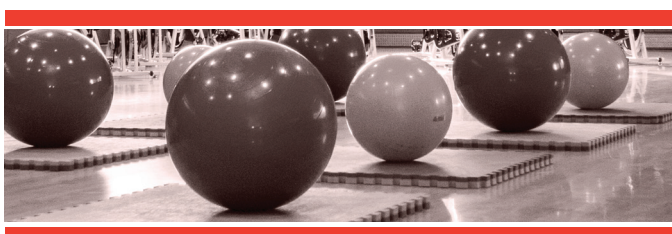




CENTRE SPORTIF DE LA PETITE BOURGOGNE



SPRING 2019 PROGRAMING

Registration Saturday, March 23, 2019 from noon to 5:00 p.m. online, Facebook or onsite

Summer 2019 Registration

Saturday, June 15, 2019, starting at 9:00 a.m., online, Facebook or onsite

SUMMER CAMP 2019 registration

Saturday, March 23, 2019, from 9:00 a.m. to noon

Follow us on 

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Partner of the Ville de Montréal



With financial support from



MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From April 1st to June 23, 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 1 hr **\$10.00**
Sundays 10:00 a.m.–2:00 p.m. 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 April 1st to June 14, 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 April 6 to June 8, 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 April 6 to June 8, 2019



Camomille la chenille ages 12-18 months
Cannelle la coccinelle ages 18-24 months
Saturdays 8:30–9:20 a.m. **\$72.00**

Groseille l'abeille 2-2½-year olds
Fenouil la grenouille 2½-3 year olds
Saturdays 9:30–10:20 a.m. **\$72.00**

Potiron le papillon 3-4 year olds
Grande Feuille l'écureuil 4-5 year olds
Saturdays 10:30–11:20 a.m. **\$72.00**



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

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 April 1st to June 22, 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 April 2 to June 20, 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 April 1st to June 20, 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.

April 1st to June 19, 2019 **\$135.05**

April 1st to May 8, 2019 **\$73.00**

May 13 to June 19, 2019 **\$73.00**

Masters Swim Club

Tue. and Thu. 6:30–7:55 a.m.

April 2 to June 20, 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 April 1st to June 9, 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.		Sundays	11:00-11:40 a.m.		Junior 7-8		
Sundays	8:45-9:25 a.m.		Sundays	12:15-12:55 p.m.		\$80.00		
Sundays	10:15-10:55 a.m.		Junior 4			\$73.00		
Sundays	12:30-1:10 p.m.		Saturdays	9:30-10:10 a.m.		Saturdays	11:00-11:50 a.m.	
Sundays	1:15-1:55 p.m.		Saturdays	11:00-11:40 a.m.		Saturdays	12:15-1:05 p.m.	
Junior 2			Sundays	9:30-10:10 a.m.		Sundays	11:00-11:50 a.m.	
\$73.00			Sundays	10:15-10:55 a.m.		Junior 9-10		
Saturdays	8:45-9:25 a.m.		Sundays	12:30-1:10 p.m.		\$80.00		
Sundays	8:00-8:40 a.m.					Saturdays	1:05-1:55 p.m.	
Sundays	8:45-9:25 a.m.					Sundays	1:00-1:50 p.m.	
Sundays	12:30-1:10 p.m.							

SWIMMING CLASSES FOR PRESCHOOLERS 4 MONTHS TO 6 YEARS

From April 1st to June 9, 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		
Sundays	8:00–8:40 a.m.		Sundays	10:15–10:55 a.m.		\$73.00		
Duck (with a parent)			Sundays	12:15–12:55 p.m.		Saturdays	8:00–8:40 a.m.	
\$68.00			Salamander			\$73.00		
Wednesdays	10:00–10:40 a.m.		Tuesday	5:30–6:10 p.m.		Saturdays	9:30–10:10 a.m.	
Saturdays	8:00–8:40 a.m.		Wednesday	5:30–6:10 p.m.		Saturdays	10:15–10:55 a.m.	
Saturdays	8:45–9:25 a.m.		Thursday	5:30–6:10 p.m.		Saturdays	1:05–1:45 p.m.	
Saturdays	9:30–10:10 a.m.		Saturdays	8:00–8:40 a.m.		Sundays	8:45–9:25 a.m.	
Saturdays	11:00–11:40 a.m.		Saturdays	8:45–9:25 a.m.		Sundays	9:30–10:10 a.m.	
Sundays	8:00–8:40 a.m.		Saturdays	9:30–10:10 a.m.		Sundays	12:15–12:55 p.m.	
Sundays	11:00–11:40 a.m.		Saturdays	10:15–10:55 a.m.		Sundays	1:00–1:40 p.m.	
Sea turtle (with a parent)			Saturdays	11:00–11:40 a.m.		Crocodile		
\$68.00			Saturdays	12:15–12:55 p.m.		\$73.00		
Saturdays	10:15–10:55 a.m.		Saturdays	1:10–1:50 p.m.		Saturdays	8:45–9:25 a.m.	
Saturdays	12:15–12:55 p.m.		Sundays	8:00–8:40 a.m.		Saturdays	12:15–12:55 p.m.	
Sundays	9:30–10:10 a.m.		Sundays	8:45–9:25 a.m.		Sundays	11:30–12:10 p.m.	
			Whale			\$73.00		
						Saturdays	11:00–11:40 a.m.	

* Non-residents please add \$15

* The schedule may change without prior notice