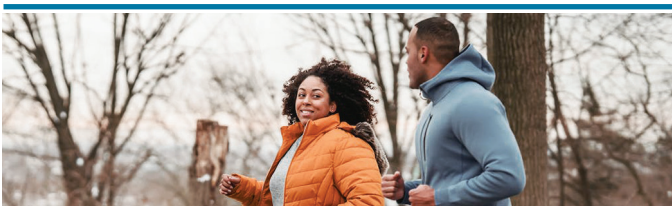




**CENTRE SPORTIF DE
LA PETITE BOURGOGNE**



WINTER 2024 PROGRAMING

Pre-registration Saturday, December 2, 2023

Registration Saturday, December 9, 2023

starting at 9:00 a.m. online only

Spring 2024

Pre-registration

Saturday, March 16, 2024, starting at 9:00 a.m., online only

Registration

Saturday, March 23, 2024, starting at 9:00 a.m., online only

Spring Break from March 4 to March 8, 2024

Registration (district only)

Saturday, January 20, 2024, starting at 9:00 a.m., online only

For All : Monday, January 22, 2024, starting at 9:00 a.m., online only

2024 Summer Camp registration

Registration (district only)

Saturday, March 30, 2024, starting at 9:00 a.m., online only

For All : Tuesday, April 2, 2024, starting at noon., online only

REGISTRATION VALID AFTER PAYMENT



Follow us on

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 8 to March 31, 2024

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 1x **\$125.00**
Wednesday or Friday 7:15–8:30 a.m. 2x **\$231.25**

Capoiera teens and adults
Saturday 10:00–10:50 a.m. **\$90.00**

Cardio Boxe
Tue. and Thu. 6:00–6:50 p.m. **\$162.00**
Sunday 11:00–11:50 a.m. **\$100.00**

Cardio Tonus
Monday 7:30–8:20 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. noon–12:50 p.m. **\$162.00**
Friday 6:00–6:50 p.m. **\$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 January 8 to March 31, 2024

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 January 8 to March 16, 2024

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**

Taekwondo 10-12 years old (3 days/week)
Mon./Wed./Fri. 5:00–5:50 p.m. **\$122.00**

LE JARDIN DE



PIROUETTE ET CABRIOLE

A parent-child psychomotor skills program

From January 8 to March 16, 2024

Camomille la chenille ages 12-18 months

Cannelle la coccinelle ages 18-24 months

Saturday 9:00–9:45 a.m. **\$90.00**

Groseille l'abeille 2-2½-years old

Fenouil la grenouille 2½-3 years old

Saturday 10:00–10:45 a.m. **\$90.00**

Potiron le papillon 3-4 years old

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 January 8 to March 31, 2024

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**

SPECIALIZED AND PRIVATE CLASSES

Private swimming classes

\$50/hour

Send an email from December 11, 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 Langrée christelle@cspb.ca

SENIOR SWIMMING CLASSES

From January 8 to March 31, 2024

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 January 8 to March 31, 2024

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.
 From January 8 to February 14, 2024 **\$88.00**
 From February 19 to March 27, 2024 **\$88.00**

Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.
 From January 8 to March 31, 2024 **\$173.00**

Length ahead (Reserve online)

From January 8 to March 31, 2024

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 13 to March 17, 2024

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 January 13 to March 17, 2024

* 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 January 8 to March 16, 2024

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 January 8 to March 31, 2024

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 January 8 to March 31, 2024

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 January 8 to March 31, 2024

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