



**CENTRE SPORTIF DE  
LA PETITE BOURGOGNE**



## WINTER 2025 PROGRAMS

From January 6 to March 30, 2025

Registration Friday, December 6, 2024

starting at noon online only

**Spring 2025** (From March 31 to June 22 2025)

**Pre-registration**

From Friday, March 14, 2025 at noon

to thursday, March 20, 2025 at noon online only

**Registration**

Friday, March 21, 2025, starting at noon online only

**Spring Break from March 3 to March 7, 2025**

Registration (district only)

Saturday, January 18, 2025, starting at 9:00 a.m., online only

**For All** : Monday, January 20, 2025, starting at noon, online only



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Partner of the Ville de Montréal

Le Sud-Ouest  
**Montréal**

**Éducation,  
Loisir et Sport**  
Québec



## MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From January 6 to March 30, 2025

### Afro-Caribbean

Saturday noon–12:50 p.m. **\$102.50**

### Aikido

Tuesday 8:00–9:30 p.m. **\$137.00**

### Ballet Fitness

Thursday noon–12:50 p.m. **\$102.50**

### Boxe

Tue. and Thu. 7:30–8:30 a.m. **\$166.00**

### Calisthenics / Body Weight Training

Wednesday 7:15–8:30 a.m. **\$128.00**

Friday 7:15–8:30 a.m. **\$128.00**

**1 x \$128.00 / 2 x \$236.80**

### Capoiera teens and adults

Saturday 10:00–10:50 a.m. **\$92.50**

### Cardio Boxe

Tue. and Thu. 6:00–6:50 p.m. **\$166.00**

Sunday 11:00–11:50 a.m. **\$102.50**

### Cardio Tonus

Tuesday noon–12:50 p.m. **\$102.50**

Friday 8:45–9:30 a.m. **\$102.50**

### Dance fitness (Beginner/Intermediate)

Thursday 10:00–10:50 a.m. **\$102.50**

### Essentrics

Thursday 11:00–11:50 a.m. **\$102.50**

### Fitness 55 years +

Monday 11:00–11:50 a.m. **\$84.00**

Wed./Fri. 11:00–11:50 a.m. **\$84.00**

**1 x \$84.00 / 2 x \$155.40 / 3 x \$222.60**

### Pilates

Tue. and Thu. 7:00–7:50 p.m. **\$102.50**

### Fitness with baby

Friday 9:30–10:50 a.m. **\$102.50**

### Spinning

Tue. and Thu. noon–12:50 p.m. **\$166.00**

Friday 6:00–6:50 p.m. **\$102.50**

### Taekwondo adults

Mon. and Wed. 7:00–8:15 p.m. **\$162.00**

### Muscle tone

Tuesday 11:00–11:50 a.m. **\$102.50**

### Yoga

Sunday 9:00–9:50 a.m. **\$102.50**

## MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From January 6 to March 30, 2025

### Chair Yoga

Wednesday 10:00–10:50 a.m. **\$102.50**

### Yoga Yin and relaxation

Sunday 10:00–10:50 a.m. **\$102.50**

**Yogalates 1 x \$91.00 / 2 x \$168.35 / 3 x \$241.15**

Monday noon–12:50 p.m. **\$91.00**

Wed./Fri. noon–12:50 p.m. **\$91.00**

### Zumba

Mon. and Wed. 6:00–6:50 p.m. **\$162.00**

## MULTIPURPOSE ROOM KID'S CLASSES

From January 6 to March 15, 2025

### Capoiera 6-12 years old

Saturday 9:00–9:50 a.m. **\$95.00**

### Hip-Hop 6-12 years old

Tuesday 4:30–5:30 p.m. **\$95.00**

### Taekwondo 6-9 years old (3 days/week)

Mon./Wed./Fri. 4:00–4:50 p.m. **\$130.00**

### Taekwondo 10-12 years old (3 days/week)

Mon./Wed./Fri. 5:00–5:50 p.m. **\$130.00**

## LE JARDIN DE PIROUETTE ET CABRIOLE



### A parent-child psychomotor skills program

From January 6 to March 15, 2025

### Camomille la chenille ages 12-18 months

**Canelle 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 January 6 to March 30, 2025

### Badminton

Reserve online.

Must be a member (mandatory).

One court per reservation.

Maximum 6 people per court.

Monday/Tuesday/Wednesday 11:30 a.m.–1:30 p.m.

Friday 11:30 a.m.–12:30 p.m.

Monday and Wednesday 5:30–10:30 p.m.

Sunday 9:00 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 December 9, 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 January 6 to March 30, 2025

### Senior Aquafitness

Tue. and Thu. 9:00–9:45 a.m. **\$166.00**

### Aquaphisi'eau

Tue. and Thu. 10:00–10:45 a.m. **\$166.00**  
 Tuesday 2:00–2:45 p.m. **\$87.00**

### Bath of youth

Tue. and Thu. 8:00–8:45 a.m. **\$87.00**

## ADULT SWIMMING CLASSES

From January 6 to March 30, 2025

### Aqua Boot Camp

Tue. and Thu. 5:30–6:15 p.m. **\$166.00**

### Aquafitness

Mon. and Wed. 5:30–6:15 p.m. **\$166.00**  
 Mon. and Wed. 6:30–7:15 p.m. **\$166.00**  
 Tue. and Thu. 5:30–6:15 p.m. **\$166.00**  
 Tue. and Thu. 6:30–7:15 p.m. **\$166.00**  
 Friday 10:00–10:45 a.m. **\$87.00**

### Aquastroller

Tue. and Thu. 11:00–11:45 a.m. **\$166.00**

### 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 \$102.50 / 2 x \$189.62 / 3 x \$271.62**

### Aqua-Zumba

Tue. and Thu. 7:30–8:15 p.m. **\$166.00**

### Prenatal (doctor's note required)

Mon. and Wed. 7:30–8:15 p.m.  
 From January 6 to February 12, 2025 **\$91.00**  
 From February 17 to March 26, 2025 **\$91.00**

### Masters Swim Club

Tue. and Thu. 6:30–7:45 a.m. **\$177.00**

### Length ahead (Reserve online)

From January 6 to March 30, 2025  
 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 January 11 to March 16, 2025

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	12:15–12:55 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.
		Sunday	9:30–10:10 a.m.		
		Sunday	1:05–1:45 p.m.	Bronze Star/ Swimming improvement <b>\$103.00</b>	
		Swimmer 5-6 <b>\$85.00</b>		From January 6 to March 24, 2025	
		Saturday	9:30–10:10 a.m.	Monday	5:30–6:30 p.m.
		Saturday	12:55–1:35 p.m.	12 years and + (Must have completed the Star Patrol)	
		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 January 11 to March 16, 2025

* 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>		* <b>Classes with parent:</b> only one parent permitted.	
Saturday	10:15–10:55 a.m.				
Sunday	9:30–10:10 a.m.				
Sunday	12:20–1:00 p.m.				

\* Drop-in rate \$10 subject to availability

\* The schedule may change without prior notice

\* Non-residents, please add \$15



## FREE OR LOW FEE ACTIVITIES

### GYM ACTIVITIES

From January 6 to March 15, 2025

#### 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) 4:30–5:30 p.m. **\$15.00**

#### Creative writing

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

From January 6 to March 30, 2025

#### 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 January 6 to March 30, 2025

**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 6 to March 30, 2025

**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