



**CENTRE SPORTIF DE
LA PETITE BOURGOGNE**



FALL 2023 PROGRAMING

From September 18 to December 17, 2023

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

Holidays : Thanksgiving, Monday October 9 2023

Winter 2024 (From January 8 to March 30 2024)

Pre-registration
Saturday, December 2, 2023, starting at 9:00 a.m., online only

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



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Partner of the Ville de Montréal

With financial support from



MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From September 18 to December 17, 2023

Afro-Caribbean	Saturday	noon-12:50 p.m.	\$100.00
Aikido	Tuesday	8:00-9:30 p.m.	\$133.00
Ballet Fitness	Tuesday	7:00-7:50 p.m.	\$100.00
Ball Fitness	Thursday	10:00-10:50 a.m.	\$100.00
Boxe	Tue. and Thu.	7:30-8:30 a.m.	\$162.00
Calisthenics / Body Weight Training	Wednesday or Friday	7:30-8:30 a.m.	1x \$100.00 2x \$185.00
Capoiera teens and adults	Saturday	10:00-10:50 a.m.	\$90.00
Cardio Boxe	Tue. and Thu. Sunday	6:00-6:50 p.m. 11:00-11:50 a.m.	\$162.00 \$100.00
Cardio Tonus	Monday	7:30-8:30 a.m.	\$100.00
Urban Circuit 16 and +	Thursday	6:30-8:00 p.m.	\$65.00
Dance fitness (Beginner/Intermediate)	Monday	10:00-10:50 a.m.	\$100.00
Essentrics	Thursday	11:00-11:50 a.m.	\$100.00
Fitness 55 years +	Mon./Wed./Fri.	11:00-11:50 a.m.	\$88.00 1 x \$88.00 / 2 x \$162.80 / 3 x \$233.20
Pilates	Thursday	7:00-7:50 p.m.	\$100.00
Fitness with baby	Friday	9:30-10:50 a.m.	\$100.00
Spinning	Tue. and Thu. Friday	noon-12:50 p.m. 6:00-6:50 p.m.	\$162.00 \$100.00
Strong Nation	Tue. and Thu.	noon-12:50 p.m.	\$162.00
Taekwondo adults	Mon. and Wed.	7:00-8:15 p.m.	\$158.00
Muscle tone	Tuesday	11:00-11:50 a.m.	\$100.00

MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From September 18 to December 17, 2023

Yoga	Sunday	9:00-9:50 a.m.	\$100.00	
Yoga Yin and relaxation	Sunday	10:00-10:50 a.m.	\$100.00	
Yogalates	1 x \$88.00 / 2 x \$162.80 / 3 x \$233.20	Mon./Wed./Fri.	noon-12:50 p.m.	\$88.00
Zumba	Mon. and Wed.	6:00-6:50 p.m.	\$158.00	

MULTIPURPOSE ROOM KID'S CLASSES

From September 18 to November 25, 2023

Capoiera 6-12 years old	Saturday	9:00-9:50 a.m.	\$90.00
Taekwondo 6-9 years old (3 days/week)	Mon./Wed./Fri.	4:00-4:50 p.m.	\$122.00 For 1 year (From September 18, 2023 to June 7, 2024) \$280.00
Taekwondo 10-12 years old (3 days/week)	Mon./Wed./Fri.	5:00-5:50 p.m.	\$122.00 For 1 year (From September 18, 2023 to June 7, 2024) \$280.00

LE JARDIN DE PIROUETTE ET CABRIOLE



A parent-child psychomotor skills program
From September 18 to November 25, 2023

Camomille la chenille ages 12-18 months	Saturday	9:00-9:45 a.m.	\$90.00
Cannelle la coccinelle ages 18-24 months	Saturday	9:00-9:45 a.m.	\$90.00
Groseille l'abeille 2-2½-years old	Saturday	10:00-10:45 a.m.	\$90.00
Fenouil la grenouille 2½-3 years old	Saturday	10:00-10:45 a.m.	\$90.00

Potiron le papillon 3-4 years old	Saturday	11:00-11:45 a.m.	\$90.00
Grande Feuille l'écureuil 4-5 years old	Saturday	11:00-11:45 a.m.	\$90.00



- * 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 September 18 to December 17, 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**
\$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 August 28, 2023 to
lucas@centresportif-cspb.com 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

SENIOR SWIMMING CLASSES

From September 18 to December 17, 2023

Senior Aquafitness

Tue. and Thu. 9:00–9:45 a.m. **\$162.00**

Aquaphisi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$162.00**
 Tuesday 2:00–2:45 p.m. **\$85.00**

Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$85.00**

ADULT SWIMMING CLASSES

From September 18 to December 17, 2023

Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$162.00**

Aquafitness

Mon. and Wed. 5:30–6:15 p.m. **\$162.00**
 Mon. and Wed. 6:30–7:15 p.m. **\$162.00**
 Tue. and Thu. 5:30–6:15 p.m. **\$162.00**
 Tue. and Thu. 6:30–7:15 p.m. **\$162.00**
 Tue. and Thu. 7:30–8:15 p.m. **\$162.00**
 Friday 10:00–10:45 a.m. **\$85.00**

Aquastroller

Tue. and Thu. 11:00–11:45 a.m. **\$162.00**

Aquaspinning

Mon./Wed./Fri. 9:00–9:45 a.m.
 Tue./Thu. 6:30–7:15 p.m.
 Tuesday 1:00–1:45 p.m.
 Wednesday 5:30–6:15 p.m.
 Thursday 2:00–2:45 p.m.
1 x \$100.00 / 2 x \$185.00 / 3 x \$265.00

Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:15 p.m. **\$88.00**
 From September 18 to October 30, 2023 **\$88.00**
 From November 1st to December 13, 2023 **\$88.00**

Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m. **\$173.00**
 From September 19 to December 14, 2023 **\$173.00**
 From September 19, 2023 to August 15, 2024 **\$578.00**

Length ahead (Reserve online)

From September 18 to December 17, 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 September 23 to November 26, 2023

Swimmer 1 \$80.00		Swimmer 3 \$80.00		Swimmer 5-6 \$80.00	
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	12:50–1:30 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	8:45–9:25 a.m.				
Sunday	10:15–10:55 a.m.				
Sunday	12:20–1:00 p.m.				
Swimmer 2 \$80.00		Swimmer 4 \$80.00		Rookie Patrol and Ranger Patrol \$80.00	
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 \$80.00	
				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 September 23 to November 26, 2023

* Parent & Tot 1 (4 to 12 months) \$77.00		* Preschool 1 (3 to 5 years) \$77.00		Preschool 3 (3 to 5 years) \$80.00	
Saturday	8:00–8:30 a.m.	Saturday	9:20–10:00 a.m.	Saturday	8:00–8:40 a.m.
Saturday	12:15–12:45 p.m.	Saturday	11:00–11:40 a.m.	Saturday	8:45–9:25 a.m.
Sunday	8:00–8:30 a.m.	Saturday	1:00–1:40 p.m.	Saturday	9:30–10:10 a.m.
		Sunday	8:35–9:15 a.m.	Saturday	10:15–10:55 a.m.
		Sunday	10:05–10:45 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 (12 to 24 months) \$77.00		Preschool 2 (3 to 5 years) \$80.00		Preschool 4 (3 to 5 years) \$80.00	
Saturday	8:45–9:25 a.m.	Saturday	8:00–8:40 a.m.	Saturday	8:35–9:15 a.m.
Sunday	11:00–11:40 a.m.	Saturday	8:45–9:25 a.m.	Saturday	10:50–11:30 a.m.
		Saturday	10:15–10:55 a.m.	Sunday	10:50–11:30 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 (2 to 3 years) \$77.00				Preschool 5 (3 to 5 years) \$80.00	
Saturday	10:05–10:45 a.m.			Saturday	9:30–10:10 a.m.
Sunday	9:30–10:10 a.m.			Saturday	11:00–11:40 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



CENTRE SPORTIF de
LA PETITE BOURGOGNE

FREE OR LOW FEE ACTIVITIES

GYM ACTIVITIES

From September 18 to November 25, 2023

Multi sports

Various sports activities supervised by a monitor.

Saturdays (Ages 9-11) 9:15–10:00 a.m. **\$15.00**

Saturdays (Ages 6-8) 10:15–11:00 a.m. **\$15.00**

Creative writing

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

From September 18 to December 17, 2023

Soccer

Tuesday (Ages 6-8) 4:30–5:30 p.m. **\$15.00**

Tuesday (Ages 16+) 5:30–6:30 p.m. **\$15.00**

Thursday (Ages 9-12) 4:30–5:30 p.m. **\$15.00**

Muay Thai

Saturday (Ages 12-16) 11:00–11:50 a.m. **Free**



CENTRE SPORTIF de
LA PETITE BOURGOGNE

FREE SWIM SCHEDULE **ADULT**

From September 18 to December 17, 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.
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 18 to December 17, 2023

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