

MULTIPURPOSE ROOM

KID'S CLASSES

From May 9 to June 19, 2022

Taekwondo 6-9 year olds (3 days/week)
Mon./Wed./Fri. 4:00-4:45 p.m. **\$52.00**

Taekwondo 10-12 year olds (3 days/week)
Mon./Wed./Fri. 5:00-5:45 p.m. **\$52.00**

From May 9 to June 19, 2022

Hip Hop for 6-9 year olds
samedi 9:00-9:45 a.m. **\$40.00**

Hip Hop for 10-12 year olds
samedi 10:00-10:45 a.m. **\$40.00**

LE JARDIN DE

PIROUETTE ET CABRIOLE

A parent-child psychomotor skills program

From May 9 to June 19, 2022



Camomille la chenille ages 12-18 months
Cannelle la coccinelle ages 18-24 months
Saturdays 9:00-9:45 a.m. **\$40.00**

Groseille l'abeille 2-2½-year olds
Fenouil la grenouille 2½-3 year olds
Saturdays 10:00-10:45 a.m. **\$40.00**

Potiron le papillon 3-4 year olds
Grande Feuille l'écureuil 4-5 year olds
Saturdays 11:00-11:45 a.m. **\$40.00**



- * 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 11:30-1:30 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 9:15 a.m -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 9:15-11:30 a.m. 1 hr \$10.00
3:00-5:00 p.m. 2 hrs \$15.00
Reserve Saturday starting at noon.

SPECIALIZED AND PRIVATE CLASSES

Private swimming classes
\$40/hour (6 hours +) | \$50/hour (1 to 5 hours)
Send an email from May 2, 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



CENTRE SPORTIF DE LA PETITE BOURGOGNE



SPRING 2022 PROGRAMING

From May 9 to June 19, 2022

Pre-registration
From April 23 to 29, 2022, starting at 9:00 a.m., online only

Registration
From Saturday, April 30, 2022, starting at 9:00 a.m., online only

Summer - From June 20 to August 19, 2022
* No pre-registration

Registration
From Saturday, June 11, 2022, starting at 9:00 a.m., online only

Follow us on

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 May 9 to June 19, 2022

Afro-Caribbean
Saturdays 11:45 a.m.-12:35 p.m. **\$45.00**

Cardio Boxe
Tue. and Thu. 6:00-6:50 p.m. **\$72.50**
Sundays 11:00-11:50 a.m. **\$45.00**

Line dancing
Mon. and Wed. 10:00-10:50 a.m. **\$72.50**

Meditation
Sundays 10:00-10:45 a.m. **\$45.00**

Fitness with baby
Fridays 9:30-10:50 a.m. **\$45.00**

Pilates
Tue. and Thu. 7:00-7:50 p.m. **\$72.50**

Fitness 55 years +
Mon./Wed./Fri. 11:00 a.m.-11:50 a.m.
1 x \$39.50 / 2 x \$73.08 / 3 x \$108.63

Spinning
Tue. and Thu. noon-12:45 p.m. **\$72.50**
Fridays 6:00-6:50 p.m. **\$45.00**

Strong Nation
Tue. and Thu. noon-12:50 p.m. **\$72.50**

Taekwondo adults and teens
Mon. and Wed. 7:00-8:15 p.m. **\$70.00**

Yoga
Sundays 9:00-9:50 a.m. **\$45.00**

Yogalates
Mon./Wed./Fri. noon-12:50 p.m.
1 x \$39.50 / 2 x \$73.08 / 3 x \$108.63

Zumba
Mon. and Wed. 6:00-6:50 p.m. **\$72.50**

Muscle tone
Tuesdays 11:00-11:50 a.m. **\$45.00**

Essentrics
Thursdays 11:00-11:50 a.m. **\$45.00**

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

SENIOR SWIMMING CLASSES

From May 9 to June 19, 2022

Senior Aquafitness

Tue. and Thu. 9:00–9:45 a.m. **\$72.50**

Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$37.50**

Aquaphisi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$72.50**

Wednesdays 2:00–2:45 p.m. **\$37.50**

ADULT SWIMMING CLASSES

From May 9 to June 19, 2022

Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$72.50**

Aquafitness

Mon. and Wed. 5:30–6:15 p.m. **\$72.50**

Mon. and Wed. 6:30–7:15 p.m. **\$72.50**

Tue. and Thu. 5:30–6:15 p.m. **\$72.50**

Tue. and Thu. 6:30–7:15 p.m. **\$72.50**

Tue. and Thu. 7:30–8:15 p.m. **\$72.50**

Fridays 10:00–10:45 a.m. **\$37.50**

Aquastroller

Tue. and Thu. 11:00–11:45 a.m. **\$72.50**

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 \$45.00 / 2 x \$83.25 / * 3 x \$123.75

Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:15 p.m.

May 9 to June 19, 2022 **\$72.50**

Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.

May 9 to June 19, 2022 **\$77.50**

Length ahead (Reserve online)

From May 9 to June 19, 2022

Monday to Friday 10:00–10:55 a.m.

Monday to Friday 11:00–11:55 a.m.

Monday to Friday 8:00–8:55 a.m.

Tue. and Thu. 9:00–9:55 a.m. **\$5.00/hour**

RED CROSS SWIMMING CLASSES FOR TEENAGERS AGES 13–18 YEARS

From May 9 to June 19, 2022

Swimming Style Red Cross **\$41.00**

Thursdays 6:30–7:15 p.m.

RED CROSS SWIMMING CLASSES FOR KIDS AGES 6–12 YEARS

From May 14 to June 19, 2022

Junior 1 **\$45.00**

Saturdays 8:50–9:30 a.m.

Saturdays 11:00–11:40 a.m.

Sundays 9:40–10:20 a.m.

Junior 2 **\$45.00**

Saturdays 8:00–8:40 a.m.

Sundays 11:20–noon

Saturdays 12:10–12:50 p.m.

Junior 3 **\$45.00**

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 **\$45.00**

Saturdays 8:50–9:30 a.m.

Sundays 8:40–9:20 a.m.

Junior 5-6 **\$45.00**

Saturdays 11:20–noon

Sundays 10:30–11:10 a.m.

Junior 7-8 **\$45.00**

Saturdays 1:00–1:40 p.m.

Sundays 11:50–12:30 p.m.

Junior 9-10 **\$45.00**

Saturdays 9:20–10:00 a.m.

Saturdays 12:10–12:50 p.m.

Sundays 1:00–1:40 p.m.

SWIMMING CLASSES FOR PRESCHOOLERS 4 MONTHS TO 6 YEARS

From May 14 to June 19, 2022

Starfish (with a parent) **\$42.00**

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) **\$42.00**

Saturdays 10:30–11:10 a.m.

Sundays 10:30–11:10 a.m.

Sea turtle (with a parent) **\$42.00**

Saturdays 11:20–noon

Sundays 12:10–12:50 p.m.

Sea otter (with a parent) **\$42.00**

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 **\$45.00**

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)** **\$45.00**

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 **\$45.00**

Saturdays 10:30–11:10 a.m.

Sundays 10:30–11:10 a.m.

Whale **\$45.00**

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