



**CENTRE SPORTIF DE  
LA PETITE BOURGOGNE**

## MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From September 19 to December 18, 2022

|  |                |                       |  |
|--|----------------|-----------------------|--|
| <b>Afro-Caribbean</b>                      | Saturdays      | 11:45 a.m.–12:35 p.m. | <b>\$95.00</b>                                   |
| <b>Aikido</b>                              | Tuesdays       | 8:00–9:30 p.m.        | <b>\$125.00</b>                                  |
| <b>Cardio Boxe</b>                         | Tue. and Thu.  | 6:00–6:50 p.m.        | <b>\$153.00</b>                                  |
|  | Sundays        | 11:00–11:50 a.m.      | <b>\$95.00</b>                                   |
| <b>Calisthenics / Body Weight Training</b> | Wednesdays     | 7:30–8:30 a.m.        | <b>\$95.00</b>                                   |
| <b>Ballet Fitness</b>                      | Thursdays      | 7:00–7:50 p.m.        | <b>\$95.00</b>                                   |
| <b>Fitness 55 years +</b>                  | Mon./Wed./Fri. | 11:00 a.m.–11:50 a.m. | <b>1 x \$83.00 / 2 x \$153.55 / 3 x \$219.95</b> |
| <b>Pilates</b>                             | Thursdays      | 7:00–7:50 p.m.        | <b>\$95.00</b>                                   |
| <b>Fitness with baby</b>                   | Fridays        | 9:30–10:50 a.m.       | <b>\$95.00</b>                                   |
| <b>Spinning</b>                            | Tue. and Thu.  | noon–12:50 p.m.       | <b>\$153.00</b>                                  |
|  | Fridays        | 6:00–6:50 p.m.        | <b>\$95.00</b>                                   |
| <b>Strong Nation</b>                       | Tue. and Thu.  | noon–12:50 p.m.       | <b>153,00 \$</b>                                 |
| <b>Taekwondo adults</b>                    | Mon. and Wed.  | 7:00–8:15 p.m.        | <b>\$153.00</b>                                  |
| <b>Muscle tone</b>                         | Tuesdays       | 11:00–11:50 a.m.      | <b>\$95.00</b>                                   |
| <b>Essentrics</b>                          | Thursdays      | 11:00–11:50 a.m.      | <b>\$95.00</b>                                   |
| <b>Yoga</b>                                | Sundays        | 9:00–9:50 a.m.        | <b>\$95.00</b>                                   |
| <b>Yoga Yin and relaxation</b>             | Sundays        | 10:00–10:50 a.m.      | <b>\$95.00</b>                                   |
| <b>Yogalates</b>                           | Mon./Wed./Fri. | noon–12:50 p.m.       | <b>1 x \$83.00 / 2 x \$153.55 / 3 x \$219.95</b> |
| <b>Zumba</b>                               | Mon. and Wed.  | 6:00–6:50 p.m.        | <b>\$153.00</b>                                  |

## MULTIPURPOSE ROOM KID'S CLASSES

From September 19 to November 26, 2022

|  |                |                |                                  |
|--|----------------|----------------|----------------------------------|
| <b>Taekwondo 6-9 years old (3 days/week)</b>   | Mon./Wed./Fri. | 4:00–4:50 p.m. | <b>*\$262.00/yr<br/>\$115.00</b> |
| <b>Taekwondo 10-12 years old (3 days/week)</b> | Mon./Wed./Fri. | 5:00–5:50 p.m. | <b>*\$262.00/yr<br/>\$115.00</b> |
| <b>Hip Hop for 6-12 years old</b>              | samedi         | 9:00–9:45 a.m. | <b>\$85.00</b>                   |

**\* Taekwondo 1 Year**  
From September 19, 2022 to June 9, 2023

**LE JARDIN DE  
PIROUETTE ET CABRIOLE**  
A parent-child psychomotor skills program  
From September 18 to November 26, 2022



|   |           |                  |                |
|---|-----------|------------------|----------------|
| <b>Camomille la chenille ages 12-18 months</b>  | Saturdays | 9:00–9:45 a.m.   | <b>\$85.00</b> |
| <b>Cannelle la coccinelle ages 18-24 months</b> | Saturdays | 9:00–9:45 a.m.   | <b>\$85.00</b> |
| <b>Groseille l'abeille 2-2½-years old</b>       | Saturdays | 10:00–10:45 a.m. | <b>\$85.00</b> |
| <b>Fenouil la grenouille 2½-3 years old</b>     | Saturdays | 10:00–10:45 a.m. | <b>\$85.00</b> |
| <b>Potiron le papillon 3-4 years old</b>        | Saturdays | 11:00–11:45 a.m. | <b>\$85.00</b> |
| <b>Grande Feuille l'écureuil 4-5 years old</b>  | Saturdays | 11:00–11:45 a.m. | <b>\$85.00</b> |



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

## MULTIPURPOSE ROOM AND GYM ACTIVITIES

From September 19 to December 18, 2022

**Badminton**  
Reserve by phone.  
**Must be a member (mandatory).**  
**One court per reservation.**  
**Maximum 6 people per court.**  
Reserve the day before, starting at 1:00 p.m.

Mon./Wed./Thu./Fri. 11:30–1:45 p.m.  
Monday and Wednesday 5:30–10:15 p.m.  
Sundays 11:45 a.m.–2:00 p.m.

|                  |         |                 |  |
|------------------|---------|-----------------|--|
| <b>Ping Pong</b> | Sundays | 9:15–11:30 a.m. | <b>1 hr \$10.00</b>                    |
|                  |         |                 | <b>2 hrs \$15.00</b>                   |
|                  |         |                 | Reserve Saturday starting at 1:00 p.m. |

## SPECIALIZED AND PRIVATE CLASSES

**Private swimming classes**  
**\$40/hour (6 hours +) | \$50/hour (1 to 5 hours)**  
**Send an email from August 29, 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**

## FALL 2022 PROGRAMING

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

### Winter 2023

**Pre-registration**  
Saturday, December 3, 2022, starting at 9:00 a.m., online only

**Registration**  
Saturday, December 10, 2022, starting at 9:00 a.m., online only



1825 Notre-Dame W, Montréal H3J 2Y4 | 514 932-0800 | [cspb.ca](http://cspb.ca)

Partner of the Ville de Montréal

With financial support from



## SENIOR SWIMMING CLASSES

From September 20 to December 15, 2022

### Senior Aquafitness

Tue. and Thu. 9:00–9:45 a.m. **\$153.00**

### Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$80.00**

### Aquaphisi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$153.00**

Wednesdays 2:00–2:45 p.m. **\$80.00**

## ADULT SWIMMING CLASSES

From September 19 to December 16, 2022

### Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$153.00**

### Aquafitness

Mon. and Wed. 5:30–6:15 p.m. **\$153.00**

Mon. and Wed. 6:30–7:15 p.m. **\$153.00**

Tue. and Thu. 5:30–6:15 p.m. **\$153.00**

Tue. and Thu. 6:30–7:15 p.m. **\$153.00**

Tue. and Thu. 7:30–8:15 p.m. **\$153.00**

Fridays 10:00–10:45 a.m. **\$80.00**

### Aquastroller

Tue. and Thu. 11:00–11:45 a.m. **\$153.00**

### 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.

Thursdays 2:15–3:00 p.m.

**1 x \$95.00 / 2 x \$175.75 / \* 3 x \$251.75**

### Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:15 p.m.

September 19 to October 26, 2022 **\$83.00**

October 31 to December 14, 2022 **\$83.00**

### Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.

September 20, 2022 to December 15, 2022 **\$164.00**

September 20, 2022 to August 17, 2023 **\$544.00/Yr**

### Length ahead (Reserve online)

From September 19 to December 16, 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 / LIFESAVING SOCIETY SWIMMING CLASSES FOR KIDS

SWIMMING CLASSES / SWIMMER PROGRAM **5 TO 12 YEARS** From September 24-25 to November 26-27, 2022

| Junior 1 / Swimmer 1 <b>\$77.00</b> |                  | Junior 3 / Swimmer 3 <b>\$77.00</b> |                  | Junior 5-6 / Swimmer 5-6 <b>\$77.00</b>                     |                  |
|-------------------------------------|------------------|-------------------------------------|------------------|---|------------------|
| Saturdays                           | 8:00–8:40 a.m.   | Saturdays                           | 8:00–8:40 a.m.   | Saturdays   | 9:30–10:10 a.m.  |
| Saturdays                           | 10:15–10:55 a.m. | Saturdays                           | 12:15–12:55 p.m. | Saturdays   | 12:50–1:30 p.m.  |
| Saturdays                           | 12:15–12:55 p.m. | Sundays                             | 9:30–10:10 a.m.  | Sundays   | 10:15–10:55 a.m. |
| Sundays                             | 8:00–8:40 a.m.   | Sundays                             | 12:15–12:55 p.m. | Sundays   | 1:00–1:40 p.m.   |
| Sundays                             | 10:15–10:55 a.m. |                                     |                  |   |                  |
| Sundays                             | 12:20–1:00 p.m.  |                                     |                  |   |                  |
| Junior 2 / Swimmer 2 <b>\$77.00</b> |                  | Junior 4 / Swimmer 4 <b>\$77.00</b> |                  | Junior 7-8 / Rookie Patrol and Ranger Patrol <b>\$77.00</b> |                  |
| Saturdays                           | 8:45–9:25 a.m.   | Saturdays                           | 9:30–10:10 a.m.  | Saturdays   | 10:15–10:55 a.m. |
| Saturdays                           | 1:00–1:40 p.m.   | Saturdays                           | 11:00–11:40 a.m. | Saturdays   | 12:15–12:55 p.m. |
| Sundays                             | 8:45–9:25 a.m.   | Sundays                             | 9:30–10:10 a.m.  | Sundays   | 11:00–11:40 a.m. |
|                                     |                  | Sundays                             | 1:05–1:45 p.m.   |   |                  |
|                                     |                  |                                     |                  | Junior 9 / Star Patrol <b>\$77.00</b>                       |                  |
|                                     |                  |                                     |                  | Saturdays   | 11:00–11:40 a.m. |
|                                     |                  |                                     |                  | Sundays   | 1:00–1:40 p.m.   |

## RED CROSS / LIFESAVING SOCIETY SWIMMING CLASSES FOR PARENT & TOT

SWIMMING CLASSES FOR PRESCHOOLERS **4 MONTHS TO 5 YEARS** From September 24-25 to November 26-27, 2022

| * Starfish / Parent & tot 1 <b>\$72.00</b>   |                  | * Sea otter / Preschool 1 <b>\$72.00</b> |                  | Moonfish / Preschool 3 <b>\$77.00</b>  |                  |
|--|------------------|--|------------------|--|------------------|
| Saturdays                                    | 8:00–8:30 a.m.   | Saturdays                                | 11:00–11:40 a.m. | Saturdays                              | 8:00–8:40 a.m.   |
| Saturdays                                    | 12:15–12:45 p.m. | Sundays                                  | 8:35–9:15 a.m.   | Saturdays                              | 8:45–9:25 a.m.   |
| Sundays                                      | 8:00–8:30 a.m.   | Sundays                                  | 10:05–10:45 a.m. | Saturdays                              | 9:30–10:10 a.m.  |
|  |                  |  |                  | Saturdays                              | 10:15–10:55 a.m. |
|  |                  |  |                  | Saturdays                              | 1:00–1:40 p.m.   |
|  |                  |  |                  | Sundays                                | 8:00–8:40 a.m.   |
|  |                  |  |                  | Sundays                                | 9:20–10:00 a.m.  |
|  |                  |  |                  | Sundays                                | 12:20–1:00 p.m.  |
| * Duck / Parent & tot 2 <b>\$72.00</b>       |                  | Salamander / Preschool 2 <b>\$77.00</b>  |                  | Crocodile / Preschool 4 <b>\$77.00</b> |                  |
| Saturdays                                    | 8:45–9:25 a.m.   | Saturdays                                | 8:00–8:40 a.m.   | Saturdays                              | 8:35–9:15 a.m.   |
| Saturdays                                    | 10:05–10:45 a.m. | Saturdays                                | 8:45–9:25 a.m.   | Saturdays                              | 10:50–11:30 a.m. |
| Sundays                                      | 8:45–9:25 a.m.   | Saturdays                                | 10:15–10:55 a.m. | Sundays                                | 10:50–11:30 a.m. |
| Sundays                                      | 11:00–11:40 a.m. | Saturdays                                | 12:15–12:55 p.m. |  |                  |
|  |                  | Saturdays                                | 1:00–1:40 p.m.   |  |                  |
|  |                  | Sundays                                  | 8:00–8:40 a.m.   |  |                  |
|  |                  | Sundays                                  | 8:45–9:25 a.m.   |  |                  |
|  |                  | Sundays                                  | 10:15–10:55 a.m. |  |                  |
|  |                  | Sundays                                  | 11:00–11:40 a.m. |  |                  |
|  |                  | Sundays                                  | 1:05–1:45 p.m.   |  |                  |
| * Sea turtle / Parent & tot 3 <b>\$72.00</b> |                  |  |                  | Whale / Preschool 5 <b>\$77.00</b>     |                  |
| Saturdays                                    | 9:20–10:00 a.m.  |  |                  | Saturdays                              | 9:30–10:10 a.m.  |
| Saturdays                                    | 1:00–1:40 p.m.   |  |                  | Saturdays                              | 11:00–11:40 a.m. |
| Sundays                                      | 9:30–10:10 a.m.  |  |                  |  |                  |
| Sundays                                      | 12:15–12:55 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



CENTRE SPORTIF de  
LA PETITE BOURGOGNE

## FREE OR LOW FEE ACTIVITIES

### GYM ACTIVITIES

From September 19 to November 27, 2022

#### Multi sports

Various sports activities supervised by a monitor.

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

#### Soccer

Tuesdays (Ages 6-12) 5:00–6:15 p.m. **Free**

#### Creative writing

Wednesdays (Ages 9-12) 3:30–5:00 p.m. **Free**

From September 19 to December 18, 2022

#### Soccer

Thursdays (Ages 16+) 5:00–6:15 p.m. **Free**

#### Urban circuit

Tuesdays (Ages 16+) 6:30–8:00 p.m. **Free**

#### Muay Thai

Saturdays (Ages 12-16) 10:00–11:30 a.m. **Free**



CENTRE SPORTIF de  
LA PETITE BOURGOGNE

### FREE SWIM SCHEDULE **ADULT**

From September 19 to December 18, 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 September 19 to December 18, 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