



**CENTRE SPORTIF DE  
LA PETITE BOURGOGNE**



## MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From September 13 to December 12, 2021

**Afro-Caribbean**  
Saturdays 11:45 a.m.–12:35 p.m. **\$90.00**

**Aikido**  
Tue. and Thu. 8:00–8:50 p.m. **\$145.00**

**Cardio Boxe**  
Tue. and Thu. 6:00–6:50 p.m. **\$145.00**  
Sundays 11:00–11:50 a.m. **\$90.00**

**Line dancing**  
Mon. and Wed. 10:00–10:50 a.m. **\$145.00**

**Meditation**  
Sundays 10:00–10:45 a.m. **\$90.00**

**Fitness with baby**  
Fridays 9:30–10:50 a.m. **\$90.00**

**Pilates**  
Tue. and Thu. 7:00–7:50 p.m. **\$145.00**

**Fitness 55 years +**  
Mon./Wed./Fri. 11:00 a.m.–11:50 a.m.  
**1 x \$79.00 / 2 x \$146.15 / 3 x \$209.35**

**Spinning**  
Tue. and Thu. noon–12:45 p.m. **\$145.00**  
Fridays 6:00–6:50 p.m. **\$90.00**

**Strong by Zumba**  
Tue. and Thu. noon–12:50 p.m. **\$145.00**

**Taekwondo adults and teens**  
Mon. and Wed. 7:00–8:15 p.m. **\$140.00**

**Yoga**  
Sundays 9:00–9:50 a.m. **\$90.00**

**Yogalates**  
Mon./Wed./Fri. noon–12:50 p.m.  
**1 x \$79.00 / 2 x \$146.15 / 3 x \$209.35**

**Zumba**  
Mon. and Wed. 6:00–6:50 p.m. **\$145.00**

**Muscle tone**  
Tuesdays 11:00–11:50 a.m. **\$90.00**

**Essentrics**  
Thursdays 11:00–11:50 a.m. **\$90.00**

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

## MULTIPURPOSE ROOM KID'S CLASSES

From September 13 to November 26, 2021

**Taekwondo 6-9 year olds (3 days/week)** **\$245.00/yr**  
Mon./Wed./Fri. 4:00–4:45 p.m. **\$105.00**

**Taekwondo 10-12 year olds (3 days/week)** **\$245.00/yr**  
Mon./Wed./Fri. 5:00–5:45 p.m. **\$105.00**

\* From September 13, 2021 to June 10, 2022 (1 Year)

From September 18 to November 20, 2021

**Hip Hop for 6-9 year olds**  
samedi 9:00–9:45 a.m. **\$80.00**

**Hip Hop for 10-12 year olds**  
samedi 10:00–10:45 a.m. **\$80.00**

## LE JARDIN DE PIROUETTE ET CABRIOLE



**A parent-child psychomotor skills program**

From September 18 to November 20, 2021

**Camomille la chenille ages 12-18 months**  
**Cannelle la coccinelle ages 18-24 months**  
Saturdays 9:00–9:45 a.m. **\$80.00**

**Groseille l'abeille 2-2½-year olds**  
**Fenouil la grenouille 2½-3 year olds**  
Saturdays 10:00–10:45 a.m. **\$80.00**

**Potiron le papillon 3-4 year olds**  
**Grande Feuille l'écureuil 4-5 year olds**  
Saturdays 11:00–11:45 a.m. **\$80.00**



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

## MULTIPURPOSE ROOM AND GYM ACTIVITIES

From September 13 to December 12, 2021

**Badminton**  
Reserve by phone.  
**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 for the same day, starting at 7:00 a.m.

Mon./Tue./Wed. noon–1:00 p.m.  
Reserve for the same day, starting at 7:00 a.m.

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**

**Ping Pong**  
Sundays 3:00–5:00 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**

## FALL 2021 PROGRAMING

Registration Saturday, August 21, 2021  
starting at 9:00 a.m. online only

Winter 2022

Pre-registration  
Saturday, December 4, 2021, starting at 9:00 a.m., online only

Registration  
Saturday, December 11, 2021, starting at 9:00 a.m., online only



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Partner of the Ville de Montréal

With financial support from



## SENIOR SWIMMING CLASSES

From September 14 to December 9, 2021

### Senior Aquafitness

Tue. and Thu. 9:00–9:45 a.m. **\$145.00**

### Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$75.00**

### Aquaphisi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$145.00**

Wednesdays 2:00–2:45 p.m. **\$75.00**

## ADULT SWIMMING CLASSES

From September 13 to December 12, 2021

### Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$145.00**

### Aquafitness

Mon. and Wed. 5:30–6:15 p.m. **\$145.00**

Mon. and Wed. 6:30–7:15 p.m. **\$145.00**

Tue. and Thu. 5:30–6:15 p.m. **\$145.00**

Tue. and Thu. 6:30–7:15 p.m. **\$145.00**

Tue. and Thu. 7:30–8:15 p.m. **\$145.00**

Fridays 10:00–10:45 a.m. **\$72.00**

### Aquastroller

Tue. and Thu. 11:00–11:45 a.m. **\$145.00**

### 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 \$90.00 / 2 x \$166.50 / \* 3 x \$238.50**

### Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:15 p.m.

September 13 to December 8, 2021 **\$144.30**

September 13 to October 25, 2021 **\$78.00**

October 27 to December 8, 2021 **\$78.00**

### Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.

September 14, 2021 to December 2, 2021 **\$155.00**

September 14, 2021 to au August 11, 2022 **\$510.00/Yr**

### Length ahead (Reserve online)

From September 13 to December 10, 2021

Monday to Friday 9:00–9:55 a.m.

Monday to Friday 10:00–10:55 a.m.

Monday to Friday 11:00–11:55 a.m.

Tue. and Thu. 8:00–8:55 a.m. **\$5.00/hour**

## RED CROSS SWIMMING CLASSES FOR TEENAGERS AGES 13–18 YEARS

From September 13 to December 10, 2021

### Swimming Style Red Cross **\$82.00**

Thursdays 6:30–7:15 p.m.

## RED CROSS SWIMMING CLASSES FOR KIDS AGES 6–12 YEARS

From September 18 to November 21, 2021

### Junior 1 (with a parent)\*\* **\$73.00**

Saturdays 8:50–9:30 a.m.

Saturdays 11:00–11:40 a.m.

Sundays 9:40–10:20 a.m.

### Junior 2 (with a parent)\*\* **\$73.00**

Saturdays 8:00–8:40 a.m.

Sundays 11:20–noon

Saturdays 12:10–12:50 p.m.

### Junior 3 **\$73.00**

Saturdays 8:00–8:40 a.m.

Saturdays 9:40–10:20 a.m.

Sundays 8:00–8:40 a.m.

Sundays 11:20–noon

Sundays 1:00–1:40 p.m.

### Junior 4 **\$73.00**

Saturdays 8:50–9:30 a.m.

Sundays 8:40–9:20 a.m.

### Junior 5-6 **\$73.00**

Saturdays 11:20–noon

Sundays 10:30–11:10 a.m.

### Junior 7-8 **\$73.00**

Saturdays 1:00–1:40 p.m.

Sundays 11:50–12:30 p.m.

### Junior 9-10 **\$73.00**

Saturdays 9:20–10:00 a.m.

Saturdays 12:10–12:50 p.m.

Sundays 1:00–1:40 p.m.

### Classes with parent:

only one parent permitted.

## SWIMMING CLASSES FOR PRESCHOOLERS 4 MONTHS TO 6 YEARS

From September 18 to November 21, 2021

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

Saturdays 8:00–8:30 a.m.

Saturdays 8:40–9:10 a.m.

Sundays 8:00–8:30 a.m.

Sundays 9:30–10:00 a.m.

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

Saturdays 10:30–11:10 a.m.

Sundays 10:30–11:10 a.m.

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

Saturdays 11:20–noon

Sundays 12:10–12:50 p.m.

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

Saturdays 11:50–12:30 p.m.

Saturdays 1:00–1:40 p.m.

Sundays 8:50–9:30 a.m.

Sundays 1:00–1:40 p.m.

### Salamander (with a parent)\*\* **\$73.00**

Saturdays 8:00–8:40 a.m.

Saturdays 8:50–9:30 a.m.

Saturdays 9:40–10:20 a.m.

Saturdays 10:30–11:10 a.m.

Saturdays 11:20–noon

Saturdays 12:10–12:50 p.m.

Saturdays 12:40–1:20 p.m.

Sundays 8:00–8:40 a.m.

Sundays 8:50–9:30 a.m.

Sundays 9:40–10:20 a.m.

Sundays 10:10–10:50 a.m.

Sundays 11:20–noon

Sundays 12:10–12:50 p.m.

Sundays 12:40–1:20 p.m.

### Moonfish (with a parent)\*\* **\$73.00**

Saturdays 9:40–10:20 a.m.

Saturdays 1:00–1:40 p.m.

Sundays 8:00–8:40 a.m.

Sundays 8:50–9:30 a.m.

Sundays 12:10–12:50 p.m.

### Crocodile **\$73.00**

Saturdays 10:30–11:10 a.m.

Sundays 10:30–11:10 a.m.

### Whale **\$73.00**

Saturdays 10:10–10:50 a.m.

Sundays 9:40–10:20 a.m.

Sundays 11:00–11:40 a.m.

### Classes with parent:

only one parent permitted.

\* Drop-in rate \$10 \* Non-residents please add \$15

\* The schedule may change without prior notice

\*\* For this classes: Salamander/Moonfish/Junior 1/Junior 2: Some modifications to the rule about the accompanying parent may change for September.



## FREE OR LOW FEE ACTIVITIES

### GYM ACTIVITIES

From September 18 to November 20, 2021

#### Multi sports

Various sports activities supervised by a monitor.

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

From September 18 to November 20, 2021

#### Soccer

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

From September 18 to November 20, 2021

#### Board games

Sundays	9:00–11:30 a.m.	<b>Free</b>
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## ACTIVITIES AT PETITE-BOURGOGNE SCHOOL

From September 13 to November 17, 2021

#### Muay Thai | 14-18 year olds

Mondays and Wed.	7:00–8:15 p.m.	<b>\$20.00</b>
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## 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 14** **Awakening of The Baby: Accompanying Your Infant toward Autonomy**

**October 21** **Conference: Baby Sleep**

**October 28** **Sewing workshop with Recycled Fabric**

**November 4** **Mindfulness and Family Life**

**November 11** **Sign Language**

**November 18** **Musical Discovery**

**November 25** **CPR First Aid**

**December 2** **The Arrival of The Baby: Adapting to a New Reality**



## FREE SWIM SCHEDULE ADULT

From September 13 to December 12, 2021

**Monday** 7:00–7:45 a.m.  
8:00–8:45 a.m.  
noon–12:45 p.m.  
8:30–9:15 p.m.

**Tuesday** noon–12:45 p.m.  
3:30–4:15 p.m.  
8:30–9:15 p.m.

**Wednesday** 7:00–7:45 a.m.  
8:00–8:45 a.m.  
noon–12:45 p.m.  
8:30–9:15 p.m.

**Thursday** noon–12:45 p.m.  
3:30–4:15 p.m.  
8:30–9:15 p.m.

**Friday** 7:00–7:45 a.m.  
8:00–8:45 a.m.  
noon–12:45 p.m.  
4:00–4:45 p.m.  
8:30–9:15 p.m.

**Saturday** 2:15–3:15 p.m.

**Sunday** 2:15–3:15 p.m.

## FREE SWIM SCHEDULE ALL

From September 13 to December 12, 2021

**Monday/ Wednesday** 4:00–4:45 p.m.

**Tuesday/ Thursday** 4:30–5:15 p.m.

**Friday** 5:00–5:45 p.m.  
6:00–6:45 p.m.  
7:00–7:45 p.m.

**Saturday/ Sunday** 3:30–4:30 p.m.

Free admission \* Reservation online only  
Limited number of places \* Bathing cap mandatory