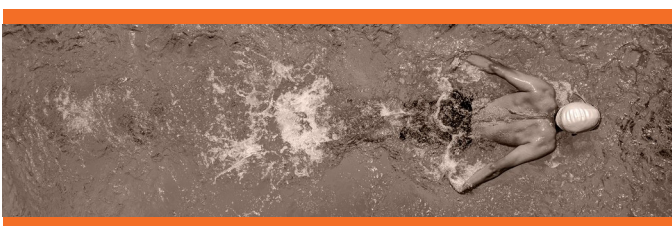




CENTRE SPORTIF DE LA PETITE BOURGOGNE



FALL 2020 PROGRAMING

Registration Saturday, September 12, 2020 starting at 9:00 a.m. online only

Winter 2021

Pre-registration

Saturday, December 5, 2020, starting at 9:00 a.m., online only

Registration

Saturday, December 12, 2020, starting at 9:00 a.m., online only

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Partner of the Ville de Montréal

With financial support from



MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From September 21 to December 13, 2020

Afro-Caribbean
Saturdays 11:45 a.m.–12:35 p.m. **\$88.00**

Aikido
Tuesday 8:00–8:50 p.m. **\$71.00**

Cardio Boxe
Tue. and Thu. 6:00–6:50 p.m. **\$142.00**
Sundays 11:00–11:50 a.m. **\$88.00**

Line dancing
Mon. and Wed. 10:00–10:50 a.m. **\$142.00**

Meditation
Sundays 10:00–10:45 a.m. **\$88.00**

Fitness with baby
Fridays 9:30–10:50 a.m. **\$88.00**

Pilates
Tue. and Thu. 7:00–7:50 p.m. **\$142.00**

Qi Gong
Mon. and Wed. 9:00–9:50 a.m. **\$142.00**

Fitness 55 years +
Mon./Wed./Fri. 11:00 a.m.–11:50 a.m.
1 x \$77.00 / 2 x \$142.45 / 3 x \$204.05

Spinning
Tue. and Thu. noon–12:45 p.m. **\$142.00**
Fridays 6:00–6:50 p.m. **\$80.00**

Strong by Zumba
Tue. and Thu. noon–12:50 p.m. **\$142.00**

Taekwondo adults and teens
Mon. and Wed. 7:00–8:15 p.m. **\$135.00**

Yoga
Sundays 9:00–9:50 a.m. **\$88.00**

Yogalates
Mon./Wed./Fri. noon–12:50 p.m.
1 x \$77.00 / 2 x \$142.45 / 3 x \$204.05

Zumba
Mon. and Wed. 6:00–6:50 p.m. **\$142.00**

Muscle tone
Tue. and Thu. 11:00–11:50 a.m. **\$142.00**

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

MULTIPURPOSE ROOM KID'S CLASSES

From September 21 to November 27, 2020

Taekwondo 6-9 year olds (3 days/week) **\$230.00/yr**
Mon./Wed./Fri. 4:00–4:45 p.m. **\$100.00**

Taekwondo 10-12 year olds (3 days/week) **\$230.00/yr**
Mon./Wed./Fri. 5:00–5:45 p.m. **\$100.00**

* From September 21, 2020 to June 4, 2021 (1 Year)

From September 26 to November 28, 2020

Hip Hop for 6-9 year olds
samedi 9:00–9:45 a.m. **\$78.00**

Hip Hop for 10-12 year olds
samedi 10:00–10:45 a.m. **\$78.00**

LE JARDIN DE PIROUETTE ET CABRIOLE



A parent-child psychomotor skills program

From September 26 to November 28, 2020

Camomille la chenille ages 12-18 months
Cannelle la coccinelle ages 18-24 months
Saturdays 9:00–9:45 a.m. **\$78.00**

Groseille l'abeille 2-2½-year olds
Fenouil la grenouille 2½-3 year olds
Saturdays 10:00–10:45 a.m. **\$78.00**

Potiron le papillon 3-4 year olds
Grande Feuille l'écureuil 4-5 year olds
Saturdays 11:00–11:45 a.m. **\$78.00**



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

MULTIPURPOSE ROOM AND GYM ACTIVITIES

From September 21 to December 13, 2020

Badminton
Reserve by phone or online.
Must be a member (mandatory).
One court per reservation.
Maximum 4 people per court.

Mon./Wed./Thu./Fri. 11:30–1:30 p.m.

Reserve One day before

Mon./Tue./Wed. noon–1:00 p.m.

Reserve One day before

Monday and Wednesday 5:30–9:30 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 **\$22.50/2 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**

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 September 22 to December 10, 2020

Senior Aquafitness

Tue. and Thu. 9:00–9:45 a.m. **\$142.00**

Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$65.00**

Physi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$142.00**

Aquaphisi'eau

Wednesdays 2:00–2:45 p.m. **\$75.00**

ADULT SWIMMING CLASSES

From September 21 to December 11, 2020

Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$142.00**

Aquafitness

Mon. and Wed. 5:30–6:15 p.m. **\$142.00**

Mon. and Wed. 6:30–7:15 p.m. **\$142.00**

Tue. and Thu. 5:30–6:15 p.m. **\$142.00**

Tue. and Thu. 6:30–7:15 p.m. **\$142.00**

Tue. and Thu. 7:30–8:15 p.m. **\$142.00**

Fridays 10:00–10:45 a.m. **\$71.00**

Aquastroller

Tue. and Thu. 11:00–11:45 a.m. **\$142.00**

Aquaspinning

Mon./Wed./Fri. 9:00–9:45 a.m.

Tue./Thu. 6:30–7:15 p.m.

Wednesdays 1:00–1:45 p.m.

Wednesdays 5:30–6:15 p.m.

Thursday 2:15–3:00 p.m.

1 x \$86.00 / 2 x \$159.10 / 3 x \$227.90

Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:15 p.m.

September 21 to December 9, 2020 **\$142.00**

September 21 to October 28, 2020 **\$71.00**

November 2 to December 9, 2020 **\$71.00**

Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.

September 22, 2020 to December 10, 2020 **\$150.00**

September 22, 2020 to au August 12, 2021 **\$492.00/Yr**

Length ahead (Reserve the day before)

Mon./Wed./Fri. 7:00–7:55 a.m.

Mon./Wed./Fri. 8:00–8:55 a.m.

Tue. and Thu. 8:45–9:40 a.m.

Tue. and Thu. 9:45–10:40 a.m.

Tue. and Thu. 10:45–11:40 a.m. **\$5.00/hour**

RED CROSS SWIMMING CLASSES FOR KIDS AGES 6–12 YEARS

From September 26 to November 29, 2020

Junior 1 (with a parent) \$73.00		Junior 3 \$73.00		Junior 5-6 \$73.00	
Saturdays	9:00–9:30 a.m.	Saturdays	9:50–10:20 a.m.	Saturdays	11:30–noon
Saturdays	11:30–noon	Sundays	11:30–noon	Sundays	10:40–11:10 a.m.
Sundays	9:50–10:20 a.m.	Sundays	1:10–1:40 p.m.	Junior 7-8 \$73.00	
Junior 2 (with a parent) \$73.00		Junior 4 \$73.00		Junior 9-10 \$73.00	
Saturdays	12:20–12:50 p.m.	Saturdays	9:00–9:30 a.m.	Saturdays	12:20–12:50 p.m.
		Sundays	9:00–9:30 a.m.	Sundays	1:10–1:40 p.m.

Classes with parent:
only one parent permitted.

SWIMMING CLASSES FOR PRESCHOOLERS 4 MONTHS TO 6 YEARS

From September 26 to November 29, 2020

Starfish (with a parent) \$68.00		Sea otter (with a parent) \$68.00		Moonfish (with a parent) \$73.00	
Saturdays	9:00–9:30 a.m.	Saturdays	12:20–12:50 p.m.	Saturdays	9:50–10:20 a.m.
Saturdays	10:40–11:10 a.m.	Saturdays	1:10–1:40 p.m.	Saturdays	1:10–1:40 p.m.
Sundays	9:50–10:20 a.m.	Sundays	9:00–9:30 a.m.	Sundays	9:00–9:30 a.m.
Sundays	11:30–noon	Sundays	1:10–1:40 p.m.	Sundays	12:20–12:50 p.m.
Duck (with a parent) \$68.00		Salamander (with a parent) \$73.00		Crocodile \$73.00	
Saturdays	9:50–10:20 a.m.	Saturdays	9:00–9:30 a.m.	Saturdays	10:40–11:10 a.m.
Sundays	10:40–11:10 a.m.	Saturdays	9:50–10:20 a.m.	Sundays	10:40–11:10 a.m.
		Saturdays	10:40–11:10 a.m.	Whale \$73.00	
Sea turtle (with a parent) \$68.00		Saturdays	11:30–noon	Saturdays	10:40–11:10 a.m.
Saturdays	11:30–noon	Saturdays	12:20–12:50 p.m.	Sundays	9:50–10:20 a.m.
Sundays	12:20–12:50 p.m.	Saturdays	1:10–1:40 p.m.	Sundays	11:30–noon
		Sundays	9:00–9:30 a.m.	Classes with parent: only one parent permitted.	
		Sundays	9:50–10:20 a.m.		
		Sundays	10:40–11:10 a.m.		
		Sundays	11:30–noon		
		Sundays	12:20–12:50 p.m.		
		Sundays	1:10–1:40 p.m.		

* Drop-in rate \$10 * 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 September 26 to November 28, 2020

Multi sports

Various sports activities supervised by a monitor.

Saturdays (Ages 6-8)	9:15–10:00 a.m.	\$12.00
Saturdays (Ages 9-11)	10:15–11:00 a.m.	\$12.00

From September 22 to November 26, 2020

Soccer

Tuesday (Ages 6-12)	5:00–6:15 p.m.	Free
Thursday (Ages 16+)	5:00–6:15 p.m.	Free



CENTRE SPORTIF de
LA PETITE BOURGOGNE

SOCIAL AND EDUCATIONAL ACTIVITIES

ACTIVITIES FOR BABIES

Thursdays, from 9:15 a.m. to 10:45 a.m.

\$15.00 per workshop | \$98.00 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!

October 8	CPR First Aid
October 15	Sign Language
October 22	Awakening of The Baby: Accompanying Your Infant toward Autonomy
October 29	Conference: Baby Sleep
November 5	Mindfulness and Family Life
November 12	Sewing workshop with Recycled Fabric
November 19	Musical Discovery
November 26	The Arrival of The Baby: Adapting to a New Reality



CENTRE SPORTIF de
LA PETITE BOURGOGNE

FREE SWIM SCHEDULE **ADULT**

From September 21 to December 13, 2020

Monday 11:00–11:45 a.m.
noon–12:45 p.m.
8:30–9:15 p.m.

Tuesday noon–12:45 p.m.
4:30–5:15 p.m.
8:30–9:15 p.m.

Wednesday 11:00–11:45 a.m.
noon–12:45 p.m.
8:30–9:15 p.m.

Thursday noon–12:45 p.m.
4:30–5:15 p.m.
8:30–9:15 p.m.

Friday 11:00–11:45 a.m.
noon–12:45 p.m.
4:00–5:00 p.m.
8:00–9:00 p.m.

Saturday 2:15–3:15 p.m.

Sunday 2:15–3:15 p.m.

FREE SWIM SCHEDULE **ALL**

From September 21 to December 13, 2020

Monday 4:00–4:45 p.m.

Tuesday 3:30–4:15 p.m.

Wednesday 4:00–4:45 p.m.

Thursday 3:30–4:15 p.m.

Friday 5:15–6:15 p.m.
6:30–7:30 p.m.

Saturday 3:30–4:45 p.m.

Sunday 3:30–4:45 p.m.

Free admission * On reservation only
Limited number of places * Bathing cap mandatory