



**CENTRE SPORTIF DE
LA PETITE BOURGOGNE**



SUMMER 2022 PROGRAMING From June 20 to August 19, 2022

Registration

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

Autumn 2022

Registration

From Saturday, August 27, 2022, starting at 9:00 a.m.,
online only

suivez-nous sur 

1825 Notre-Dame W, Montréal H3J 2Y4 | 514 932-0800 | cspb.ca

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 June 20 to August 19, 2022

Afro-Caribbean

Saturdays 11:45 a.m.–12:35 p.m. **\$68.00**

Cardio Boxe

Tue. and Thu. 6:00–6:50 p.m. **\$109.00**
Sundays 11:00–11:50 a.m. **\$68.00**

Fitness with baby

Fridays 9:30–10:50 a.m. **\$53.00**

Pilates

Thursdays 7:00–7:50 p.m. **\$68.00**

Fitness 55 years +

Mon. and Wed. 11:00–11:50 a.m. **\$109.00**
Fridays 11:00–11:50 a.m. **\$53.00**

Spinning

Tue. and Thu. noon–12:45 p.m. **\$109.00**
Fridays 6:00–6:50 p.m. **\$53.00**

Strong Nation

Tue. and Thu. noon–12:50 p.m. **\$109.00**

Yogalates

Mon. and Wed. noon–12:50 p.m. **\$109.00**

Zumba

Mondays 6:00–6:50 p.m. **\$68.00**

Muscle tone

Tuesdays 11:00–11:50 a.m. **\$68.00**

Essentrics

Tuesdays 7:00–7:50 p.m. **\$68.00**
Thursdays 11:00–11:50 a.m. **\$68.00**

MULTIPURPOSE ROOM AND GYM ACTIVITIES

From June 20 to August 19, 2022

Badminton

Reserve by phone.
Must be a member (mandatory).
One court per reservation.
Maximum 6 people per court.

Monday and Wednesday 5:30–9:00 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**

SPECIALIZED AND PRIVATE CLASSES

Private swimming classes

\$40/hour (6 hours +) | **\$50/hour** (1 to 5 hours)

Send an email from June 13, 2022

to jean-baptiste@cspb.ca for private classes

COORDINATORS

General manager

Dickens Mathurin dickens@cspb.ca

Administrative assistant

Kaouther Ben younes kaouther@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

FREE OR LOW FEE ACTIVITIES

PARK ACTIVITIES

From June 20 to August 19, 2022

OSCAR PETERSON PARK

Soccer Monday and Wednesday
(Ages 6-8) 5:00–6:00 p.m. **Free**
(Ages 9-11) 6:00–7:00 p.m. **Free**
(Ages 12-14) 7:00–8:00 p.m. **Free**

STELCO PARK

Stretching

Mondays noon–1:00 p.m. **Free**

Walking club

Tuesdays 10:30 a.m.–noon **Free**

Running club

Thursdays 7:00–8:15 p.m. **Free**

Sokasweat

Tuesdays 6:00–7:00 p.m. **Free**

Cardio dance

Wednesdays 6:00–7:00 p.m. **Free**

Urban circuit

Wednesdays 7:30–8:30 a.m. **Free**

Wednesdays 6:30–8:00 p.m. **Free**

* Drop-in rate \$10

* Non-residents, please add \$15

* The schedule may change without prior notice

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

* The schedule may change without prior notice



CENTRE SPORTIF de
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SENIOR SWIMMING CLASSES

From June 20 to August 19, 2022

Senior Aquafitness

Tue. and Thu. 9:00–9:45 a.m. **\$109.00**

Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$57.00**

Aquaphisi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$109.00**

ADULT SWIMMING CLASSES

From June 20 to August 19, 2022

Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$109.00**

Aquafitness

Mon. and Wed. 5:30–6:15 p.m. **\$109.00**

Mon. and Wed. 6:30–7:15 p.m. **\$109.00**

Tue. and Thu. 5:30–6:15 p.m. **\$109.00**

Tue. and Thu. 6:30–7:15 p.m. **\$109.00**

Tue. and Thu. 7:30–8:15 p.m. **\$109.00**

Fridays 10:00–10:45 a.m. **\$44.00**

Aquastroller

Tue. and Thu. 11:00–11:45 a.m. **\$109.00**

Aquaspinning

Mondays 9:00–9:45 a.m. **\$68.00**

Tuesdays 6:30–7:15 p.m. **\$68.00**

Wednesdays 9:00–9:45 a.m. **\$68.00**

Wednesdays 5:30–6:15 p.m. **\$68.00**

Thursday 6:30–7:15 p.m. **\$68.00**

Fridays 9:00–9:45 a.m. **\$53.00**

Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:15 p.m.

June 20 to August 19, 2022 **\$109.00**

Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.

June 20 to August 19, 2022 **\$117.00**

Length ahead (Reserve online)

From June 20 to August 19, 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.

Monday to Friday 8:00–8:55 a.m. **\$5.00/hour**

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

* The schedule may change without prior notice

RED CROSS SWIMMING CLASSES FOR KIDS AGES 6–12 YEARS

From June 27 to August 19, 2022

Junior 1 **\$60.00**

Mondays 5:00–5:40 p.m.

Tuesdays 5:45–6:25 p.m.

Wednesdays 5:00–5:40 p.m.

Thursdays 5:45–6:25 p.m.

Junior 2 **\$60.00**

Mondays 5:45–6:25 p.m.

Wednesdays 5:45–6:25 p.m.

Junior 3 **\$60.00**

Mondays 6:30–7:10 p.m.

Wednesdays 6:30–7:10 p.m.

Junior 4 **\$60.00**

Tuesdays 6:30–7:10 p.m.

Junior 5-6 **\$60.00**

Thursdays 6:30–7:10 p.m.

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

* The schedule may change without prior notice

SWIMMING CLASSES FOR PRESCHOOLERS 4 MONTHS TO 6 YEARS

From June 27 to August 19, 2022

Starfish (with a parent) **\$55.00**

Mondays 9:30–10:00 a.m.

Duck (with a parent) **\$55.00**

Wednesdays 9:20–10:00 a.m.

Sea otter (with a parent) **\$55.00**

Wednesdays 5:00–5:40 p.m.

Salamander **\$60.00**

Mondays 5:00–5:40 p.m.

Tuesdays 5:00–5:40 p.m.

Thursdays 5:00–5:40 p.m.

Moonfish **\$60.00**

Mondays 5:45–6:25 p.m.

Wednesdays 5:45–6:25 p.m.

Crocodile **\$60.00**

Mondays 6:30–7:10 p.m.

Wednesdays 6:30–7:10 p.m.

Classes with parent:

only one parent permitted.

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

* The schedule may change without prior notice

FREE SWIM SCHEDULE ADULT

From June 20 to August 19, 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.
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.
8:30–9:15 p.m.

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

Saturday noon–12:45 p.m.

Sunday noon–12:45 p.m.

FREE SWIM SCHEDULE ALL

From June 20 to August 19, 2022

Monday to Thursday 3:15–4:00 p.m.
4:10–4:55 p.m.

Friday 4:15–5:00 p.m.
5:15–6:00 p.m.
6:15–7:00 p.m.

Saturday/ Sunday 1:00–1:45 p.m.
2:00–2:45 p.m.
3:00–3:45 p.m.

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