

SPORTS, RECREATION

**AND CULTURE GUIDE** 

# 2022/2020



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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 friends and neighbors,

Dear Residents,

It is with great pleasure that we present this year's sports, recreational, and cultural guide, featuring a variety of engaging activities for our residents and families. I take this opportunity to thank our dedicated staff, partners, committed volunteers and associations who give their all to improve our quality of life, here in Dollard-des-Ormeaux.

From childhood to senior years, these activities promote physical health, enhance well-being foster and ensure everyone enjoys diverse physical and social engagements in a safe, joyful, and stimulating environment, all while strengthening community bonds.

Whether in sports, art, or music, our residents could immerse themselves in diverse passions that are essential for personal balance and self development, while also building enriching relationships.

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

Enjoy this year's guide and discover all the exciting opportunities awaiting you. Your participation is not only beneficial but also essential for our overall well-being. Together, we are building a stronger and more vibrant community.

Keep active! We look forward to seeing you soon!



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

### **RECREATION INFO-LINE**

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

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

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

### 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 are both 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, International Day and other big summer events will be posted on various media a few weeks before they are held. Subscribe to our newsletter and never miss a celebration again! Looking forward to seeing you there.

### **REGISTRATION AND INFORMATION NIGHT**

August 13, 2025, 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.gc.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 125,000 documents. French and English books, reference books, large-print books, foreign-language books, language courses with CD, comics and Mangas, magazines and newspapers, DVDs and BLU-RAYs, audiobooks, digital books and magazines, music and movie streaming and video games are available.

### Returns

A return chute is accessible when the library is closed.

### **Online ressources**

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!



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.

Club

### **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.

VILLE.DDO.QC.CA CULTURAL ACTIVITIES



# NOWHERE LAND LITTLE MISTY

October 24, 2025 at 7 p.m.

The band Little Misty blends progressive folk and indie rock in a captivating fusion. Their repertoire ranges from cinematic landscapes to whimsical interludes and epic guitar solos, driven by an insatiable curiosity.



Source : Alina Herta

### REZ-DE-CHAUSSÉE GRENNHOUSE ENSEMBLE

November 21, 2025 at 7 p.m.

Greenhouse Ensemble is a jazz collective with orchestral and folk influences. The members' varied styles create the collective's captivating sound. The unusual arrangement (voice, violin and trumpet) gives the collective their innovative sound.



Source : Camille Gladu-Drouin

# THE NUTCRACKER THE TAUREY BUTLER TRIO

December 12, 2025 at 7 p.m.

Holiday classic The Nutcracker will be reimagined by the Taurey Butler Trio. Be prepared to hear your favorite melodies performed with an energetic jazz twist that will be sure to leave you filled with joy and the Christmas spirit.



Source : Alex Tran

### NOCTURNE SOLARIUM

January 23, 2026 at 7 p.m

Aube/Nocturne is an anthology of daring, eclectic pieces, oscillating between moments of high-level improvisation and skillfully performed passages. The musicians move from the fervor of swing to the lyricism of melodies influenced by the contemporary and traditional songs of Quebec.



Source: Jules Minville

### LE CINÉSTHÉCIRQUE ALEX LEBLANC ET SON ORCHESTRE

February 20, 2026 at 7 p.m.

Le CinésthéCirque is a multidisciplinary concert that mixes playful jazz with visual projections. Brass, electric guitar, televisions and images from another dimension will be on the menu. Will you be there?



Source : Camille Gladu-Drouin

### SOUS LES EAUX LA NEF

March 6, 2026 at 1:30 p.m.

For the whole family

La Nef presents Underwater, a musical tale for youth with undersea video. Jules, a dreamy young boy living on an island, explores the undersea world and encounters enigmatic, unforgettable beings.



Source: Danylo Bobyk



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

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

# **AQUATIC ACTIVITIES**

### 

12001, boulevard De Salaberry, Dollard-des-Ormeaux



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

### **Educational Programs**



Parent & Tot Preschool Swimmer Adult Swimmer Private lessons



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



Stay Safe & Babysitting

### **Adapted Swimming**

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





### **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



Aquafitness



Aqua-stroller







Fitness room

### **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**





# coachmatt@ddoswim.com

**Swimming/Masters** Head Coach: Matt Showers

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



### Water-polo

Head Coach: Brian Parilloco 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.



Contact	514-620-1910 info@elmparkpool.com www.elmparkpool.com
Age group	All ages.
Courses offered	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.
Session	Mid-June to beginning of September. We offer two sessions of lessons for a duration of four weeks each during the summer. Classes are offered in the morning, evenings and on weekends. Please contact us for more info!
Cost	For a complete list of prices, please visit our website. Early registration discounts available.
Registration	Membership registration can be done in person or online. See our website for details.
Competitive teams/ programs	Swimming, diving, synchro, water polo and Masters.
Additional information	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; 345 Blue Haven

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



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

### ₹ GLENMORE POOL & COUNTRY CLUB

Glenmore Pool, 120 Glenmore

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



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

### & WESTMINSTER POOL ASSOCIATION

Westminster Pool, 541 Westminster

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



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

### **COMMUNITY ACTIVITIES**

### 人 803 NORTH SHORE SABRE SQUADRON

Riverdale High School, 3347 Sources Boulevard. Pierrefonds

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

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

### **AMCAL FAMILY SERVICES**

7 Sainte-Anne St. Pointe-Claire

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



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

### **BLACK FAMILY ASSOCIATION** OF THE WEST ISLAND



Lake Road and Edward Janiszewski Chalets

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

Contact	514-696-7906 514-823-8914 sseales02@lbpearson.ca
Session	September to June - Lake Road Chalet July to August : Summer camp (7 weeks) – Edward Janiszewski Chalet

### **CANORIENT CHRISTIAN ASSOCIATION**

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

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

### CORBEILLE DE PAIN

11, Rodney ave. Point-Claire



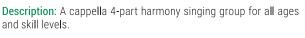
Description: We are a non-profit organization that fights food insecurity in Montreal's West Island through programs that educate, build community awareness and improve access to nutritious food, in collaboration with community partners. Corbeille de Pain offers community gardens, cooking workshops, solidarity markets and many other programs.

Contact	514-894-5850 info@corbeilledepain.com www.corbeilledepain.com
Session	Year-long
Registration	Contact us for more information or at the Registration and Information night.



### **DDO POP CHOIR**

Sunnybrooke chalet





Contact	514-777-9409 berelmichaelweiner@gmail.com montrealislandcitychorus.com
Age group	15 years and over
Session	Year-round
Registration	Contact us for more information.



### 人 FAIRVIEW CENTENNIAL SCOUTS

Fairview and Westminster chalets

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

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

### **FILIPINO CANADIAN ASSOCIATION OF WEST ISLAND**

Lake Road Chalet and Edward Janiszewski Chalet

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

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



### FRIENDS FOR MENTAL **HEALTH**



Amis de la santé mentale Friends for Mental Health

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

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

### FRIENDS OF CANADIAN POLISH YOUTH

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



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

### **GIRL GUIDES OF CANADA OAKWOODS DISTRICT**



Coolbrooke, Elm, Lake Road, Westminster chalets

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

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



### **GUJARATI SAMAJ OF MONTREAL**

P.O. Box 38120, 3347 Sources Boulevard



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

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



### MONTRÉAL CONFUCIUS SCHOOL

4698 Boul. Saint-Jean, Dollard-des-Ormeaux, QC H9H 4S5

**Description**: We offer language courses (French, English, Spanish and Mandarin), visual arts (Chinese painting, Chinese calligraphy, oil painting, sketching, manga, etc.), performing arts (Chinese folk



dances, Chinese musical instruments, ballet, Latin dance, hip-hop, vocal music, figure training, etc.), sciences (mathematics, robotics, coding, animation, etc.), and sports (tai-chi, ping-pong, badminton, Zumba, taekwondo, etc.). The courses can be taken in groups or one-on-one. We also offer day camp services during the Christmas break, the spring break and the summer in the West Island.

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

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

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

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



### **NOVA WEST ISLAND**



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

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

### **SWINGING STARS SQUARE DANCE CLUB**

Westwood chalet

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



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



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

TQN

Table de Quartier

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

Contact	514-788-4150 info@tqnoim.org www.tqnoim.org
Age group	All ages
Session	Year-long.
Additional information:	For more information, visit our website and we will be present at the Registration and Information Night.



### THE WEST ISLAND BLACK **COMMUNITY ASSOCIATION**

48C, 4th Avenue South, Roxboro

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

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





### **TOPS**

Coolbrooke chalet

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



### **VOLUNTEER ACCOMPANIMENT SERVICE (ABOVAS)**

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



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

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



### & VOLUNTEER WEST ISLAND

1 de l'Église, Sainte-Anne-de-Bellevue



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

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

### **WEST ISLAND ASSOCIATION FOR** THE INTELLECTUALLY HANDICAPPED

111 Donegani, Pointe-Claire



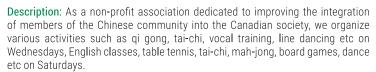
**Description:** For 65 years, WIAIH's mission has been to enhance the quality of life of people with an intellectual disability or an Autism Spectrum Disorder and to provide support to their families.

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



### **WEST ISLAND CHINESE COMMUNITY CENTER OF MONTREAL**





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

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



### **WEST ISLAND CITIZEN ADVOCACY**

Temporary Address: 152, Concord Crescent Ave, Pointe-Claire, Qc H9R 1N4



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

Contact	514-694-5850 info@pcbo-wica.com
	volunteerwica.com



### **WEST ISLAND COMMUNITY RESOURCE CENTRE**

114, Donegani Avenue, Pointe-Claire



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

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

### WEST-ISLAND COMMUNITY SHARES

541 Boulevard Beaconsfield, suite 205, Beaconsfield, OC H9W 4C2



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

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



### **人 WEST ISLAND MISSION**

72D, Brunswick, DDO H9B 2C5



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

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

### & WEST ISLAND MS SELF HELP GROUP SP MS Canada

105-1255 Trans-Canada Highway, Dorval

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

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

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





### **WEST ISLAND WOMEN'S SHELTER**

**Description**: The Shelter is a warm home that will give you the opportunity to rebuild yourself and regain



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

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

### لج WEST ISLAND YOUTH ACTION (AJOI)

15632, Gouin Boulevard West, Sainte-Geneviève





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

### **WEST ISLAND YOUTH SYMPHONY ORCHESTRA**

Description: The West Island Youth Symphony Orchestra

Noel-Legault community centre, Pointe-Claire



comprises of two ensembles, the String Orchestra (ages 9-16) and the Symphony Orchestra (ages 14-25). WIYSO provides young musicians with the chance to rehearse and perform in an orchestral ensemble under the guidance of a professional conductor, offering instruction and opportunities to refine their musical skills.

Contact	info@osjwi.qc.ca www.osjwi.qc.ca
Age Group	Symphony orchestra: 14 to 25 year olds String orchestra: 9 to 16 year olds
Session	September to June
Registration	Contact us for audition information (send emails to auditions@osjwi.qc.ca), to volunteer or for general inquiries.

# PRESCHOOL, DAY CAMPS AND TEEN ACTIVITIES

### 

12000 De Salaberry, Dollard-des-Ormeaux



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

### 人 CPE LES BOIS VERTS

50 Séville, Dollard-des-Ormeaux

Description: Non-profit child care centre



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

### **DDO DAY CAMP**

Elm, Fairview, Westminster, Sunnybrooke, Westwood parks.

Office: 12001, De Salaberry Boulevard, office H-193

Dollard-des-Ormeaux



Description: We offer a variety of sports, arts and team activities for children aged 5 to 13. Our activities are supervised and animated by qualified staff who value your children's safety and fun above all else.

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

### L INITIATIVE GO DDO **OFFERED BY THE DOLLARD-DES-ORMEAUX AQUATIC ASSOCIATION (AADDO)**

12001 De Salaberry Boulevard, Dollard-des-Ormeaux



Contact	514-684-0070, local 6602 aaddo@ddo.qc.ca
Teen Action (12 to 17 years old)	Teen Action With our awesome list of activities, our amazing staff of animators and the participation of the teens themselves, Teen Action is an experience never to be forgotten! Activities such as Laser Quest, Rock-climbing, Arbraska, Super Aqua Club, Escape rooms and so much more are available for teens ages 11 to 17 throughout the year.
	FitClub 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!
Age group	Various programs offered for all ages
Session	Summer session – Fall session – Winter session – Spring session
Additional information	In collaboration with local partners, we develop actions that encourage our participants to adopt healthy habits and lifestyles.

### **WESTPARK CO-OP PRESCHOOL**

100 Fairview, Dollard-des-Ormeaux





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

### **SENIORS**

# ALZHEIMER SOCIETY OF MONTREAL

# Société Alzheimer Society

**Description**: Our mission is to alleviate the social and personal consequences of Alzheimer's disease and related disorders through the development and delivery of leading-edge intervention, care and support services in Montreal.

Contact	514-369-0800 info@alzheimermontreal.ca www.alzheimermontreal.ca
Session:	Year-long Year-long
Registration:	Contact us for more information or at the Registration and Information night.

# CUMMINGS JEWISH CENTRE FOR SENIORS

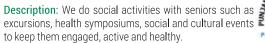
96 Roger Pilon and Beth Tikvah



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

Contact	514-734-1763 Marcy Beraznik https://jlive.app/organizations/619
Age Group	50 years old and over
Session	Year-long and seasonal
Registration	Contact 514-734-1763 for registration information

# PUNJABI HEALTH AND EDUCATION ORGANIZATION





Contact	514-921-7291 / 514-793-2461 Punjabi.health.org@gmail.com
Age group:	55 years old and older
Session:	Year-long.
Registration:	Contact us for more information or at the Registration and Information night.

### ♣ RÉPIT-RESSOURCE

Répit -Ressource

**Description:** Répit-Ressource is a non-profit organization providing home care services to support families and seniors in their daily lives.

Contact	514-353-1479 info@repit-ressource.com www.repit-ressource.com
Age Group	Mainly for those 65 years old and over
Session	Year long

### SAHYOG SENIORS CLUB OF MONTREAL

Westwood chalet





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

### 占 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. Club closed at 4 p.m.

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

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

# WEST ISLAND GOLDEN AGE GREEK CANADIAN ASSOCIATION

Sunnybrooke chalet

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

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

### SPORTS AND RECREATIONAL ACTIVITIES

### **BADMINTON WEST ISLAND BADMINTON CLUB**

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

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

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

### **BASEBALL DOLLARD AMATEUR BASEBALL ASSOCIATION**





under the rules and regulations of Baseball Québec. Our objective is to instil in our members the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority.

Contact	514-683-0386 contactus@dollardbaseball.com www.dollardbaseball.com
Age Group	4 to 23 years old
Courses Offered	Summer: Novice program focuses primarily on development.  9U through Junior players play two games a week plus practices, divided into A and B level teams depending on skill level.  Fall: A separate 10 game Fall Ball league is available which extends the season until Thanksgiving weekend.  Various training programs available throughout the offseason.
Session	Year round.
Cost	Varies by age and program. For a complete list of prices, visit our website.
Registration	Reserved for residents of Dollard-des-Ormeaux. Online registration available on our website.
Competitive Teams/ Programs	There are three levels of competitive teams. AA players play for regional teams run by the LSL Tigers. A and B players represent D.D.O. in the Lac St. Louis League against teams from across the region.

### **BASKETBALL WEST ISLAND OUTDOOR BASKETBALL LEAGUE (WIOBL)**

Elm Park



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

Contact	514-626-6044 wioblstevehall@gmail.com www.wiobl.com
Age Group	Youth 7 to 17 year olds Adults 18 and up
Session	May to end of August
Cost	Family rates available
	Youth Regular rate: First child \$170, second child \$160, third child from the same family \$85 and fourth child+ is free for the month of march.
	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
	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.

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

### FIGURE SKATING

### **DOLLARD FIGURE SKATING CLUB**

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



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

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

# FLAG FOOTBALL MONTREAL MAVERICKS FLAG FOOTBALL ASSOCIATION



Various synthetic fields

**Description**: Montreal Mavericks Youth Flag Football is the largest youth flag football organization in Quebec, with over 950 athletes and a focus on developing both athletic skills and personal values like teamwork and sportsmanship. The organization hosts over 350 games annually, offers specialized training programs, and competes in over 10 national and international tournaments, with all staff being volunteers and profits reinvested into the program.

Contact	jesse@mavericksflagfootball.com www.mavericksflagfootball.com
Age Group	Boys and girls U8 to U16
Session	June to August on Sunday afternoons
Cost	165 \$ per player
Inscription :	In person, online or at the Registration and Information Night.

# 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.

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

# HOCKEY DOLLARD HOCKEY ASSOCIATION

DOLLARD HOCKEY

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

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

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

### LAC ST-LOUIS AAA LIONS

Description: Midget AAA Hockey League

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# TINY TOTS PROGRAM OFFERED BY THE DOLLARD HOCKEY ASSOCIATION



Civic Centre Arena, 12001 De Salaberry Boulevard

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

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

### KARATE KARATE SPIRIT

Elm chalet

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

Contact	514-347-4668 karate.esprit@gmail.com www.canadajkfwadokai.org click on « find a dojo »
Age Group	8 years and older
Courses Offered	Beginner, intermediate and advanced classes Monday and Wednesday evenings and Saturday mornings
Session	Fall: September to December Winter: January to March Spring: April to June
Cost	Beginners, one course per week: \$80 Beginners and intermediates, three courses per week: \$160 Advanced, three courses per week: \$180
Registration	In class during the first week of each session or at the Registration and Information Night.
Competitive Teams/ Programs	Karate competition team

# LACROSSE WEST ISLAND LACROSSE ASSOCIATION

**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.

Contact	info@westislandlacrosse.com
Age Group	U7 - U22
Courses Offered	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.
Session	March to July

### MARTIAL ARTS GROUPE QI GONG SANTÉ

Edward Janiszewski chalet

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

	514-627-9088 hoalu51@gmail.com
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# PICKLEBALL WEST ISLAND PICKLEBALL CLUB



Description: Join us to play Pickleball.

Contact	Pickleballwestisland.com pickleballwestisland@gmail.com
Age Group	6-99 years old
Session	Year round and throughout the West Island.
Cost	\$30 per year membership fee
Registration	In person or online.
Competitive Teams/ Programs	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.

Contact	514-684-1011
Session	Schedule open to all: From September 3 to May 6: Saturday 6:30 p.m. to 8 p.m. Sunday 1:30 p.m. to 3 p.m. Wednesday 6:30 p.m. to 8 p.m.
	Special schedule: Holiday season December 22, 23, 29 and 30 from 1:30 p.m. to 3 p.m. Spring break March 2 to 6 from 1:30 p.m. to 3 p.m.
	Schedule for adults only: From September 2 to May 7: Tuesday 10 a.m. to 11 a.m. Thursday 10 a.m. to 11 a.m.
	These hours may vary depending on public holidays, special events, and tournaments. Please refer to the public skating page on the City's website.
Cost	Residents: \$2 (free for children under the age of 5) Non-residents: 3\$ (for all)
Additional Information	Safety regulation: During public skating, it is mandatory for children ages 12 and younger to wear a CSA-approved helmet (face shield is optional).

### RINGUETTE

### PIERREFONDS / DDO/ÎLE BIZARD RINGUETTE

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



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



Contact	www.ringuettepierrefonds.com for any questions, please email registrar@ringuettepierrefonds.com or info@ringuettepierrefonds.com
Age Group	4 years old and over for girls 4 years old to 9 for boys
Courses Offered	Power skating and skills clinic for players and goalies
Session	September to April
Registration	Contact us for registration information registrar@ringuettepierrefonds.com registration is done thru teamsnap
Competitive teams/ programs	A, B, C - Ringuette 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.

Contact	514-534-1172 Youth/Junior: youth@monrealbarbarians.ca and juniors@montrealbarbarians.ca Senior: women.plus@montrealbarbarians.ca and men.plus@montrealbarbarians.ca www.montrealbarbarians.ca Instagram and Facebook: Montreal Barbarians Rugby Club
Age Group	Youth Junior: 5 to 18 year olds Senior: 18 years and over
Session	Youth/Junior: May to August Senior: September to November
Cost	Varies depending on the age group U8/U10: \$163 U12: \$178 U14: \$231 U16/18: \$246 Senior: \$348 Senior Student: \$283
Registration	Contact us for registration information.
Competitive Teams/ Programs	Senior teams compete in Rugby Québec leagues.

# SOCCER DOLLARD RECREATIONAL SOCCER ASSOCIATION

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

Contact	www.drsa-web.com
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### **DOLLARD SOCCER CLUB**

12001 De Salaberry Boulevard, Room H-186

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



Age Group Session	514-421-2928, ext. 102 info@dollardsoccer.ca www.dollardsoccer.ca 4 years old - adult (senior)
Registration	May to September Winter: Part 1: October to December Part 2: January to April Visit our website for registration information.
Competitive Teams/ Programs	<ol> <li>Grassroots soccer from U04-U08.</li> <li>The programs for U09-U12 consist of two choices:         <ul> <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> </ul> </li> <li>REC: For those who just want to play games for fun in a recreational league.</li> <li>From U13 and up (incl Seniors), we have teams for non-competitive recreational leagues (YLL/REC), as well as competitive regional (LDR&amp;LDIR) and provincial (LDP) leagues.</li> </ol>
Additional Information	SHOOTING STARS is a program for special needs children between the ages of 4 to 18. For more information, visit our website: www.dollardsoccer.ca.

### SOFT BALL **DDO EXECUTIVE SOFTBALL LEAGUE**

Description: Recreational softball league, for men 35 and over. 14 teams, 182 registered players and 26 games, excluding playoffs. Season begins in May and concludes with playoffs in September.

Contact	www.ddosoftball.ca
Contact	WWW.ddodortball.od

### **DOLLARD MIXED SOFTBALL LEAGUE**

Spring Garden Park



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

Contact	info@dollardmixedsoftball.ca www.dollardmixedsoftball.ca
Age Group	18 years and over
Session	May to August Sundays from 10:00 a.m. to 5:30 p.m.
Cost	110\$ for DDO Residents 120\$ for non-DDO Residents
Competitive Teams/ Programs	There are eight competitive teams playing every week.

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



Civic Centre Arena, 12001 De Salaberry Boulevard

**Description**: 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.

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

### TAI CHI



# L DDO TAI CHI ACADEMY

Sunnybrooke chalet

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

Contact	514-799-7703 danny.rabinowitz@gmail.com www.facebook.com//groups/taichi.ddo
Age Group	12 years and over
Session	Year-long
Cost	\$30/month
Cours Offerts	Tai chi, Chi kung, Lok-hup, Ba-Fa, Hsing-i, sabre et epee

### **TENNIS TENNIS MONTRÉAL**

Lake Road Park

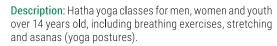




Contact	514-270-2724 www.tennismontreal.gc.ca
Age Group	7 to 17 year olds
Session	Two sessions in the summer: June to July and July to August, Monday to Friday.
Registration	Online or by phone at local 0

### **YOGA HOLIVIE CENTRE**

Edward Janiszewski chalet





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



### **ACTIVITY LEGEND**

Baseball

Basketball

Bocce

Community zone

Chalet

Cross-country trails

Dog run

Exercise Area

Football









Rugby





Snowshoe trail

Softball



Hockey rink



Pickleball



Playground equipement



Running track

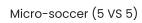




Soccer (11 VS 11)

















Volleyball























