



**CENTRE SPORTIF DE
LA PETITE BOURGOGNE**



SUMMER 2023 PROGRAMING

From June 26 to August 18, 2023

Registration

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

Autumn 2023 (September 18 to December 17, 2023)

Registration

From Saturday, August 26, 2023, starting at 9:00 a.m., online only

suivez-nous sur 

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

Partenaire de la Ville de Montréal

Avec la participation financière de

Le Sud-Ouest
Montréal 

Éducation,
Loisir et Sport
Québec 

MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From June 26 to August 20, 2023

Afro-Caribbean

Saturday 11:45 a.m.–12:35 p.m. **\$57.00**

Calisthenics / Body Weight Training

Wednesday 7:30–8:30 a.m. **1x \$65.00**

Friday 7:30–8:30 a.m. **2x \$120.25**

Cardio Boxe

Tue. and Thu. 6:00–6:50 p.m. **\$104.50**

Sunday 11:00–11:50 a.m. **\$65.00**

Fitness 55 years +

Monday 11:00–11:50 a.m. **\$57.00**

Wednesday 11:00–11:50 a.m. **\$57.00**

Friday 11:00–11:50 a.m. **\$57.00**

1 x \$57.00 / 2 x \$105.45 / 3 x \$151.05

Pilates

Thursday 7:00–7:50 p.m. **\$65.00**

Fitness with baby

Friday 9:30–10:50 a.m. **\$65.00**

Spinning

Tue. and Thu. noon–12:50 p.m. **\$104.50**

Friday 6:00–6:50 p.m. **\$65.00**

Strong Nation

Tue. and Thu. noon–12:50 p.m. **\$104.50**

Muscle tone

Tuesday 11:00–11:50 a.m. **\$65.00**

Yogalates

Monday noon–12:50 p.m. **\$57.00**

Wednesday noon–12:50 p.m. **\$57.00**

Friday noon–12:50 p.m. **\$57.00**

1 x \$57.00 / 2 x \$105.45 / 3 x \$151.05

Zumba

Mon. and Wed. 6:00–6:50 p.m. **\$104.50**

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

MULTIPURPOSE ROOM AND GYM ACTIVITIES

From June 26 to August 18, 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 and Wednesday 5:30–10:15 p.m.

Sunday 11:45 a.m.–2:00 p.m.

\$15/1 hour **\$22.50/2 hours**

\$5.00/racket **\$1.00/birdie**

Ping Pong

Sunday 9:15–11:30 a.m. **1 hr \$10.00**
2 hrs \$15.00

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 June 19, 2023

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 summer camp 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 26 to August 24, 2023

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

Monday and Wednesday noon–1:00 p.m. **Free**

Cardio latino

Tuesday 6:00–7:00 p.m. **Free**

Cardio tonus (Until August 9)

Wednesday 11:00 a.m.–noon **Free**

DEPARTURE FROM THE SPORTS CENTRE

Urban circuit

Tuesday 6:30–8:00 p.m. **Free**

Running club

Thursday 7:00–8:15 p.m. **Free**

SENIOR SWIMMING CLASSES

From June 26 to August 18, 2023

Senior Aquafitness

Tue. and Thu. 9:00–9:45 a.m. **\$104.50**

Aquaphisi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$104.50**

Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$54.50**

ADULT SWIMMING CLASSES

From June 26 to August 18, 2023

Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$104.50**

Aquafitness

Mon. and Wed. 5:30–6:15 p.m. **\$104.50**

Mon. and Wed. 6:30–7:15 p.m. **\$104.50**

Tue. and Thu. 5:30–6:15 p.m. **\$104.50**

Tue. and Thu. 6:30–7:15 p.m. **\$104.50**

Tue. and Thu. 7:30–8:15 p.m. **\$104.50**

Fridays 10:00–10:45 a.m. **\$54.50**

Aquastroller

Tue. and Thu. 11:00–11:45 a.m. **\$104.50**

Aquaspinning

Mon./Wed./Fri.. 9:00–9:45 a.m.

Tue. and Thu.. 6:30–7:15 p.m.

Wednesday 5:30–6:15 p.m.

1 x \$66.00 / 2 x \$122.10 / 3 x \$174.90

Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:15 p.m.

June 26 to August 18, 2023 **\$104.50**

Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.

June 27 to August 17, 2023 **\$111.50**

Length ahead (Reserve online)

From June 26 to August 18, 2023

Monday to Friday 9:00–9:55 a.m.

Tue. and Thu. 8:00–8:55 a.m.

Tue. and Thu. 10:00–10:55 a.m.

Monday to Friday 11:00–11:55 a.m. **\$5.00/hour**

* Drop-in rate \$10

* Non-residents please add \$15

* The schedule may change without prior notice

LIFESAVING SOCIETY SWIMMING CLASSES FOR KIDS

SWIMMING CLASSES / SWIMMER PROGRAM 5 TO 12 YEARS

From June 26 to August 18, 2023

Swimmer 1 **\$63.00**

Monday 5:45–6:25 p.m.

Tuesday 5:45–6:25 p.m.

Wednesday 5:45–6:25 p.m.

Thursday 5:45–6:25 p.m.

Swimmer 2 **\$63.00**

Monday 5:00–5:40 p.m.

Wednesday 5:00–5:40 p.m.

Swimmer 3 **\$63.00**

Monday 6:30–7:10 p.m.

Wednesday 6:30–7:10 p.m.

Swimmer 4 **\$63.00**

Tuesday 6:30–7:10 p.m.

Swimmer 5-6 **\$63.00**

Thursday 6:30–7:10 p.m.

LIFESAVING SOCIETY SWIMMING CLASSES FOR PARENT & TOT SWIMMING CLASSES FOR PRESCHOOLERS 4 MONTHS TO 5 YEARS

From June 26 to August 18, 2023

* Parent & Tot 1 **\$59.00**

Monday 9:30–10:00 a.m.

Wednesday 9:30–10:00 a.m.

Preschool 2 **\$63.00**

Monday 5:00–5:40 p.m.

Tuesday 5:00–5:40 p.m.

Wednesday 5:00–5:40 p.m.

Thursday 5:00–5:40 p.m.

Preschool 3 **\$63.00**

Monday 5:45–6:25 p.m.

Wednesday 5:45–6:25 p.m.

Preschool 4 **\$63.00**

Monday 6:30–7:10 p.m.

Preschool 5 **\$63.00**

Wednesday 6:30–7:10 p.m.

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

FREE SWIM SCHEDULE ADULT

From June 26 to August 18, 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.

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 26 to August 18, 2023

Monday 4:15–5:00 p.m.

Tuesday 4:15–5:00 p.m.

Wednesday 4:15–5:00 p.m.

Thursday 4:15–5:00 p.m.

Friday 4:15–5:00 p.m.

5:15–6:00 p.m.

6:15–7:00 p.m.

Saturday 1:00–1:45 p.m.

2:00–2:45 p.m.

3:30–4:30 p.m.

Sunday 1:00–1:45 p.m.

2:00–2:45 p.m.

3:30–4:30 p.m.

Free admission * Reservation online only

Limited number of places * Bathing cap mandatory