



**CENTRE SPORTIF DE
LA PETITE BOURGOGNE**



WINTER 2023 PROGRAMING

Pre-registration Saturday, December 3, 2022
Registration Saturday, December 10, 2022
starting at 9:00 a.m. online only

Spring 2023

Pre-registration
Saturday, March 18, 2023, starting at 9:00 a.m., online only

Registration
Saturday, March 25, 2023, starting at 9:00 a.m., online only

Spring Break from February 27 to March 3, 2023

Registration (district only)
Saturday, January 21, 2023, starting at 9:00 a.m., online only

2023 Summer Camp registration

Registration (district only)
Saturday, April 1st, 2023, starting at 9:00 a.m., 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 9 to April 2, 2023

Afro-Caribbean
Saturday 11:45 a.m.–12:35 p.m. **\$95.00**

Aikido
Tuesday 8:00–9:30 p.m. **\$125.00**

Ballet Fitness
Thursday 7:00–7:50 p.m. **\$95.00**

Cardio Boxe
Tue. and Thu. 6:00–6:50 p.m. **\$153.00**
Sunday 11:00–11:50 a.m. **\$95.00**

Calisthenics / Body Weight Training
Wed./Fri. 7:30–8:30 a.m.
1 x \$95.00 / 2 x \$175.75

Dance fitness (Beginner/Intermediate)
Mon. and Wed. 10:00–10:50 a.m. **153,00 \$**

Essentrics
Thursday 11:00–11:50 a.m. **\$95.00**

Fitness 55 years +
Mon./Wed./Fri. 11:00 a.m.–11:50 a.m.
1 x \$83.00 / 2 x \$153.55 / 3 x \$219.95

Pilates
Thursday 7:00–7:50 p.m. **\$95.00**

Fitness with baby
Friday 9:30–10:50 a.m. **\$95.00**

Spinning
Tue. and Thu. noon–12:50 p.m. **\$153.00**
Friday 6:00–6:50 p.m. **\$95.00**

Strong Nation
Tue. and Thu. noon–12:50 p.m. **153,00 \$**

Taekwondo adults
Mon. and Wed. 7:00–8:15 p.m. **\$153.00**

Muscle tone
Tuesday 11:00–11:50 a.m. **\$95.00**

Yoga
Sunday 9:00–9:50 a.m. **\$95.00**

Yoga Yin and relaxation
Sunday 10:00–10:50 a.m. **\$95.00**

Yogalates
Mon./Wed./Fri. noon–12:50 p.m.
1 x \$83.00 / 2 x \$153.55 / 3 x \$219.95

Zumba
Mon. and Wed. 6:00–6:50 p.m. **\$153.00**

MULTIPURPOSE ROOM KID'S CLASSES

From January 9 to March 19, 2023

Taekwondo 6-9 years old (3 days/week)
Mon./Wed./Fri. 4:00–4:50 p.m. **\$115.00**

Taekwondo 10-12 years old (3 days/week)
Mon./Wed./Fri. 5:00–5:50 p.m. **\$115.00**

Hip Hop for 6-12 years old
Saturday 9:00–9:45 a.m. **\$85.00**

LE JARDIN DE PIROUETTE ET CABRIOLE



A parent-child psychomotor skills program

From January 9 to March 19, 2023

Camomille la chenille ages 12-18 months
Cannelle la coccinelle ages 18-24 months
Saturday 9:00–9:45 a.m. **\$85.00**

Groseille l'abeille 2-2½-years old
Fenouil la grenouille 2½-3 years old
Saturday 10:00–10:45 a.m. **\$85.00**

Potiron le papillon 3-4 years old
Grande Feuille l'écureuil 4-5 years old
Saturday 11:00–11:45 a.m. **\$85.00**



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

MULTIPURPOSE ROOM AND GYM ACTIVITIES

From January 9 to April 2, 2023

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.

Monday to Friday 11:30 a.m.–1:45 p.m.

Monday and Wednesday 5:30–10:15 p.m.

Sunday 9:15 a.m.–2:00 p.m.

\$15/1 hour **\$22.50/2 hours**
\$2.50/racket **\$0.50/birdie**

Ping Pong

Sunday 9:15–11:30 a.m. 1 hr **\$10.00**
Reserve Saturday starting at 1:00 p.m. 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 December 12, 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

SENIOR SWIMMING CLASSES

From January 9 to April 2, 2023

Senior Aquafitness

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

Aquaphisi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$153.00**
 Wednesday 2:00–2:45 p.m. **\$80.00**

Bath of youth

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

ADULT SWIMMING CLASSES

From January 9 to April 2, 2023

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**
 Friday 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.
 Wednesday 1:00–1:45 p.m.
 Wednesday 5:30–6:15 p.m.
 Thursday 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.
 January 9 to February 15, 2023 **\$83.00**
 February 20 to March 29, 2023 **\$83.00**

Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.
 January 10, 2023 to March 30, 2023 **\$164.00**

Length ahead (Reserve online)

From January 9 to April 2nd, 2023

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**

LIFESAVING SOCIETY SWIMMING CLASSES FOR KIDS

SWIMMING CLASSES / SWIMMER PROGRAM **5 TO 12 YEARS** From January 14-15 to March 18-19, 2023

Swimmer 1 \$77.00		Swimmer 3 \$77.00		Swimmer 5-6 \$77.00	
Saturday	8:00–8:40 a.m.	Saturday	8:00–8:40 a.m.	Saturday	9:30–10:10 a.m.
Saturday	10:15–10:55 a.m.	Saturday	12:15–12:55 p.m.	Saturday	1:00–1:40 p.m.
Saturday	12:15–12:55 p.m.	Sunday	9:30–10:10 a.m.	Sunday	10:15–10:55 a.m.
Sunday	8:00–8:40 a.m.	Sunday	12:15–12:55 p.m.	Sunday	1:00–1:40 p.m.
Sunday	10:15–10:55 a.m.				
Sunday	12:20–1:00 p.m.				
Swimmer 2 \$77.00		Swimmer 4 \$77.00		Rookie Patrol and Ranger Patrol \$77.00	
Saturday	8:45–9:25 a.m.	Saturday	9:30–10:10 a.m.	Saturday	10:15–10:55 a.m.
Saturday	1:00–1:40 p.m.	Saturday	11:00–11:40 a.m.	Saturday	12:15–12:55 p.m.
Sunday	8:45–9:25 a.m.	Sunday	9:30–10:10 a.m.	Sunday	11:00–11:40 a.m.
		Sunday	1:05–1:45 p.m.		
				Star Patrol \$77.00	
				Saturday	11:00–11:40 a.m.
				Sunday	1:00–1:40 p.m.

LIFESAVING SOCIETY SWIMMING CLASSES FOR PARENT & TOT

SWIMMING CLASSES FOR PRESCHOOLERS **4 MONTHS TO 5 YEARS** From January 14-15 to March 18-19, 2023

* Parent & Tot 1 \$72.00		* Preschool 1 \$72.00		Preschool 3 \$77.00	
Saturday	8:00–8:30 a.m.	Saturday	11:00–11:40 a.m.	Saturday	8:00–8:40 a.m.
Saturday	12:15–12:45 p.m.	Sunday	8:35–9:15 a.m.	Saturday	8:45–9:25 a.m.
Sunday	8:00–8:30 a.m.	Sunday	10:05–10:45 a.m.	Saturday	9:30–10:10 a.m.
				Saturday	10:15–10:55 a.m.
				Saturday	1:00–1:40 p.m.
				Sunday	8:00–8:40 a.m.
				Sunday	9:20–10:00 a.m.
				Sunday	12:20–1:00 p.m.
* Parent & Tot 2 \$72.00		Preschool 2 \$77.00		Preschool 4 \$77.00	
Saturday	8:45–9:25 a.m.	Saturday	8:00–8:40 a.m.	Saturday	8:35–9:15 a.m.
Saturday	10:05–10:45 a.m.	Saturday	8:45–9:25 a.m.	Saturday	10:50–11:30 a.m.
Sunday	8:45–9:25 a.m.	Saturday	10:15–10:55 a.m.	Sunday	10:50–11:30 a.m.
Sunday	11:00–11:40 a.m.	Saturday	12:15–12:55 p.m.		
		Saturday	1:00–1:40 p.m.		
		Sunday	8:00–8:40 a.m.		
		Sunday	8:45–9:25 a.m.		
		Sunday	10:15–10:55 a.m.		
		Sunday	11:00–11:40 a.m.		
		Sunday	1:05–1:45 p.m.		
* Parent & Tot 3 \$72.00				Preschool 5 \$77.00	
Saturday	9:20–10:00 a.m.			Saturday	9:30–10:10 a.m.
Saturday	1:00–1:40 p.m.			Saturday	11:00–11:40 a.m.
Sunday	9:30–10:10 a.m.				
Sunday	12:15–12:55 p.m.				

*** Classes with parent:
only one parent permitted.**

* Drop-in rate \$10

* Subject to availability

* The schedule may change without prior notice

* Non-residents, please add \$15



FREE OR LOW FEE ACTIVITIES

GYM ACTIVITIES

From January 9 to March 19, 2023

Multi sports

Various sports activities supervised by a monitor.

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

Soccer

Tuesday (Ages 6-12)	5:00–6:15 p.m.	Free
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Creative writing

Wednesday (Ages 9-12)	3:30–5:00 p.m.	Free
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From January 9 to April 2, 2023

Soccer

Thursday (Ages 16+)	5:00–6:15 p.m.	Free
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Urban circuit

Tuesday (Ages 16+)	6:30–8:00 p.m.	Free
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Muay Thai

Saturday (Ages 12-16)	10:00–11:30 a.m.	Free
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CENTRE SPORTIF de LA PETITE BOURGOGNE

FREE SWIM SCHEDULE **ADULT**

From January 9 to April 2, 2023

Monday	7:00–7:45 a.m. 8:00–8:45 a.m. noon–12:45 p.m. 8:30–9:15 p.m.
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Tuesday	noon–12:45 p.m. 3:30–4:15 p.m. 8:30–9:15 p.m.
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Wednesday	7:00–7:45 a.m. 8:00–8:45 a.m. noon–12:45 p.m. 8:30–9:15 p.m.
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Thursday	noon–12:45 p.m. 3:30–4:15 p.m. 8:30–9:15 p.m.
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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.
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Saturday	2:15–3:15 p.m.
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Sunday	2:15–3:15 p.m.
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FREE SWIM SCHEDULE **ALL**

From January 9 to April 2, 2023

Monday/ Wednesday	4:00–4:45 p.m.
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Tuesday/ Thursday	4:30–5:15 p.m.
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Friday	5:00–5:45 p.m. 6:00–6:45 p.m. 7:00–7:45 p.m.
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Saturday/ Sunday	3:30–4:30 p.m.
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Free admission * Reservation online only
Limited number of places * Bathing cap mandatory