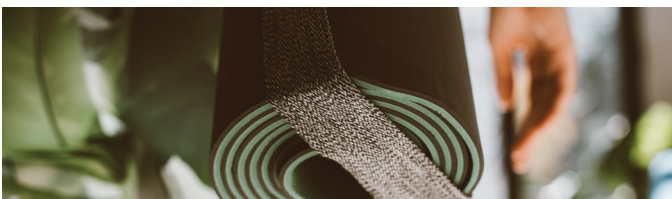




**CENTRE SPORTIF DE  
LA PETITE BOURGOGNE**



## SPRING 2025 PROGRAMS

From March 31 to June 22, 2025

**Pre-registration:** From March 14 to March 20, 2025  
at noon online only

**Registration:** Friday, March 21, 2025,  
starting at noon online only

**Holidays:** April 20-21/May 19

2025 Summer Camp (from June 23 to August 15, 2025)

\* Priority to children registered in 2024

**Registration (district only H3J and H3C)**

Monday, March 24, 2025, starting at 9:00 a.m., online only

**For All :** Tuesday, March 25, 2025, starting at noon, online only

**Summer 2025** (From June 23 to August 15, 2025)

**Registration**

Friday, June 6, 2025, 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

Éducation,  
Loisir et Sport

Le Sud-Ouest  
**Montréal**

**Québec**



## MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From March 31 to June 22, 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. **\$94.00**

**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. **\$70.00**  
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. **\$166.00**

**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. **\$148.50**

**Muscle tone**  
Tuesday 11:00–11:50 a.m. **\$102.50**

**Yoga**  
Sunday 9:00–9:50 a.m. **\$94.00**

## MULTIPURPOSE ROOM ADULT AND SENIOR CLASSES

From March 31 to June 22, 2025

**Chair Yoga**  
Monday 10:00–10:50 a.m. **\$86.00**  
Wednesday 10:00–10:50 a.m. **\$102.50**

**Yoga Yin and relaxation**  
Sunday 10:00–10:50 a.m. **\$94.00**

**Yogalates 1 x \$91.00 / 2 x \$168.35 / 3 x \$241.15**  
Monday noon–12:50 p.m. **\$76.00**  
Wed./Fri. noon–12:50 p.m. **\$91.00**

**Zumba**  
Mon. and Wed. 6:00–6:50 p.m. **\$148.50**

## MULTIPURPOSE ROOM KID'S CLASSES

From March 31 to June 7, 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. **\$121.50**

**Taekwondo 10-12 years old (3 days/week)**  
Mon./Wed./Fri. 5:00–5:50 p.m. **\$121.50**

## LE JARDIN DE PIROUETTE ET CABRIOLE



**A parent-child psychomotor skills program**

From March 31 to June 7, 2025

**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 \$12 subject to availability  
\* The schedule may change without prior notice  
\* Non-residents, please add \$15

## MULTIPURPOSE ROOM AND GYM ACTIVITIES

From March 31 to June 22, 2025

### Badminton

Online reservation and payment.  
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 p.m.–10:30 p.m.  
Sunday 9:00 a.m.–3:00 p.m.

**\$15/1 hour \$30.00/2 hours**  
**\$5.00/racket \$1.00/birdie**

### PRIVATE CLASSES

**\$50/hour - 1 participant**  
**\$75/hour - 2 participants**

You may send an email starting March 24, 2025  
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 CLASSES

From March 31 to June 20, 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 CLASSES

From March 31 to June 20, 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. **\$152.00**  
 Mon. and Wed. 6:30–7:15 p.m. **\$152.00**  
 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

Monday 9:00–9:45 a.m. **\$86.00**  
 Wed./Fri. 9:00–9:45 a.m. **\$102.50**  
 Tue./Thu. 6:30–7:15 p.m. **\$102.50**  
 Tuesday 1:00–1:45 p.m. **\$102.50**  
 Wednesday 5:30–6:15 p.m. **\$102.50**  
 Thursday 2:00–2:45 p.m. **\$102.50**  
**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 March 31 to May 7, 2025 **\$84.00**  
 From May 12 to June 18, 2025 **\$84.00**

### Masters Swim Club

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

### Length ahead (Reserve online)

From March 31 to June 20, 2025  
 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. **\$5.00/hour**

## LIFESAVING SOCIETY SWIMMING CLASSES FOR KIDS

SWIMMING CLASSES / SWIMMER PROGRAM **5 TO 12 YEARS** From April 5-6 to June 7-15, 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	12:20–1:00 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.	Swimming improvement course <b>\$86.00</b>	
Saturday	8:45–9:25 a.m.	Sunday	1:05–1:45 p.m.	for 12 years old and +	
Saturday	1:05–1:45 p.m.	Swimmer 5-6 <b>\$85.00</b>		From March 31 to June 16, 2025	
Sunday	8:45–9:25 a.m.	Saturday	9:30–10:10 a.m.	Monday	5:30–6:30 p.m.
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 April 5-6 to June 7-15, 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>	
Saturday	10:15–10:55 a.m.			only one parent permitted.	
Sunday	9:30–10:10 a.m.				
Sunday	12:20–1:00 p.m.				

\* Drop-in rate \$12 subject to availability

\* The schedule may change without prior notice

\* Non-residents, please add \$15



## FREE OR LOW FEE ACTIVITIES

### GYM ACTIVITIES

From March 31 to June 7, 2025

#### Multi sports

Various sports activities supervised by a monitor.

Saturdays (Ages 9-11)	9:15–10:00 a.m.	<b>\$15.00</b>
Saturdays (Ages 6-8)	10:15–11:00 a.m.	<b>\$15.00</b>

#### Soccer

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

#### Creative writing

Wednesday (Ages 9-12)	3:30–5:00 p.m.	<b>Free</b>
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From March 31 to June 22, 2025

#### Soccer

Tuesday (Ages 16+)	5:30–6:30 p.m.	<b>\$15.00</b>
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#### Muay Thai

Saturday (Ages 12-16)	11:00–11:50 a.m.	<b>Free</b>
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### FREE SWIM SCHEDULE ADULT

From March 31 to June 22, 2025

<b>Monday</b>	7:00–7:45 a.m. 8:00–8:45 a.m. noon–12:45 p.m. 8:30–9:15 p.m.
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<b>Tuesday</b>	noon–12:45 p.m. 3:30–4:15 p.m. 8:30–9:15 p.m.
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<b>Wednesday</b>	7:00–7:45 a.m. 8:00–8:45 a.m. noon–12:45 p.m. 8:30–9:15 p.m.
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<b>Thursday</b>	noon–12:45 p.m. 3:30–4:15 p.m. 8:30–9:15 p.m.
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<b>Friday</b>	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.
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<b>Saturday</b>	2:15–3:15 p.m.
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<b>Sunday</b>	2:15–3:15 p.m.
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### FREE SWIM SCHEDULE ALL

From March 31 to June 22, 2025

<b>Monday/ Wednesday</b>	4:00–4:45 p.m.
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<b>Tuesday/ Thursday</b>	4:30–5:15 p.m.
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<b>Friday</b>	5:00–5:45 p.m. 6:00–6:45 p.m. 7:00–7:45 p.m.
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<b>Saturday/ Sunday</b>	3:30–4:30 p.m.
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Free admission \* Reservation online only  
Limited number of places \* Bathing cap mandatory