

Schedule: Spring/Summer 2026
May 19 to August 5, 2026
Dance/movement, voice and stretching

Dance into Summer!

Day	Time	Class	Place	Teacher
Monday	2 – 3 pm	Voice-Singing	Online via Zoom	Charlotte
	3 – 4 pm	Dance-movement	Montréal, Belgo Building	Joanabbey
Tuesday	10 – 10:30 am	Stretching	Online via Zoom	Sarah
	4 – 5 pm	Dance-movement	Notre-Dame-de-Grâce Sports Center, Montréal (see note below)**	Amanda (see note below)**
Thursday	5 – 6 pm	Dance-movement	Online via Zoom	Joanabbey
Friday	9 – 9:30 am	Stretching	Online via Zoom	Sarah
Saturday	10 – 10:30 am	Stretching	Online via Zoom	Sarah

**Exceptionally, this NDG class will be offered from May 19 to June 15.

To register (for this class only) please send an email to parkinsonenmouvement@gmail.com



Page 2 of 2

Schedule: Spring/Summer 2026
May 19 to August 5, 2026
Dance/movement, voice and stretching

Dance into Summer!

Please note!

Dates, class locations, fees and registration procedures are subject to change each session.

If you have questions about our classes or you want to know more about Parkinson en mouvement, please contact us via email: parkinsonenmouvement@gmail.com or telephone: 438-823-1049.

Parkinson Montreal-Laval (PML) administers the registration and fee payments for PEM. Contact PML via email: servicespml@parkinsonquebec.ca or telephone: 514-868-0597.

Fees may be paid by credit card or cheque.

If you are ready to REGISTER and pay fees, please click:

<https://crm.parkinsonmontreal-laval.ca/en/civicrm/contribute/transact?reset=1&id=7>