

**PINGPONG PARKINSON
SUMMER and FALL 2025 SCHEDULE***

Location	Day & Time	First - Last Date	Fee
Concordia University Gym, downtown Montreal	Monday, Wednesday, Friday: 9:30 - 11:30 AM Sunday: 10:30 AM - 12 PM	Open all year, but closed on public holidays. Schedule varies.*	Payable to the gym reception at the beginning of the session (\$58 per 4-month session).
Notre-Dame-de-Grâce Sports Center, Montreal	Tuesday, Thursday 10 - 11 AM	Continuing until mid-August. Fall session starts Sept. 23.	Payable to the Center per visit at reception (\$5.50).
ARMP, Plateau Mont-Royal, Montreal	Tuesday 9:30 - 11:30 AM	No summer session. Fall session starts in September.*	Annual membership fee payable to the association.

*** subject to changes**

Please contact us by email: pingpongpem@gmail.com before coming to a class for the first time.

Pingpongparkinson is an activity under the umbrella of Parkinson en mouvement: www.parkinsonenmouvement.org/tennis-de-table/