



CENTRE SPORTIF DE LA PETITE BOURGOGNE



WINTER 2022 PROGRAMING

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

Spring 2022

Pre-registration

Saturday, March 19, 2022, starting at 9:00 a.m., online only

Registration

Saturday, March 26, 2022, starting at 1:00 p.m., online only

Spring Break from February 28 to March 4, 2022

Registration January 24, 2022, starting at 9:00 a.m., online only

2022 Summer Camp registration (district only)

Saturday, March 26, 2022, from 9:00 a.m. to noon, online only



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 January 3 to March 27, 2022

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 Nation

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 January 3 to March 18, 2022

Taekwondo 6-9 year olds (3 days/week)

Mon./Wed./Fri. 4:00–4:45 p.m. **\$105.00**

Taekwondo 10-12 year olds (3 days/week)

Mon./Wed./Fri. 5:00–5:45 p.m. **\$105.00**

From January 8 to March 12, 2022

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 January 8 to March 12, 2022



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 January 3 to March 27, 2022

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 9:15 a.m.–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 9:30–11:45 a.m.

3:00–5:15 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)

Send an email from January 11, 2022

to jean-baptiste@cspb.ca for private classes

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 January 4 to March 24, 2022

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 January 3 to March 24, 2022

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.

January 3 to March 23, 2022 **\$144.30**

January 3 to February 16, 2022 **\$78.00**

February 21 to March 23, 2022 **\$78.00**

Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.

January 4 to March 24, 2022 **\$155.00**

Length ahead (Reserve online)

From January 3 to March 25, 2022

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 January 6 to March 24, 2022

Swimming Style Red Cross **\$82.00**

Thursdays 6:30–7:15 p.m.

RED CROSS SWIMMING CLASSES FOR KIDS AGES 6–12 YEARS

From January 8 to March 13, 2022

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 January 8 to March 13, 2022

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.



CENTRE SPORTIF de
LA PETITE BOURGOGNE

FREE OR LOW FEE ACTIVITIES

GYM ACTIVITIES

From January 4 to March 12, 2022

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**

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

FREE SWIM SCHEDULE **ADULT**

From January 3 to March 27, 2022

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 January 3 to March 27, 2022

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