



**CENTRE SPORTIF DE
LA PETITE BOURGOGNE**



SUMMER 2019 PROGRAMING

Registration starting Saturday, June 15, 2019

at 9:00 a.m. online or onsite

Autumn 2019

Registration from Saturday, August 24, 2019 starting at 9:00 a.m., onsite or online

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 June 25 to August 17, 2019

Afro-Caribbean	Saturdays	11:45 a.m.–12:45 p.m.	\$36.00
Cardio Boxe	Tue. and Thu.	6:00–7:00 p.m.	\$90.00
Danse en ligne	Mon.* and Wed.	10:00–11:00 a.m.	\$79.00
Essentrics	Tue. and Thu.	11:45–12:45 p.m.	\$90.00
Parent-baby	Friday	9:30–11:00 a.m.	\$36.00
Pilates	Tue. and Thu.	7:00–8:00 p.m.	\$90.00
Yogalates	Mon.* and Wed.	noon–1:00 p.m.	\$79.00
	Friday	noon–1:00 p.m.	\$36.00
	3 x week		\$110.00
Zumba	Mon.* and Wed.	6:00–7:00 p.m.	\$79.00
Back to health 55 years +	Wed. and Fri.	11:00 a.m.–noon	\$90.00

* Price adjustment (no classes on Mondays June 24 and July 1st, 2019)

SOCCER

From June 25 to August 15, 2019

Tuesday and Thursday 17h00 à 20h00 **\$20.00**

SPECIALIZED AND PRIVATE CLASSES

Private swimming classes

\$40/hour (6 hours +)

\$50/hour

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

GYM BADMINTON

Mondays 8:30–10:30 p.m.

Wednesdays 8:30–10:30 p.m.

Sundays noon–2:00 p.m.

\$15/1 hour

\$25/2 hours

\$5.00/racket - \$20.00 deposit

\$0.50/birdie

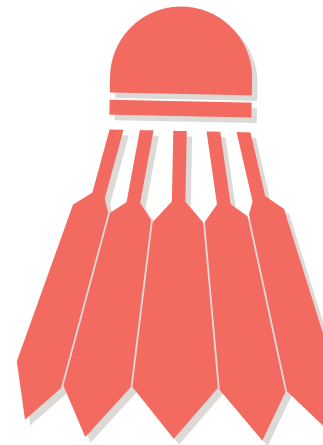
Reservations:

Mon. and Wed.

for the same day, starting at 7:00 a.m.

Sunday

Saturday starting at noon.



**CENTRE SPORTIF DE
LA PETITE BOURGOGNE**

COORDINATORS

General manager
Dickens Mathurin

Administrative assistant
Sylvie Trépanier

Aquatic coordinator and private swimming classes
Jean-Baptiste Berthet

Multipurpose room coordinator
Jackson Joseph jackson@cspb.ca

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SENIOR SWIMMING CLASSES

From June 25 to August 15, 2019

Senior Aquafitness

Tue. and Thu. 10:00–10:55 a.m. **\$90.00**

Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$35.00**

Physi'eau

Tue. and Thu. 11:00– 11:55 a.m. **\$90.00**

ADULT SWIMMING CLASSES

From June 25 to August 16, 2019

Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$90.00**

Aquafitness

Mon.* and Wed. 5:30–6:25 p.m. **\$79.00**

Mon.* and Wed. 6:30–7:25 p.m. **\$79.00**

Tue. and Thu. 5:30–6:25 p.m. **\$90.00**

Tue. and Thu. 7:30–8:25 p.m. **\$90.00**

Aquastroller

Tue. and Thu. 8:45–9:30 a.m. **\$90.00**

Aquaspinning

Mon., Wed., Fri. 9:00–9:45 a.m.

1 x Mon.* 41,00 \$ / 1 x Wed. or Fri. \$54.00

2 x Monday* and Wednesdays or Friday \$89.00

2 x Wednesdays and Friday \$100.00

3 x \$132.00

Wednesday 6:30–7:15 p.m. **\$54.00**

Tue. and Thu. 6:30–7:15 p.m. **\$100.00**

Prenatal (doctor's note required)

Mon.* and Wed. 7:30–8:25 p.m.

June 26 to July 17, 2019 **\$34.00**

July 22 to August 14, 2019 **\$45.00**

June 26 to August 14, 2019 **\$79.00**

Masters Swim

Tue. and Thu. 6:30–7:55 a.m.

June 25 to August 15, 2019 **\$100.00**

Length ahead (reserve in the morning)

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

June 25 to August 16, 2019

*** Price adjustment (no classes on Mondays June 24 and July 1st, 2019)**

* Drop-in rate \$10

* Non-residents please add \$15

RED CROSS SWIMMING CLASSES FOR KIDS AGES 6–12 YEARS

From June 25 to August 15, 2019

Junior 1 **\$70.00**

Tuesday 5:00–5:30 p.m.

Thursday 4:30–5:00 p.m.

Junior 2 **\$70.00**

Thursday 4:30–5:00 p.m.

Thursday 5:00–5:30 p.m.

Junior 3 **\$70.00**

Thursday 5:00–5:30 p.m.

SWIMMING CLASSES FOR PRESCHOOLERS 4 MONTHS TO 5 YEARS

From June 25 to August 15, 2019

Starfish (with a parent) **\$65.00**

Wednesday 9h20 à 10h00

Duck (with a parent) **\$65.00**

Wednesday 10h00 à 10h40

Salamander **\$70.00**

Tuesday 16h30 à 17h00

Wednesday 16h30 à 17h00

Wednesday 17h00 à 17h30

Wednesday 17h30 à 18h00

Moonfish **\$70.00**

Tuesday 16h30 à 17h00

Tuesday 17h00 à 17h30

Wednesday 16h30 à 17h00

Crocodile **\$70.00**

Wednesday 17h00 à 17h30

* Non-residents please add \$15

* The schedule may change without prior notice

SPECIALIZED COURSES

BRONZE MEDAL

From June 25 to June 29, 2019

Prerequisites: 13 years old at the last class or Bronze Star and demonstrates junior level 10 swimming skills (swimming strokes/styles and 400M endurance)

Canadian Rescue Manual and pocket mask not included

Tuesday 8:00–1:00 p.m.

Wednesday 8:00–noon

Thursday 8:00–noon and 5:30–8:30 p.m.

Friday 8:00–noon

Saturday 8:00–1:00 p.m.

Price for neighbourhood residents (H3C–H3J) **\$150.00**

Regular price **\$200.00**

SPECIALIZED COURSES

BRONZE CROSS

From July 2 to July 6, 2019

Prerequisite: Bronze Medal Certificate

Canadian Rescue Manual and pocket mask not included

Tuesday 8:00–noon **pool**
noon–1:00 p.m. **classroom**

Wednesday 3:30–5:30 p.m. **classroom**
5:30–8:30 p.m. **pool**
8:30–9:30 p.m. **classroom**

Thursday 7h00–8:00 a.m. **classroom**
8:00–noon **pool**
5:30–8:30 p.m. **pool**
8:30–9:30 p.m. **classroom**

Friday 10:00–11:00 a.m. **classroom**
11:00–noon **pool**
2:00–5:00 p.m. **classroom**

Saturday 8:00–noon **pool**
noon–1:00 p.m. **classroom**

Price for neighbourhood residents (H3C–H3J) **\$150.00**

Regular price **\$200.00**

*** Online or on-site registration as of May 31, 2019 from 9:00 am**

PUBLIC SWIMMING SCHEDULE

ADULT

Monday 7:00–8:55 a.m.
noon–12:55 p.m.
8:30–9:25 p.m.

Tuesday noon–12:55 p.m.
8:30–9:25 p.m.

Wednesday 7:00–8:55 a.m.
noon–12:55 p.m.
8:30–9:25 p.m.

Thursday noon–12:55 p.m.
8:30–9:25 p.m.

Friday 7:00–8:55 a.m.
noon–12:55 p.m.
8:30–9:25 p.m.

Saturday noon–1:55 p.m.

Sunday noon–1:55 p.m.

PUBLIC SWIMMING SCHEDULE FOR ALL

Monday 3:00–4:20 p.m.

Tuesday 3:00–4:20 p.m.

Wednesday 3:00–4:20 p.m.

Thursday 3:00–4:20 p.m.

Friday 3:00–4:20 p.m.
5:00–7:50 p.m.

Saturday 2:00–4:20 p.m.
(no lanes)

Sunday 2:00–4:20 p.m.
(no lanes)