

TEEN ACTION



INITIATIVE GO DDO: OFFERING ACTIVITIES THAT PROMOTE A HEALTHY LIFESTYLE THROUGH FITNESS AND COMMUNITY PROGRAMS

Fall 2025 | ages 13 - 17 |

REGISTRATION IS MANDATORY

OPEN TO DDO RESIDENTS AND NON-RESIDENTS

***SCHEDULE MAY CHANGE DUE TO WEATHER OR LACK OF REGISTRATION**

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COURRIEL: aaddo@ddo.qc.ca

S E P T

**FitClub Trial
Session (1)**

1:30-2:30 PM

FREE

SATURDAY 20

**Coyote Programs:
Survival Skills**

3-5 PM

FREE

SATURDAY 27

O C T

Action 500

5-8 PM

\$25 | \$32

SUNDAY 5

**Art
Workshop**

1-3 PM

\$5 | \$7.50

SATURDAY 11

**Pizza & Movie
Night**

5-8 PM

\$5 | \$7.50

FRIDAY 17

**Orienteering
Ramblers**

4-5:30pm

FREE

SATURDAY 18

**Halloween Treats:
Cooking Workshop**

3-4 PM

\$5 | \$7.50

SATURDAY 25

N O V

**Pizza & Movie
Night**

5-8 PM

\$5 | \$7.50

SATURDAY 1

**FitClub Trial
Session 2**

1:30-2:30 PM

FREE

SATURDAY 8

**WIBIT Swim
Session**

2-4 PM

FREE

SATURDAY 22

**Art Workshop:
Tie-Dye**

1-3 PM

\$5 | \$7.50

SUNDAY 23

D E C

Action 500

5-8 PM

\$25 | \$32

SUNDAY 7

**Winter Treat:
Cooking
Workshop**

1-4 PM

\$5 | \$7.50

SATURDAY 13

