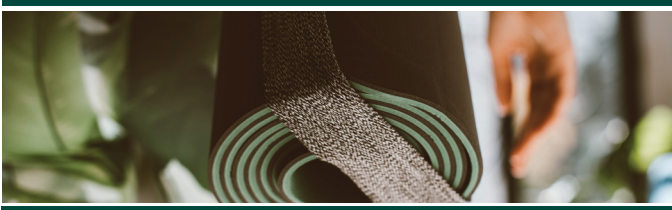




**CENTRE SPORTIF DE LA PETITE BOURGOGNE**



## FALL 2024 PROGRAMS

From September 16 to December 15, 2024

Registration Saturday, August 17, 2024 starting at 9:00 a.m. online only

Holidays : Thanksgiving, Monday October 14 2024

Winter 2025 (From January 6 to March 30 2025)

Pre-registration

From Friday, November 29, 2024 at noon to thursday, December 5, 2024 at noon online only

Registration

Friday, December 6, 2024, starting at noon 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 September 16 to December 15, 2024

**Afro-Caribbean**  
Saturday noon-12:50 p.m. **\$111.00**

**Aikido**  
Tuesday 8:00-9:30 p.m. **\$148.00**

**Ballet Fitness**  
Thursday noon-12:50 p.m. **\$111.00**

**Boxe**  
Tue. and Thu. 7:30-8:30 a.m. **\$180.00**

**Calisthenics / Body Weight Training**  
Wednesday 7:15-8:30 a.m. **\$139.00**  
Friday 7:15-8:30 a.m. **\$139.00**  
**1 x \$139.00 / 2 x \$257.15**

**Capoiera teens and adults**  
Saturday 10:00-10:50 a.m. **\$100.00**

**Cardio Boxe**  
Tue. and Thu. 6:00-6:50 p.m. **\$180.00**  
Sunday 11:00-11:50 a.m. **\$111.00**

**Cardio Tonus**  
Tuesday noon-12:50 p.m. **\$111.00**  
Friday 8:45-9:30 a.m. **\$111.00**

**Dance fitness (Beginner/Intermediate)**  
Thursday 10:00-10:50 a.m. **\$111.00**

**Essentrics**  
Thursday 11:00-11:50 a.m. **\$111.00**

**Fitness 55 years +**  
Monday 11:00-11:50 a.m. **\$90.50**  
Wed./Fri. 11:00-11:50 a.m. **\$98.00**  
**1 x \$98.00 / 2 x \$181.30 / 3 x \$259.70**

**Pilates**  
Tue. and Thu. 7:00-7:50 p.m. **\$180.00**

**Fitness with baby**  
Friday 9:30-10:50 a.m. **\$111.00**

**Spinning**  
Tue. and Thu. noon-12:50 p.m. **\$180.00**  
Friday 6:00-6:50 p.m. **\$111.00**

**Taekwondo adults**  
Mon. and Wed. 7:00-8:15 p.m. **\$175.00**

**Muscle tone**  
Tuesday 11:00-11:50 a.m. **\$111.00**

**Yoga**  
Sunday 9:00-9:50 a.m. **\$111.00**

## MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From September 16 to December 15, 2024

**Chair Yoga**  
Wednesday 10:00-10:50 a.m. **\$111.00**

**Yoga Yin and relaxation**  
Sunday 10:00-10:50 a.m. **\$111.00**

**Yogalates 1 x \$98.00 / 2 x \$181.30 / 3 x \$259.70**  
Monday noon-12:50 p.m. **\$91.00**  
Wed./Fri. noon-12:50 p.m. **\$98.00**

**Zumba**  
Mon. and Wed. 6:00-6:50 p.m. **\$175.00**

## MULTIPURPOSE ROOM KID'S CLASSES

From September 16 to November 23, 2024

**Capoiera 6-12 years old**  
Saturday 9:00-9:50 a.m. **\$95.00**

**Hip-Hop 6-12 years old**  
Tuesday 4:30-5:20 p.m. **\$95.00**

**Taekwondo 6-9 years old (3 days/week)**  
Mon./Wed./Fri. 4:00-4:50 p.m. **\$130.00**  
From September 16, 2024 to June 6, 2025 **\$310.00**

**Taekwondo 10-12 years old (3 days/week)**  
Mon./Wed./Fri. 5:00-5:50 p.m. **\$130.00**  
From September 16, 2024 to June 6, 2025 **\$310.00**

LE JARDIN DE



## PIROUETTE ET CABRIOLE

A parent-child psychomotor skills program

From September 16 to November 23, 2024

**Camomille la chenille ages 12-18 months**  
**Cannelle la coccinelle ages 18-24 months**  
Saturday 9:00-9:45 a.m. **\$95.00**

**Groseille l'abeille 2-2½-years old**  
**Fenouil la grenouille 2½-3 years old**  
Saturday 10:00-10:45 a.m. **\$95.00**

**Potiron le papillon 3-4 years old**  
**Grande Feuille l'écureuil 4-5 years old**  
Saturday 11:00-11:45 a.m. **\$95.00**



\* 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 16 to December 15, 2024

**Badminton**

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

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.-3:00 p.m.

**\$15/1 hour** **\$25.00/2 hours**  
**\$5.00/racket** **\$1.00/birdie**

## PRIVATE CLASSES

**\$50/hour - 1 participant**

**\$75/hour - 2 participants**

You may send an email starting August 19, 2024 to [lucas@cspb.ca](mailto:lucas@cspb.ca) for private classes

## ACTIVITY MANAGERS

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

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

Aquatic coordinator and summer camp  
**Jean-Baptiste Berthet** [jean-baptiste@cspb.ca](mailto:jean-baptiste@cspb.ca)

Multipurpose room and gym manager  
**Christelle Langrée** [christelle@cspb.ca](mailto:christelle@cspb.ca)

Operations supervisor  
**Lucas Jamin** [lucas@cspb.ca](mailto:lucas@cspb.ca)

## SENIOR SWIMMING CLASSES

From September 16 to December 15, 2024

### Senior Aquafitness

Tue. and Thu. 9:00–9:45 a.m. **\$180.00**

### Aquaphisi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$180.00**  
 Tuesday 2:00–2:45 p.m. **\$94.00**

### Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$94.00**

## ADULT SWIMMING CLASSES

From September 16 to December 15, 2024

### Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$180.00**

### Aquafitness

Mon. and Wed. 5:30–6:15 p.m. **\$173.00**  
 Mon. and Wed. 6:30–7:15 p.m. **\$173.00**  
 Tue. and Thu. 5:30–6:15 p.m. **\$180.00**  
 Tue. and Thu. 6:30–7:15 p.m. **\$180.00**  
 Friday 10:00–10:45 a.m. **\$94.00**

### Aquastroller

Tue. and Thu. 11:00–11:45 a.m. **\$180.00**

### 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 \$111.00 \*Monday \$102.50\*/ 2 x \$205.35 / 3 x \$294.15**

### Aqua-Zumba

Tue. and Thu. 7:30–8:15 p.m. **\$180.00**

### Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:15 p.m.  
 From September 16 to October 28, 2024 **\$91.00**  
 From October 30 to December 11, 2024 **\$98.00**

### Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m.  
 From September 17 to December 12, 2024 **\$192.00**  
 From September 17, 2024 to August 14, 2025 **\$613.00**

### Length ahead (Reserve online)

From September 16 to December 15, 2024  
 Monday to Friday 9:00–9:55 a.m./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 21 to November 24, 2024

Swimmer 1 <b>\$85.00</b>	Swimmer 3 <b>\$85.00</b>	Rookie Patrol and Ranger Patrol <b>\$85.00</b>
Saturday 8:00–8:40 a.m.	Saturday 8:00–8:40 a.m.	Saturday 10:15–10:55 a.m.
Saturday 10:15–10:55 a.m.	Saturday 12:20–1:00 p.m.	Saturday 12:20–1:00 p.m.
Saturday 12:20–1:00 p.m.	Sunday 9:30–10:10 a.m.	Sunday 11:00–11:40 a.m.
Sunday 8:00–8:40 a.m.	Sunday 12:20–1:00 p.m.	
Sunday 8:45–9:25 a.m.	Swimmer 4 <b>\$85.00</b>	Star Patrol <b>\$85.00</b>
Sunday 10:15–10:55 a.m.	Saturday 8:45–9:25 a.m.	Saturday 11:00–11:40 a.m.
Sunday 1:05–1:45 p.m.	Saturday 11:00–11:40 a.m.	Sunday 1:05–1:45 p.m.
Swimmer 2 <b>\$85.00</b>	Sunday 9:30–10:10 a.m.	Bronze Star/ Swimming improvement <b>\$103.00</b>
Saturday 8:45–9:25 a.m.	Sunday 1:05–1:45 p.m.	From September 16 to December 9, 2024
Saturday 1:05–1:45 p.m.	Swimmer 5-6 <b>\$85.00</b>	Monday 5:30–6:30 p.m.
Sunday 8:45–9:25 a.m.	Saturday 9:30–10:10 a.m.	<b>12 years and +</b>
Sunday 10:15–10:55 a.m.	Saturday 12:55–1:35 p.m.	<b>(Must have completed the Star Patrol)</b>
	Sunday 10:15–10:55 a.m.	
	Sunday 12:20–1:00 p.m.	

## LIFESAVING SOCIETY SWIMMING CLASSES FOR PARENT & TOT

SWIMMING CLASSES FOR PRESCHOOLERS **4 MONTHS TO 5 YEARS** From September 21 to November 24, 2024

* Parent & Tot 1 (4 to 12 months) <b>\$82.00</b>	* Preschool 1 (3 to 5 years) <b>\$82.00</b>	Preschool 3 (3 to 5 years) <b>\$85.00</b>
Saturday 8:10–8:40 a.m.	Saturday 9:30–10:10 a.m.	Saturday 8:00–8:40 a.m.
Saturday 12:20–12:50 p.m.	Saturday 11:00–11:40 a.m.	Saturday 8:45–9:25 a.m.
Sunday 8:10–8:40 a.m.	Saturday 1:05–1:45 p.m.	Saturday 9:30–10:10 a.m.
	Sunday 8:45–9:25 a.m.	Saturday 10:15–10:55 a.m.
	Sunday 10:15–10:55 a.m.	Saturday 1:05–1:45 p.m.
	Preschool 2 (3 to 5 years) <b>\$85.00</b>	Sunday 8:00–8:40 a.m.
	Saturday 8:00–8:40 a.m.	Sunday 9:30–10:10 a.m.
	Saturday 8:45–9:25 a.m.	Sunday 12:20–1:00 p.m.
	Saturday 10:15–10:55 a.m.	Preschool 4 (3 to 5 years) <b>\$85.00</b>
	Saturday 12:20–1:00 p.m.	Saturday 9:30–10:10 a.m.
	Saturday 1:05–1:45 p.m.	Saturday 11:00–11:40 a.m.
	Sunday 8:00–8:40 a.m.	Sunday 11:00–11:40 a.m.
	Sunday 8:45–9:25 a.m.	Preschool 5 (3 to 5 years) <b>\$85.00</b>
	Sunday 11:00–11:40 a.m.	Saturday 9:30–10:10 a.m.
	Sunday 1:05–1:45 p.m.	Saturday 11:00–11:40 a.m.
	* Parent & Tot 3 (2 to 3 years) <b>\$82.00</b>	
Saturday 10:15–10:55 a.m.	Saturday 10:15–10:55 a.m.	
Sunday 9:30–10:10 a.m.	Sunday 11:00–11:40 a.m.	
Sunday 12:20–1:00 p.m.	Sunday 1:05–1:45 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 16 to November 23, 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**

#### Soccer

Tuesday (Ages 6-8) 4:30–5:30 p.m. **\$15.00**  
Thursday (Ages 9-12) 5:30–6:30 p.m. **\$15.00**

#### Creative writing

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

From September 16 to December 15, 2024

#### Soccer

Tuesday (Ages 16+) 5:30–6:30 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, 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 September 18 to December 17, 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