and throughout the West Island.                                                                                                                   |
| <b>Cost</b>                            | \$30 per year membership fee                                                                                                                                 |
| <b>Registration</b>                    | In person or online.                                                                                                                                         |
| <b>Competitive Teams/<br/>Programs</b> | We have tournaments several times per year.                                                                                                                  |

## PUBLIC SKATING OFFERED BY THE DOLLARD HOCKEY ASSOCIATION

Civic Centre Arena, 12001 De Salaberry Boulevard



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

|                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                | 514-684-1011                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Session</b>                | <b>Schedule open to all:</b><br>From September 9 to May 15:<br>Saturday 6:30 p.m. to 8 p.m.<br>Sunday 1:30 p.m. to 3 p.m.<br>Wednesday 6:30 p.m. to 8 p.m.<br><br><b>Special schedule:</b><br>Holiday season December 22, 23, 29 and 30 from 1:30 p.m. to 3 p.m.<br>Spring break March 1 to 5 from 1:30 p.m. to 3 p.m.<br><br><b>Schedule for adults only:</b><br><b>From September 8 to May 13:</b><br>Tuesday 10 a.m. to 11 a.m.<br>Thursday 10 a.m. to 11 a.m.<br><br>These hours may vary depending on public holidays, special events, and tournaments. Please refer to the public skating page on the City's website. |
| <b>Cost</b>                   | Residents: \$2 (free for children under the age of 5)<br>Non-residents: 3\$ (for all)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Additional Information</b> | 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  
Complexe Sportif Saint-Raphaël

**Description:** Ringette is an ice sport. The equipment is similar to hockey for protection. It is played with a straight stick and a ring. There are 6 players on the ice, including a goalie.



|                                        |                                                                                                                                                     |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                         | 514-262-5496<br>www.ringuettepierrefonds.com<br>for any questions please email<br>info@ringuettepierrefonds.com or<br>info@ringuettepierrefonds.com |
| <b>Age Group</b>                       | 4 years old and over for girls<br>4yrs old to 9 for boys<br>Adult league also                                                                       |
| <b>Courses Offered</b>                 | Learn to skate, power skating lessons, skills training,<br>and access to a gym.                                                                     |
| <b>Session</b>                         | August to April<br>Summer session also available                                                                                                    |
| <b>Registration</b>                    | Contact us for registration information                                                                                                             |
| <b>Competitive teams/<br/>programs</b> | A, B, C - Ringette Québec Elite program                                                                                                             |

## RUGBY

### MONTREAL BARBARIANS RUGBY CLUB

Sunnybrooke park

**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.

We are an inclusive club and all experience levels are welcome.



|                                        |                                                                                                                                                                                                                                        |
|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                         | 514-534-1172<br>Youth/Junior: youth@montrealbarbarians.ca<br>Senior: women.plus@montrealbarbarians.ca and<br>men.plus@montrealbarbarians.ca<br>www.montrealbarbarians.ca<br>Instagram and Facebook :<br>Montreal Barbarians Rugby Club |
| <b>Age Group</b>                       | Youth Junior: 5 to 18 year olds<br>Senior: 18 years and over                                                                                                                                                                           |
| <b>Session</b>                         | Youth/Junior: May to August<br>Senior: February to November                                                                                                                                                                            |
| <b>Cost</b>                            | Varies depending on the age group<br>U8/U10: \$175<br>U12: \$190<br>U14: \$245<br>U16/18: \$270<br>Senior: \$392<br>Senior Student : \$325                                                                                             |
| <b>Registration</b>                    | www.playhq.com/ca/rugby-canada/register/5cc4e1<br>Contact us for more information on how to register.                                                                                                                                  |
| <b>Competitive Teams/<br/>Programs</b> | 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.

|                |                  |
|----------------|------------------|
| <b>Contact</b> | www.drso-web.com |
|----------------|------------------|

### DOLLARD SOCCER CLUB

12001 De Salaberry Boulevard, office 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.



|                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                         | 514-421-2928<br>info@dollardsoccer.ca<br>www.dollardsoccer.ca                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Age Group</b>                       | 4 years old - adult (senior)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Session</b>                         | Summer: May to September<br>Fall: October to December<br>Winter: January to April                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Registration</b>                    | Visit our website for registration information.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Competitive Teams/<br/>Programs</b> | <ol style="list-style-type: none"> <li>Grassroots soccer from U04-U08.</li> <li>The programs for U09-U12 consist of two choices: <ul style="list-style-type: none"> <li>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.</li> <li>REC: For those who just want to play games for fun in a recreational league.</li> </ul> </li> <li>From U13 and up (incl Seniors), we have teams for recreational leagues (YLL/REC), as well as competitive regional (LDR &amp; LDIR) and provincial (LDP &amp; PLSJQ) leagues.</li> </ol> |
| <b>Additional Information</b>          | 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, 182 registered players and 26 games, excluding playoffs. Season begins in May and concludes with playoffs in September.

|                |                    |
|----------------|--------------------|
| <b>Contact</b> | www.ddosoftball.ca |
|----------------|--------------------|

## DOLLARD MIXED SOFTBALL LEAGUE

Spring Garden Park

**Description:** Your go-to co-ed league for fun, competitive softball and great summer vibes. All skill levels welcome, come play, connect and be part of the community!



|                  |                              |
|------------------|------------------------------|
| <b>Contact</b>   | info@dollardmixedsoftball.ca |
| <b>Age Group</b> | 18 years and over            |
| <b>Session</b>   | May to October               |
| <b>Cost</b>      | 115 \$                       |

## SPEED SKATING

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

Civic Centre Arena, 12001 De Salaberry Boulevard



**Description:** The West Island Cyclones club promotes an active lifestyle through the sport of short-track speed skating. The Cyclones offer a learn to skate program and 5 levels of speed skating instruction, including both on and off-ice training with certified coaches. Every skater has the opportunity to participate in competitions. The best part of our club is making new friendships through our various social events. The Club is a recipient of the Intact Insurance Club Excellence Award from Speed Skating Canada.

|                                   |                                                                                                                                                                                                                                      |
|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact</b>                    | cpvwestisland@gmail.com                                                                                                                                                                                                              |
| <b>Age Group</b>                  | 4+ years old                                                                                                                                                                                                                         |
| <b>Session</b>                    | September to April + optional extension to May                                                                                                                                                                                       |
| <b>Cost</b>                       | Consult the website                                                                                                                                                                                                                  |
| <b>Registration</b>               | Via website: www.cpvwestisland.ca                                                                                                                                                                                                    |
| <b>Competitive Teams/Programs</b> | Regional, interregional and provincial competitive programs are available.                                                                                                                                                           |
| <b>Additional Information</b>     | Facebook: www.facebook.com/CPVWICyclones<br>Instagram: @cpvwic_westislandcyclones<br>Speed skates are included with registration.<br>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.

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



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

## 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).



|                     |                                          |
|---------------------|------------------------------------------|
| <b>Contact</b>      | 438-932-5133                             |
| <b>Age Group</b>    | 14 years and over                        |
| <b>Session</b>      | September to June                        |
| <b>Registration</b> | Contact us for registration information. |

# Exploring Our Parks

The City of Dollard-des-Ormeaux is known for its many parks and green spaces, perfect for outdoor activities and relaxation. We also offer a variety of sports and recreational facilities for all tastes and all ages.

## Did you know?

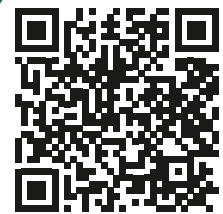
The City offers 15 large parks as well as access to Bois-de-Liesse Park. It also provides 18 smaller neighborhood parks equipped with play structures. For safety reasons, please note that play equipment is closed during the winter season, from November to March.

## Weather-dependent facilities :

- **Outdoor skating rinks** are open from the end of December until spring break.
- **Splash pads** are open from the long weekend in May until the October long weekend, from 9 a.m. to 9 p.m.

To check the real-time status of outdoor sports fields and skating rinks, visit the Winter or Summer **Conditions of outdoor facilities** page on our website. Changing rooms and washrooms are available when facilities are open.

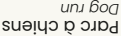
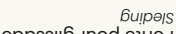
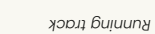
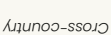
## CONDITIONS OF FACILITIES



**Discover our interactive map  
and explore the city's parks  
like never before!**





|                                                                                                          |                                                                                                         |                                                                                                             |                                                                                                               |                                                                                                            |                                                                                                         |                                                                                                         |                                                                                                             |                                                                                                       |                                                                                                             |                                                                                                           |                                                                                                           |
|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <br>Anneau de glace   | <br>Aire d'exercices | <br>Balle-molle          | <br>Baseball               | <br>Basket-ball         | <br>Chalet           | <br>Football         | <br>Hockey ball          | <br>Ball hockey    | <br>Jeux d'eau           | <br>Micro bibliothèque | <br>Équipement de jeux |
| <br>Parc à chiens     | <br>Parc ninja       | <br>Pâtinoire de hockey  | <br>Pâtinoire de plaisance | <br>Pente pour glissade | <br>Bocce            | <br>Pickleball       | <br>Piste d'athlétisme   | <br>Running track  | <br>Cross-country trails | <br>Rugby              |                                                                                                           |
| <br>Soccer (11 VS 11) | <br>Soccer (9 VS 9)  | <br>Mini-soccer (7 VS 7) | <br>Micro-soccer (5 VS 5)  | <br>Tennis              | <br>Tennis sur table | <br>Sentier pédestre | <br>Sentier de raquettes | <br>Snowshoe trail | <br>Volleyball           | <br>Zone communautaire |                                                                                                           |

