



**CENTRE SPORTIF DE
LA PETITE BOURGOGNE**



SUMMER 2024 PROGRAMING

From June 25 to August 16, 2024

Holidays: June 24/July 1st

Registration

From Saturday, June 15, 2024, starting at 9:00 a.m., online only

Autumn 2024

Registration

From Saturday, August 17, 2024, 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 June 25 to August 16, 2024

Afro-Caribbean
Saturday noon–12:50 p.m. **\$61.00**

Aikido
Tuesday 8:00–9:30 p.m. **\$89.00**

Calisthenics / Body Weight Training
Wednesday 7:15–8:30 a.m. **\$86.00**
Friday 7:15–8:30 a.m. **\$86.00**
1 x \$86.00 / 2 x \$159.10

Cardio Boxe
Tue. and Thu. 6:00–6:50 p.m. **\$112.00**
Sunday 11:00–11:50 a.m. **\$61.00**

Dance fitness (Beginner/Intermediate)
Monday 10:00–10:50 a.m. **\$52.00**

Essentrics
Thursday 11:00–11:50 a.m. **\$69.00**

Fitness 55 years +
Monday 11:00–11:50 a.m. **\$46.00**
Wednesday 11:00–11:50 a.m. **\$61.00**
2 x \$100.10

Pilates
Thursday 7:00–7:50 p.m. **\$69.00**

Fitness with baby
Friday 9:30–10:50 a.m. **\$69.00**

Spinning
Tue. and Thu. noon–12:50 p.m. **\$112.00**

Muscle tone
Tuesday 11:00–11:50 a.m. **\$69.00**

Yogalates
Monday noon–12:50 p.m. **\$46.00**
Wednesday noon–12:50 p.m. **\$61.00**
2 x \$100.10

- * 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 June 25 to August 16, 2024

Badminton
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 / Wednesday 5:30 p.m.–9:00 p.m.
Saturday 9:15–11:30 a.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

\$50/hour / Semi-private classes: \$75/hour
You may send an email starting June 17, 2024
to lucas@cspb.ca for private classes

ACTIVITY MANAGERS

General director
Dickens Mathurin dickens@cspb.ca

Administrative assistant
Kaouther BEN YOUNES kaouther@cspb.ca

Aquatic coordinator summer camp
Jean-Baptiste Berthet jean-baptiste@cspb.ca

Multipurpose room and gym manager
Christelle Langrée christelle@cspb.ca



CENTRE SPORTIF DE
LA PETITE BOURGOGNE

FREE OUTSIDE ACTIVITIES

From June 25 to August 21, 2024

OSCAR PETERSON PARK

Soccer - From June 26 to August 21
Monday and Wednesday
(Ages 6-8) 5:00–6:00 p.m.
(Ages 9-11) 6:00–7:00 p.m.
(Ages 12-14) 7:00–8:00 p.m.

STELCO PARK

Stretching - From June 28 to August 16
Monday and Friday noon–1:00 p.m.

Zumba - From June 26 to August 14
Monday and Wednesday 6:00–7:00 p.m.

Urban circuit - From June 25 to August 13
Tuesday 6:00–7:00 p.m.

Cardio tonus - From June 26 to August 14
Wednesday 11:00 a.m.–noon

Athletic training
From June 26 to August 14
Wednesday noon–1:00 p.m.

Pilates - From June 27 to August 15
Thursday noon–1:00 p.m.

Core and glutes - From June 25 to August 13
Tuesday noon–1:00 p.m.

SENIOR SWIMMING CLASSES

From June 25 to August 16, 2024

Senior Aquafitness

Tue. and Thu. 9:00–9:45 a.m. **\$112.00**

Aquaphisi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$112.00**

Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$59.00**

ADULT SWIMMING CLASSES

From June 25 to August 16, 2024

Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$112.00**

Aquafitness

Mon. and Wed. 5:30–6:15 p.m. **\$98.00**

Mon. and Wed. 6:30–7:15 p.m. **\$98.00**

Tue. and Thu. 5:30–6:15 p.m. **\$112.00**

Tue. and Thu. 6:30–7:15 p.m. **\$112.00**

Tue. and Thu. 7:30–8:15 p.m. **\$112.00**

Friday 10:00–10:45 a.m. **\$59.00**

Aquastroller

Tue. and Thu. 11:00–11:45 a.m. **\$112.00**

Aquaspinning

Monday 9:00–9:45 a.m. **\$52.00**

Tuesday 6:30–7:15 p.m. **\$69.00**

Wednesday 9:00–9:45 a.m. **\$69.00**

Wednesday 5:30–6:15 p.m. **\$69.00**

Thursday 6:30–7:15 p.m. **\$69.00**

Friday 9:00–9:45 a.m. **\$69.00**

1 x \$69.00 / 2 x \$127.65 / 3 x \$182.85

Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:15 p.m.

From June 25 to August 16, 2024 **\$98.00**

Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.

From June 25 to August 16, 2024 **\$119.00**

Length ahead (Reserve online)

From June 25 to August 16, 2024

Monday to Friday 9:00–9:55 a.m.

Monday to Friday 11:00–11:55 a.m.

Tue. and Thu. 8:00–8:55 a.m.

Tue. and Thu. 10:00–10:55 a.m. **\$5.00/hour**

LIFESAVING SOCIETY SWIMMING CLASSES FOR KIDS SWIMMING CLASSES / SWIMMER PROGRAM 5 TO 12 YEARS

From June 25 to August 15, 2024

Swimmer 1	\$64.00
Tuesday	5:45–6:25 p.m.
Wednesday	5:45–6:25 p.m.
Thursday	5:45–6:25 p.m.
Swimmer 2	\$64.00
Wednesday	5:00–5:40 p.m.
Swimmer 3	\$64.00
Wednesday	6:30–7:10 p.m.
Swimmer 4	\$64.00
Tuesday	6:30–7:10 p.m.
Swimmer 5-6	\$64.00
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 25 to August 15, 2024

Preschool 2	\$64.00
Tuesday	5:00–5:40 p.m.
Wednesday	5:00–5:40 p.m.
Thursday	5:00–5:40 p.m.
Preschool 3	\$64.00
Wednesday	5:45–6:25 p.m.
Preschool 5	\$64.00
Wednesday	6:30–7:10 p.m.

FREE SWIM SCHEDULE ADULT

From June 25 to August 16, 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. 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. 4:15–5:00 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 25 to August 16, 2024

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.
Sunday	1:00–1:45 p.m. 2:00–2:45 p.m.

Free admission * Reservation online only
Limited number of places * Bathing cap mandatory