



CENTRE SPORTIF DE LA PETITE BOURGOGNE



SPRING 2020 PROGRAMING

Registration Saturday, March 21, 2020 starting at 1:00 p.m. online, Facebook or onsite

Spring 2020 Registration

Saturday, June 13, 2020, starting at 1:00 p.m., online, Facebook or onsite

2020 Summer Camp Registration

Saturday, March 21, 2020, from 9:00 a.m. to noon, H3J and H3C only
Sunday, March 22, 2020, from 9:00 a.m., registration for all



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

Partner of the Ville de Montréal

With financial support from



MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From March 30 to June 21, 2020

Afro-Caribbean

Saturdays 11:45 a.m.–12:45 p.m. **\$84.00**

Aikido

Tue. and Thu. 8:00–9:00 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**

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. 8:30–10:00 a.m. **\$168.00**

Fitness 55 years +

Wed. and Fri. 11:00 a.m.–noon **\$136.00**

Spinning

Fridays 6:00–7:00 p.m. **\$75.00**

Strong by Zumba

Mondays 11:00–noon **\$84.00**

Taekwondo adults and teens

Mon. and Wed. 7:00–8:30 p.m. **\$125.00**

Yoga

Sundays 10:00–11:00 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 March 30 to June 12, 2020

Taekwondo 6-9 year olds (2 days/week)

Wednesdays 4:30–6:00 p.m.
Fridays 4:00–5:30 p.m. **\$94.00**

Taekwondo 10-12 year olds (2 days/week)

Mondays 4:30–6:00 p.m.
Fridays 5:30–7:00 p.m. **\$94.00**

From April 4 to June 6, 2020

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 April 4 to June 6, 2020



Camomille la chenille ages 12-18 months Cannelle la coccinelle ages 18-24 months

Saturdays 8:30–9:20 a.m. **\$74.00**

Groseille l'abeille 2-2½-year olds Fenouil la grenouille 2½-3 year olds

Saturdays 9:30–10:20 a.m. **\$74.00**

Potiron le papillon 3-4 year olds 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 March 30 to June 21, 2020

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**
Reserve Saturday starting at noon. 2 hrs **\$15.00**

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
Christelle Langree christelle@cspb.ca

SENIOR SWIMMING CLASSES

From March 30 to June 18, 2020

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'eu

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

Aquaphisi'eu

Wednesdays 2:00–2:55 p.m. **\$72.00**

ADULT SWIMMING CLASSES

From March 30 to June 19, 2020

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**

Thursday 2:00–2:45 p.m. **\$82.00**

Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:25 p.m.

March 30 to June 17, 2020 **\$136.00**

March 30 to May 6, 2020 **\$68.00**

May 11 to June 17, 2020 **\$68.00**

Masters Swim Club

Tue. and Thu. 6:30–7:55 a.m.

March 31 to June 18, 2020 **\$143.00**

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 April 4 to June 7, 2020

Junior 1		\$73.00	Junior 3		\$73.00	Junior 5-6		\$80.00
Saturdays	8:45-9:25 a.m.		Saturdays	8:00-8:40 a.m.		Saturdays	12:15-1:05 p.m.	
Saturdays	10:05-10:45 a.m.		Saturdays	10:15-10:55 a.m.		Saturdays	1:05-1:55 p.m.	
Saturdays	12:15-12:55 p.m.		Saturdays	1:10-1:50 p.m.		Sundays	11:00-11:50 a.m.	
Saturdays	1:15-1:55 p.m.		Sundays	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.		Junior 7-8		
Sundays	8:35-9:15 a.m.		Sundays	12:15-12:55 p.m.		\$80.00		
Sundays	10:15-10:55 a.m.		Junior 4		\$73.00	Saturdays	10:50-11:40 a.m.	
Sundays	12:30-1:10 p.m.		Saturdays	9:30-10:10 a.m.		Saturdays	12:15-1:05 p.m.	
Sundays	1:00-1:40 p.m.		Saturdays	11:00-11:40 a.m.		Sundays	1:05-1:55 p.m.	
Junior 2			\$73.00	Sundays	9:30-10:10 a.m.	Junior 9-10		
Saturdays	8:45-9:25 a.m.		Sundays	10:15-10:55 a.m.		Saturdays	1:05-1:55 p.m.	
Sundays	8:00-8:40 a.m.					Sundays	10:55-11:45 a.m.	
Sundays	8:45-9:25 a.m.							
Sundays	11:00-11:40 a.m.							
Sundays	12:15-12:55 p.m.							

SWIMMING CLASSES FOR PRESCHOOLERS 4 MONTHS TO 6 YEARS

From March 30 to June 7, 2020

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

* Non-residents please add \$15

* The schedule may change without prior notice



CENTRE SPORTIF DE
LA PETITE-BOURGOGNE

FREE OR LOW FEE ACTIVITIES

GYM ACTIVITIES

From April 4 to June 6, 2020

Multi sports

Various sports activities supervised by a monitor.

Saturdays (Ages 6-8)	9:00–10:00 a.m.	\$10.00
Saturdays (Ages 9-11)	10:00–11:00 a.m.	\$10.00
Saturdays (Ages 12-15)	11:00–noon	\$10.00

Board games from around the world | For All

On-site reservations, the day of, limited seating.

Saturdays	9:00 a.m.–noon	Free
-----------	----------------	-------------

From March 31 to June 4, 2020

Soccer

Tuesday (Ages 6-12)	4:30–6:30 p.m.	Free
Thursday (Ages 13+)	4:30–6:30 p.m.	\$25.00

MULTIPURPOSE ROOM ACTIVITIES

From March 31 to June 2, 2020

Creative writing | 10-13 year olds

Tuesdays	3:30–5:30 p.m.	Free
----------	----------------	-------------

From April 1 to June 3, 2020

Theater | 9-13 year olds

Wednesdays	3:30–5:30 p.m.	Free
------------	----------------	-------------

ACTIVITIES AT PETITE-BOURGOGNE SCHOOL

From March 30 to June 17, 2020

Muay Thai | 14-18 year olds

Mondays and Wed.	7:00–8:30 p.m.	\$20.00
------------------	----------------	----------------

SOCIAL AND EDUCATIONAL ACTIVITIES

RHYTHM AND CULTURAL WORKSHOPS

Sundays, from 11:30 a.m. to 1:00 p.m.
\$20.00 per workshop | \$45.00 for three workshops

Each rhythm has its own story and each dance its origin, according to the country where it was born.

Travel around the world and discover the history of musical inspirations from different cultures. Whether by playing an instrument or dancing, your body will be invited to join in the movement of this unique experience.

Guaranteed fun!

March 22 Percussion with Saya Production

April 5 Gumboots

April 19 Salsa

ACTIVITIES FOR BABIES

Thursdays, from 9:30 a.m. to 11:30 a.m.
\$12.00 per workshop | \$96.00 for all eight workshops

A new baby brings so much joy, and also often a lot of worries and questions. New parents looking for answers are invited to this friendly series of eight workshops.

Various baby and parenthood topics will be discussed. A time and a space conducive to relaxing and swapping experiences over a cup of coffee!

April 2 Accompanying Your Infant toward Autonomy

April 9 First Aid

April 16 Sign Language

April 23 Baby Massage

30 avril Baby Sleep Conference

May 7 Sound Initiation

May 14 EMR

May 21 Sewing with Recycled Fabric

RECREATIONAL ACTIVITIES

WALKING TOURS THROUGH THE NEIGHBOURHOOD

THE LITTLE BURGUNDY, GRIFFINTOWN AND LACHINE CANAL EXPERIENCE

Saturdays, May 23 and July 18
From 2:00 p.m. to 5:00 p.m.
\$20.00

From the start of the Industrial Revolution and the birth of jazz in Canada to the neighbourhood's renaissance as a "culinary corridor" and urban development experiment, Montréal's southwest district, known as Little Burgundy, has undergone profound transformations.

We will explore some of the key landmarks that embody these changes and meet a few movers and shakers who have been part of "Burgz" history or who are writing its new story and direction.

THE MONTRÉAL ANTIQUE DEALER AND ART GALLERY EXPERIENCE

Saturdays, June 27 and August 22
From 2:00 p.m. to 5:00 p.m.
\$20.00

Located along Notre-Dame Street in Little Burgundy and Griffintown, Montréal's antique district was once home to nearly 60 antique shops and attracted visitors and collectors from the world over. Some rare finds even ended up in The Met in New York. Today, only a few dealers have survived the neighbourhood's transformation into Montréal's "culinary district," but those that remain are true gems.

Meet the owners and managers of some of the best antique stores and art galleries in southwest Montréal for a private exhibition of their collections and a special moment hearing their unique knowledge, stories and experience.



CENTRE SPORTIF DE
LA PETITE-BOURGOGNE

FREE SWIM SCHEDULE ADULT

From March 30 to June 21, 2020

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

Tuesday noon–12:55 p.m.
4:30–5:20 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.
4:30–5:20 p.m.
8:30–9:25 p.m.

Friday 7:00–8:55 a.m.
noon–12:55 p.m.
4:00–4:50 p.m.
8:30–9:25 p.m.

Saturday 2:00–3:20 p.m.

Sunday 2:00–3:20 p.m.

FREE SWIM SCHEDULE ALL

From March 30 to June 21, 2020

Monday 4:30–5:20 p.m.

Tuesday 3:30–4:20 p.m.

Wednesday 4:30–5:20 p.m.

Thursday 3:30–4:20 p.m.

Friday 5:00–7:50 p.m.

Saturday 3:30–4:50 p.m.
(no lanes)

Sunday 3:30–4:50 p.m.
(no lanes)

Free activity * Bathing cap mandatory