



**CENTRE SPORTIF DE
LA PETITE BOURGOGNE**



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

Le Sud-Ouest
Montréal 

Éducation,
Loisir et Sport
Québec 

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.

Monday to Friday 11:30–1:45 p.m.
Reserve for the same day, starting at 7:00 a.m.

Monday and Wednesday 5:30–10:15 p.m.
Reserve for the same day, starting at 7:00 a.m.

Sundays noon–2:15 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

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

From September 18 to November 20, 2021

Soccer

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

From September 18 to November 20, 2021

Board games

Sundays	9:00–11:30 a.m.	Free
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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.	\$20.00
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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