



CENTRE SPORTIF DE LA PETITE BOURGOGNE



WINTER 2019 PROGRAMING

Registration Saturday, December 8, 2018 starting at 9:00 a.m. online, Facebook or onsite

Spring 2019

Pre-registration

Saturday, March 16, 2019, on Facebook or onsite

Registration

Saturday, March 23, 2019, starting at noon., online, Facebook or onsite

Follow us on 

1825 Notre-Dame W, Montréal H3J 2Y4 | 514 932-0800 | cspb.ca

Partner of the Ville de Montréal

Le Sud-Ouest
Montréal 

With financial support from

Éducation,
Loisir et Sport
Québec 

MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From January 7 to March 31, 2019

Afro-Caribbean	Saturdays	11:45 a.m.–12:45 p.m.	\$82.00
Aikido	Mon. and Wed.	8:30–9:30 p.m.	\$133.00
Cardio Boxe	Tue. and Thu.	6:00–7:00 p.m.	\$133.00
Line dancing	Mon. and Wed.	10:00–11:00 a.m.	\$133.00
Essentrics	Tuesd. and Thursd.	noon–1:00 p.m.	\$133.00
Karate	Tue. and Thu.	8:00–9:30 p.m.	\$138.00
Fitness with baby	Fridays	9:30–11:00 a.m.	\$82.00
Pilates	Tue. and Thu.	7:00–8:00 p.m.	\$133.00
Qi Gong	Mon. and Wed.	9:00–10:00 a.m.	\$133.00
Fitness 55 years +	Wed. and Fri.	11:00 a.m.–noon	\$133.00
Spinning	Mon., Wed.	7:00–8:00 a.m.	
	Fridays	6:00–7:00 p.m.	
		1 x \$73.00 / 2 x \$135.05 / 3 x \$193.45	
Taekwondo adults and teens	Mon. and Wed.	7:00–8:30 p.m.	\$120.00
Ping pong	Sundays	10:00 a.m.–2:00 p.m.	1 hr \$10.00 2 hrs \$15.00
Yoga	Sundays	9:00–10:00 a.m.	\$82.00
Yogalates	Mon., Wed., Fri.	noon–1:00 p.m.	
		1 x \$73.00 / 2 x \$135.05 / 3 x \$193.45	
Zumba	Mon. and Wed.	6:00–7:00 p.m.	\$133.00

- * Drop-in rate \$10
- * Non-residents please add \$15
- * The schedule may change without prior notice

MULTIPURPOSE ROOM KID'S CLASSES

From January 7 to March 22, 2019

Taekwondo 6-9 year olds (2 days/week)	Wednesdays	4:30–6:00 p.m.	
	Fridays	4:00–5:30 p.m.	\$92.00
Taekwondo 10-12 year olds (2 days/week)	Mondays	4:30–6:00 p.m.	
	Fridays	5:30–7:00 p.m.	\$92.00
From January 12 to March 16, 2019			
Dance for 4-5 year olds	Saturdays	1:00–2:00 p.m.	\$72.00
Dance for children ages 6+	Saturdays	2:00–3:00 p.m.	\$72.00

JARDIN DE
PIROUETTE ET CABRIOLE
A parent-child psychomotor skills program
From January 12 to March 16, 2019



Camomille la chenille ages 12-18 months	Saturdays	8:30–9:20 a.m.	\$72.00
Cannelle la coccinelle ages 18-24 months			
Groseille l'abeille 2-2½-year olds	Saturdays	9:30–10:20 a.m.	\$72.00
Fenouil la grenouille 2½-3 year olds			
Potiron le papillon 3-4 year olds	Saturdays	10:30–11:20 a.m.	\$72.00
Grande Feuille l'écureuil 4-5 year olds			



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GYM BADMINTON

Monday to Friday	7:00 a.m.–8:00 a.m.	11:30 a.m.–1:30 p.m.
Mondays	5:30–10:30 p.m.	
Wednesdays	5:30–10:30 p.m.	
Sundays	noon–2:00 p.m.	
\$15/1 hour	\$2.50/racket	
\$25/2 hours	\$0.50/birdie	\$20.00/deposit

Reservations:
for evening
Mon. and Wed. for the same day, starting at 7:00 a.m.
for morning
Monday to Friday One day before
Sunday Saturday starting at noon.

From January 12 to March 16, 2019

Spinning Express (25 minutes)	Saturday	9:00 a.m.–noon	5,00 \$
Open Spinning	Mon. and Wed.	noon–1:00 p.m.	
		Reserve for the same day, starting at 7:00 a.m.	5,00 \$

SPECIALIZED AND PRIVATE CLASSES

Private swimming classes
\$40/hour (6 hours +)
\$50/hour (1 to 5 hours)

COORDINATORS

General manager
Dickens Mathurin dickens@cspb.ca

Administrative assistant
Sylvie Trépanier sylvie@cspb.ca

Aquatic coordinator and private swimming classes
Jean-Baptiste Berthet jean-baptiste@cspb.ca

Multipurpose room and gym coordinator
Jackson Joseph jackson@cspb.ca

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SENIOR SWIMMING CLASSES

From January 7 to March 31, 2019

Senior Aquafitness

Tue. and Thu. 10:00–10:55 a.m. **\$133.00**

Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$58.00**

Physi'eau

Tue. and Thu. 11:00–11:55 a.m. **\$133.00**

Wednesdays 2:00–2:45 p.m. **\$70.00**

ADULT SWIMMING CLASSES

From January 7 to March 31, 2019

Aqua Boot Camp

Tue. and Thu. 5:30–6:20 p.m. **\$133.00**

Aquafitness

Mon. and Wed. 5:30–6:25 p.m.

Mon. and Wed. 6:30–7:25 p.m.

Tue. and Thu. 5:30–6:25 p.m.

Tue. and Thu. 7:30–8:25 p.m. **\$133.00**

Aquastroller

Tue. and Thu. 8:45–9:30 a.m. **\$133.00**

Aquaspinning

Mon., Wed., Fri. 9:00–9:45 a.m.

1 x \$80.00 / 2 x \$148.00 / 3 x \$212.00

Tue. and Thu. 6:30–7:15 p.m. **\$148.00**

Wednesdays 1:00–1:45 p.m. **\$80.00**

Wednesdays 6:30–7:15 p.m. **\$80.00**

Tuesday 2:00–2:45 p.m. **\$80.00**

Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:25 p.m.

January 7 to March 27, 2019 **\$135.05**

January 7 to February 13, 2019 **\$73.00**

February 18 to March 27, 2019 **\$73.00**

Masters Swim Club

Tue. and Thu. 6:30–7:55 a.m.

January 8 to March 28, 2019 **\$140.00**

Length ahead (reserve in the morning)

Monday to Friday 10:00–11:55 a.m. **\$4.00/day**

* Drop-in rate \$10

* Non-residents please add \$15

* The schedule may change without prior notice

RED CROSS SWIMMING CLASSES FOR KIDS AGES 6–12 YEARS

From January 7 to March 17, 2019

Junior 1		\$73.00	Junior 3		\$73.00	Junior 5-6		\$80.00
Tuesday	6:30-7:10 p.m.		Saturdays	8:00-8:40 a.m.		Thursday	6:30-7:20 p.m.	
Saturdays	8:45-9:25 a.m.		Saturdays	10:15-10:55 a.m.		Saturdays	12:10-1:00 p.m.	
Saturdays	10:15-10:55 a.m.		Saturdays	1:10-1:50 p.m.		Saturdays	1:05-1:55 p.m.	
Saturdays	12:25-1:05 p.m.		Sundays	9:30-10:10 a.m.		Sundays	11:00-11:50 a.m.	
Saturdays	1:15-1:55 p.m.		Sundays	10:15-10:55 a.m.		Sundays	1:00-1:50 p.m.	
Sundays	8:00-8:40 a.m.		Junior 4		\$73.00	Junior 7-8		\$80.00
Sundays	8:45-9:25 a.m.		Saturdays	9:30-10:10 a.m.		Saturdays	11:00-11:50 a.m.	
Sundays	10:15-10:55 a.m.		Saturdays	11:00-11:40 a.m.		Saturdays	12:15-1:05 p.m.	
Sundays	12:30-1:10 p.m.		Sundays	9:30-10:10 a.m.		Sundays	11:00-11:50 a.m.	
Sundays	1:15-1:55 p.m.		Sundays	10:15-10:55 a.m.		Junior 9-10		\$80.00
Junior 2		\$73.00	Junior 4		\$73.00	Saturdays	1:05-1:55 p.m.	
Saturdays	8:45-9:25 a.m.		Saturdays	9:30-10:10 a.m.		Sundays	1:00-1:50 p.m.	
Sundays	8:00-8:40 a.m.		Sundays	10:15-10:55 a.m.				
Sundays	8:45-9:25 a.m.							
Sundays	12:30-1:10 p.m.							

SWIMMING CLASSES FOR PRESCHOOLERS 4 MONTHS TO 6 YEARS

From January 7 to March 17, 2019

Starfish (with a parent)		\$68.00	Sea otter (with a parent)		\$68.00	Salamander		\$73.00
Mondays	9:20–10:00 a.m.		Saturdays	8:00–8:40 a.m.		Sundays	9:30–10:10 a.m.	
Wednesdays	9:20–10:00 a.m.		Saturdays	8:45–9:25 a.m.		Sundays	10:15–10:55 a.m.	
Saturdays	9:30–10:10 a.m.		Saturdays	10:15–10:55 a.m.		Sundays	1:15–1:55 p.m.	
Saturdays	11:00–11:40 a.m.		Sundays	8:45–9:25 a.m.		Moonfish		\$73.00
Sundays	8:00–8:40 a.m.		Sundays	10:15–10:55 a.m.		Saturdays	8:00–8:40 a.m.	
Duck (with a parent)		\$68.00	Sundays	12:15–12:55 p.m.		Saturdays	9:30–10:10 a.m.	
Wednesdays	10:00–10:40 a.m.		Salamander		\$73.00	Saturdays	10:15–10:55 a.m.	
Saturdays	8:00–8:40 a.m.		Tuesday	5:30–6:10 p.m.		Saturdays	1:05–1:45 p.m.	
Saturdays	8:45–9:25 a.m.		Wednesday	5:30–6:10 p.m.		Sundays	8:45–9:25 a.m.	
Saturdays	9:30–10:10 a.m.		Thursday	5:30–6:10 p.m.		Sundays	9:30–10:10 a.m.	
Saturdays	11:00–11:40 a.m.		Saturdays	8:00–8:40 a.m.		Sundays	12:15–12:55 p.m.	
Sundays	8:00–8:40 a.m.		Saturdays	8:45–9:25 a.m.		Sundays	1:00–1:40 p.m.	
Sundays	11:00–11:40 a.m.		Saturdays	9:30–10:10 a.m.		Crocodile		\$73.00
Sea turtle (with a parent)		\$68.00	Saturdays	10:15–10:55 a.m.		Saturdays	8:45–9:25 a.m.	
Saturdays	10:15–10:55 a.m.		Saturdays	11:00–11:40 a.m.		Saturdays	12:15–12:55 p.m.	
Saturdays	12:15–12:55 p.m.		Saturdays	12:15–12:55 p.m.		Sundays	11:30–12:10 p.m.	
Sundays	9:30–10:10 a.m.		Saturdays	1:10–1:50 p.m.		Whale		\$73.00
			Sundays	8:00–8:40 a.m.		Saturdays	11:00–11:40 a.m.	
			Sundays	8:45–9:25 a.m.				

* Non-residents please add \$15

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