



**CENTRE SPORTIF DE  
LA PETITE BOURGOIGNE**



## SPRING 2023 PROGRAMING

Pre-registration Saturday, March 18, 2023  
Registration Saturday, March 25, 2023  
starting at 9:00 a.m. online only

Holidays: April 9-10/May 22

2023 Summer Camp registration

Registration (district only)

Saturday, April 1<sup>st</sup>, 2023, starting at 9:00 a.m., online only

For all

Sunday, April 2, 2023, starting at 9:00 a.m., online only

Summer 2023 (From June 26 to August 18, 2023)

Registration

Saturday, June 17, 2023, starting at 9:00 a.m., online only

Follow us on 

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

Le Sud-Ouest  
**Montréal** 

Éducation,  
Loisir et Sport  
**Québec** 

## MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From April 3 to June 25, 2023

<b>Afro-Caribbean</b>	Saturday	11:45 a.m.–12:35 p.m.	<b>\$95.00</b>
<b>Aikido</b>	Tuesday	8:00–9:30 p.m.	<b>\$125.00</b>
<b>Ballet Fitness</b>	Thursday	7:00–7:50 p.m.	<b>\$95.00</b>
<b>Calisthenics / Body Weight Training</b>	Wednesday or Friday	7:30–8:30 a.m.	1x <b>\$95.00</b> 2x <b>\$175.75</b>
<b>Cardio Boxe</b>	Tue. and Thu.	6:00–6:50 p.m.	<b>\$153.00</b>
	Sunday	11:00–11:50 a.m.	<b>\$95.00</b>
<b>Dance fitness (Beginner/Intermediate)</b>	Mon. and Wed.	10:00–10:50 a.m.	<b>\$147.00</b>
<b>Essentrics</b>	Thursday	11:00–11:50 a.m.	<b>\$95.00</b>
<b>Fitness 55 years +</b>	Monday	11:00 a.m.–11:50 a.m.	<b>\$76.00</b>
	Wednesday or Friday	11:00 a.m.–11:50 a.m.	<b>\$83.00</b>
			1 x <b>\$83.00</b> / 2 x <b>\$153.55</b> / 3 x <b>\$219.95</b>
<b>Pilates</b>	Thursday	7:00–7:50 p.m.	<b>\$95.00</b>
<b>Fitness with baby</b>	Friday	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>
	Friday	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>\$147.00</b>
<b>Muscle tone</b>	Tuesday	11:00–11:50 a.m.	<b>\$95.00</b>
<b>Yoga</b>	Sunday	9:00–9:50 a.m.	<b>\$95.00</b>
<b>Yoga Yin and relaxation</b>	Sunday	10:00–10:50 a.m.	<b>\$95.00</b>
<b>Yogalates</b>	Monday	noon–12:50 p.m.	1 x <b>\$83.00</b> / 2 x <b>\$153.55</b> / 3 x <b>\$212.95</b>
	Wednesday or Friday	noon–12:50 p.m.	<b>\$76.00</b> <b>\$83.00</b>
<b>Zumba</b>	Mon. and Wed.	6:00–6:50 p.m.	<b>\$147.00</b>

## MULTIPURPOSE ROOM KID'S CLASSES

From April 3 to June 10, 2023

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

## LE JARDIN DE PIROUETTE ET CABRIOLE



A parent-child psychomotor skills program  
From April 3 to June 10, 2023

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



- \* 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 April 3 to June 25, 2023

### Badminton

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

<b>Reserve the day before, starting at 1:00 p.m.</b>	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 <b>\$10.00</b>
		2 hrs <b>\$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 **March 27, 2023**  
to [jean-baptiste@cspb.ca](mailto:jean-baptiste@cspb.ca) for private classes

## COORDINATORS

General manager

**Dickens Mathurin** [dickens@cspb.ca](mailto:dickens@cspb.ca)

Administrative assistant

**Kaouther BEN YOUNES** [kaouther@cspb.ca](mailto:kaouther@cspb.ca)

Aquatic coordinator summer camp and private swimming classes

**Jean-Baptiste Berthet** [jean-baptiste@cspb.ca](mailto:jean-baptiste@cspb.ca)

Multipurpose room and gym coordinator

**Christelle Langree** [christelle@cspb.ca](mailto:christelle@cspb.ca)

## SENIOR SWIMMING CLASSES

From April 3 to June 25, 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 April 3 to June 25, 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. **\$147.00**  
 Mon. and Wed. 6:30–7:15 p.m. **\$147.00**  
 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.  
 From April 3 to May 10, 2023 **\$83.00**  
 From May 15 to June 21, 2023 **\$83.00**

### Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.  
 From April 4 to June 22, 2023 **\$164.00**

### Length ahead (Reserve online)

From April 3 to June 25, 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

**Saturday:** From April 8 to June 10, 2023 / **Sunday:** From April 16 to June 18, 2023

Swimmer 1 <b>\$77.00</b>		Swimmer 3 <b>\$77.00</b>		Swimmer 5-6 <b>\$77.00</b>	
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 <b>\$77.00</b>		Swimmer 4 <b>\$77.00</b>		Rookie Patrol and Ranger Patrol <b>\$77.00</b>	
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 <b>\$77.00</b>	
				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

**Saturday:** From April 8 to June 10, 2023 / **Sunday:** From April 16 to June 18, 2023

* Parent & Tot 1 <b>\$72.00</b>		* Preschool 1 <b>\$72.00</b>		Preschool 3 <b>\$77.00</b>	
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 <b>\$72.00</b>		Preschool 2 <b>\$77.00</b>		Preschool 4 <b>\$77.00</b>	
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 <b>\$72.00</b>					
Saturday	9:20–10:00 a.m.				
Saturday	1:00–1:40 p.m.				
Sunday	9:30–10:10 a.m.				
Sunday	12:15–12:55 p.m.				
* <b>Classes with parent:</b> 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 April 4 to June 10, 2023

#### Multi sports

Various sports activities supervised by a monitor.

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

#### Soccer

Tuesday (Ages 6-8)	4:30–5:30 p.m.	<b>Free</b>
Tuesday (Ages 9-12)	5:30–6:30 p.m.	<b>Free</b>

#### Creative writing

Wednesday (Ages 9-12)	3:30–5:00 p.m.	<b>Free</b>
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From April 4 to June 24, 2023

#### Soccer

Thursday (Ages 16+)	4:30–5:30 p.m.	<b>Free</b>
Thursday (Ages 16+)	5:30–6:30 p.m.	<b>Free</b>

#### Urban circuit

Tuesday (Ages 16+)	6:30–8:00 p.m.	<b>Free</b>
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#### Muay Thai

Saturday (Ages 12-16)	10:00–11:30 a.m.	<b>Free</b>
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## FREE SWIM SCHEDULE ADULT

From April 3 to June 25, 2023

<b>Monday</b>	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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<b>Tuesday</b>	noon–12:45 p.m. 3:30–4:15 p.m. 8:30–9:15 p.m.
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<b>Wednesday</b>	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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<b>Thursday</b>	noon–12:45 p.m. 3:30–4:15 p.m. 8:30–9:15 p.m.
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<b>Friday</b>	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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<b>Saturday</b>	2:15–3:15 p.m.
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<b>Sunday</b>	2:15–3:15 p.m.
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## FREE SWIM SCHEDULE ALL

From April 3 to June 25, 2023

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