

<b>PingPongParkinson (table tennis)</b> <b>FALL 2025 SCHEDULE *</b>			
<b>Location</b>	<b>Day &amp; Time</b>	<b>First - Last Date</b>	<b>Fee</b>
<b>Concordia University Gym, downtown Montreal</b>	<b>Monday, Wednesday, Friday:</b> <b>9:30 - 11:30 AM</b>  <b>Sunday: 10:30 AM - 12 PM</b>	<b>Open all year, but closed on public holidays.</b>	<b>Payable at the Le Gym reception (\$58 per 4-month session to play several times/week). Register anytime.*</b>
<b>Notre-Dame-de-Grâce Sports Center, Montreal</b>	<b>Tuesday, Thursday</b> <b>10 - 11 AM</b>	<b>Sept. 23 - 18 Dec.</b>	<a href="#"><u>Register on-line HERE</u></a> starting Sept. 15 for the fall session. Fee \$58 to play once/week.  <a href="http://lscdndg.org"><u>lscdndg.org</u></a>
<b>ARMP, Plateau Mont-Royal, Montreal</b>	<b>Tuesday</b> <b>9:30 - 11:30 AM</b>	<b>Sept. 9 - Dec. 9. 2025</b>	<b>Membership fee of 10\$/year <a href="#"><u>payable</u></a> to the association. Free activity but you have to <a href="#"><u>register on-line</u></a></b>  <a href="http://miltonpark.org"><u>miltonpark.org</u></a>

**\* subject to changes**

Please contact us by email: [pingpongpem@gmail.com](mailto: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/](http://www.parkinsonenmouvement.org/tennis-de-table/)