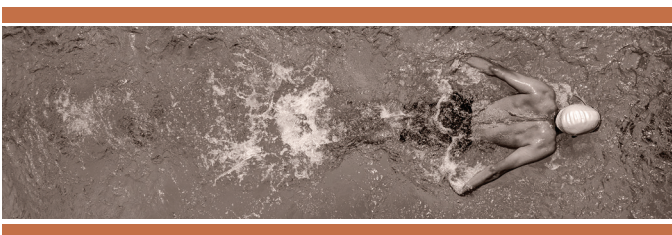




**CENTRE SPORTIF DE
LA PETITE BOURGOGNE**



FALL 2019 PROGRAMING

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

Winter 2019
Pre-registration
Saturday, November 30, 2019, starting at 9:00 a.m., online, Facebook or onsite
Registration
Saturday, December 7, 2019, starting at 9:00 a.m., online, Facebook or onsite



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

**MULTIPURPOSE ROOM
ADULT AND SENIOR CLASSES**

From September 16 to December 15, 2019

Afro-Caribbean	Saturdays	11:45 a.m.–12:45 p.m.	\$84.00
Aikido	Mon. and Wed.	8:30–9:30 p.m.	\$136.00
Cardio Boxe	Tue. and Thu.	6:00–7:00 p.m.	\$136.00
	Saturdays	1:00–2:00 p.m.	\$84.00
Line dancing	Mon. and Wed.	10:00–11:00 a.m.	\$136.00
Essentrics	Tuesd. and Thursd.	11:45–12:45 p.m.	\$136.00
Karate	Tue. and Thu.	8:00–9:30 p.m.	\$138.00
Fitness with baby	Fridays	9:30–11:00 a.m.	\$84.00
Pilates	Tue. and Thu.	7:00–8:00 p.m.	\$136.00
Qi Gong	Mon. and Wed.	9:00–10:00 a.m.	\$136.00
Fitness 55 years +	Wed. and Fri.	11:00 a.m.–noon	\$136.00
Spinning	Mon., Wed.	7:00–8:00 a.m.	\$138.75
	Fridays	6:00–7:00 p.m.	\$75.00
	3x week		\$198.75
Strong by Zumba	Mondays	11:30–noon	\$45.00
Taekwondo adults and teens	Mon. and Wed.	7:00–8:30 p.m.	\$125.00
Yoga	Sundays	9:00–10:00 a.m.	\$84.00
Yogalates	Mon., Wed., Fri.	noon–1:00 p.m.	1 x \$75.00 / 2 x \$138.75 / 3 x \$198.75
Zumba	Mon. and Wed.	6:00–7:00 p.m.	\$136.00

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

**MULTIPURPOSE ROOM
KID'S CLASSES**

From September 16 to November 29, 2019

Taekwondo 6-9 year olds (2 days/week)	Wednesdays	4:30–6:00 p.m.	
	Fridays	4:00–5:30 p.m.	\$94.00
	For one year		\$210.00
Taekwondo 10-12 year olds (2 days/week)	Mondays	4:30–6:00 p.m.	
	Fridays	5:30–7:00 p.m.	\$94.00
	For one year		\$210.00

From September 21 to November 23, 2019

Dance for 4-5 year olds	Saturdays	2:00–3:00 p.m.	\$74.00
Dance for children ages 6+	Saturdays	3:00–4:00 p.m.	\$74.00



**JARDIN DE
PIROUETTE ET CABRIOLE**
A parent-child psychomotor skills program

From September 21 to November 23, 2019

Camomille la chenille ages 12-18 months	Saturdays	8:30–9:20 a.m.	\$74.00
Cannelle la coccinelle ages 18-24 months	Saturdays	8:30–9:20 a.m.	\$74.00
Groseille l'abeille 2-2½-year olds	Saturdays	9:30–10:20 a.m.	\$74.00
Fenouil la grenouille 2½-3 year olds	Saturdays	9:30–10:20 a.m.	\$74.00
Potiron le papillon 3-4 year olds	Saturdays	10:30–11:20 a.m.	\$74.00
Grande Feuille l'écureuil 4-5 year olds	Saturdays	10:30–11:20 a.m.	\$74.00



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

**MULTIPURPOSE ROOM
AND GYM ACTIVITIES**

From September 16 to December 15, 2019

Badminton	Monday to Friday	7:00–8:00 a.m. and 11:30–1:30 p.m.	Reserve One day before
	Mondays	5:30–10:30 p.m.	Reserve for the same day, starting at 7:00 a.m.
	Wednesdays	5:30–10:30 p.m.	Reserve for the same day, starting at 7:00 a.m.
	Sundays	noon–2:00 p.m.	Reserve Saturday starting at noon.
		\$15/1 hour	\$25/2 hours
		\$2.50/racket	\$0.50/birdie \$20.00/deposit
Ping Pong	Sundays	2:30–4:30 p.m.	1 hr \$10.00 2 hrs \$15.00
		Reserve Saturday starting at noon.	
Open Spinning	Mon. and Wed.	noon–1:00 p.m.	Reserve for the same day, starting at 7:00 a.m. \$5.00

From September 21 to December 24, 2019

Spinning Express (25 minutes)	Saturdays	9:00 a.m.–noon	\$5.00
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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

Partner of the Ville de Montréal

With financial support from



SENIOR SWIMMING CLASSES

From September 17 to December 12, 2019

Senior Aquafitness

Tue. and Thu. 10:00–10:55 a.m. **\$136.00**

Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$60.00**

Physi'eau

Tue. and Thu. 11:00–11:55 a.m. **\$136.00**

Aquaphisi'eau

Wednesdays 2:00–2:55 p.m. **\$72.00**

ADULT SWIMMING CLASSES

From September 17 to December 13, 2019

Aqua Boot Camp

Tue. and Thu. 5:30–6:20 p.m. **\$136.00**

Aquafitness

Mon. and Wed. 5:30–6:25 p.m. **\$136.00**

Mon. and Wed. 6:30–7:25 p.m. **\$136.00**

Tue. and Thu. 5:30–6:25 p.m. **\$136.00**

Tue. and Thu. 7:30–8:25 p.m. **\$136.00**

Fridays 10:00–10:55 a.m. **\$72.00**

Aquastroller

Tue. and Thu. 8:45–9:30 a.m. **\$136.00**

Aquaspinning

Mon., Wed., Fri. 9:00–9:45 a.m.

1 x \$82.00 / 2 x \$150.00 / 3 x \$214.00

Tue. and Thu. 6:30–7:15 p.m. **\$150.00**

Wednesdays 1:00–1:45 p.m. **\$82.00**

Wednesdays 6:30–7:15 p.m. **\$82.00**

Tuesdays 2:00–2:45 p.m. **\$82.00**

Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:25 p.m.

September 16 to December 11, 2019 **\$136.00**

September 16 to October 28, 2019 **\$68.00**

October 30 to December 11, 2019 **\$68.00**

Masters Swim Club

Tue. and Thu. 6:30–7:55 a.m.

September 17 to December 12, 2019 **\$143.00**

September 17 to August 13, 2020 (1 year) **\$469.00**

Length ahead (reserve in the morning)

Mon., Wed., Fri. 10:00–11:55 a.m.

Tue. and Thu. 8:00–11:55 a.m. **\$4.00/day**

Swim Styles 13-18 years

Thursdays 6:30–7:25 p.m. **\$80.00**

* 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 September 21 to November 24, 2019

Junior 1 **\$73.00**

Saturdays 8:45–9:25 a.m.
Saturdays 10:05–10:45 a.m.
Saturdays 12:15–12:55 p.m.
Saturdays 1:15–1:55 p.m.
Sundays 8:00–8:40 a.m.
Sundays 8:35–9:15 a.m.
Sundays 10:15–10:55 a.m.
Sundays 12:30–1:10 p.m.
Sundays 1:00–1:40 p.m.

Junior 2 **\$73.00**

Saturdays 8:45–9:25 a.m.
Sundays 8:00–8:40 a.m.
Sundays 8:45–9:25 a.m.
Sundays 11:00–11:40 a.m.
Sundays 12:15–12:55 p.m.

Junior 3 **\$73.00**

Saturdays 8:00–8:40 a.m.
Saturdays 10:15–10:55 a.m.
Saturdays 1:10–1:50 p.m.
Sundays 9:30–10:10 a.m.
Sundays 10:15–10:55 a.m.
Sundays 12:15–12:55 p.m.

Junior 4 **\$73.00**

Saturdays 9:30–10:10 a.m.
Saturdays 11:00–11:40 a.m.
Sundays 9:30–10:10 a.m.
Sundays 10:15–10:55 a.m.

Junior 5-6 **\$80.00**

Saturdays 12:15–1:05 p.m.
Saturdays 1:05–1:55 p.m.
Sundays 11:00–11:50 a.m.
Sundays 1:00–1:50 p.m.

Junior 7-8 **\$80.00**

Saturdays 10:50–11:40 a.m.
Saturdays 12:15–1:05 p.m.
Sundays 1:05–1:55 p.m.

Junior 9-10 **\$80.00**

Saturdays 1:05–1:55 p.m.
Sundays 10:55–11:45 a.m.

SWIMMING CLASSES FOR PRESCHOOLERS 4 MONTHS TO 6 YEARS

From September 16 to November 24, 2019

Starfish (with a parent) **\$68.00**

Wednesdays 9:30–10:00 a.m.
Saturdays 9:30–10:00 a.m.
Saturdays 11:00–11:30 a.m.
Sundays 8:00–8:30 a.m.

Duck (with a parent) **\$68.00**

Wednesdays 10:00–10:40 a.m.
Saturdays 8:00–8:40 a.m.
Saturdays 8:45–9:25 a.m.
Saturdays 10:15–10:55 a.m.
Sundays 8:00–8:40 a.m.
Sundays 11:00–11:40 a.m.

Sea turtle (with a parent) **\$68.00**

Saturdays 9:30–10:10 a.m.
Saturdays 11:00–11:40 a.m.
Sundays 9:30–10:10 a.m.

Sea otter (with a parent) **\$68.00**

Saturdays 8:00–8:40 a.m.
Saturdays 8:45–9:25 a.m.
Saturdays 10:15–10:55 a.m.
Sundays 8:45–9:25 a.m.
Sundays 10:05–10:45 a.m.

Salamander **\$73.00**

Mondays 5:30–6:10 p.m.
Tuesdays 5:30–6:10 p.m.
Wednesdays 5:30–6:10 p.m.
Thursdays 5:30–6:10 p.m.
Saturdays 8:00–8:40 a.m.
Saturdays 8:45–9:25 a.m.
Saturdays 9:30–10:10 a.m.
Saturdays 10:15–10:55 a.m.
Saturdays 11:00–11:40 a.m.
Saturdays 12:15–12:55 p.m.
Saturdays 1:10–1:50 p.m.
Sundays 8:00–8:40 a.m.
Sundays 8:45–9:25 a.m.

Salamander **\$73.00**

Sundays 9:20–10:00 a.m.
Sundays 10:15–10:55 a.m.
Sundays 11:00–11:40 a.m.
Sundays 12:15–12:55 p.m.
Sundays 1:15–1:55 p.m.

Moonfish **\$73.00**

Saturdays 8:00–8:40 a.m.
Saturdays 9:30–10:10 a.m.
Saturdays 10:15–10:55 a.m.
Saturdays 1:00–1:40 p.m.
Sundays 8:45–9:25 a.m.
Sundays 9:30–10:10 a.m.
Sundays 12:20–1:00 p.m.
Sundays 1:00–1:40 p.m.

Crocodile **\$73.00**

Saturdays 8:45–9:25 a.m.
Saturdays 12:15–12:55 p.m.

Whale **\$73.00**

Saturdays 11:00–11:40 a.m.

* Non-residents please add \$15

* The schedule may change without prior notice