



CENTRE SPORTIF DE  
LA PETITE BOURGOGNE

## SPRING 2026 PROGRAM FROM MARCH 30 TO JUNE 21, 2026



### SPRING SESSION 2026

PRE-REGISTRATION ONLINE ONLY

Friday, March 13 at noon to Thursday, March 19

REGISTRATION ONLINE ONLY

Friday, March 20 at noon

### SUMMER SESSION 2026 / JUNE 22 TO AUGUST 14

REGISTRATION ONLINE ONLY

Friday, June 5 at noon

**Holidays: April 5 & 6 and May 18**



cspb.ca

1825 Notre-Dame West, Montréal H3J 2Y4

PARTNER OF THE  
VILLE DE MONTRÉAL

Le Sud-Ouest  
**Montréal**

WITH FINANCIAL  
SUPPORT FROM

Éducation,  
Loisir et Sport  
**Québec**

## BECOME A MEMBER

Create your account for free on [cspb.ca](http://cspb.ca).  
For non-Montreal residents a **\$15** fee will be added for each class taken.

## DROP-IN

Subject to availability; payable before the class: **\$12**

## PRIVATE SWIMMING CLASSES

**\$50/h** - 1 person **\$75/h** - 2 people

Please send an email, starting **March 23** to [lucas@cspb.ca](mailto:lucas@cspb.ca)

## COMMUNITY AND SOCIO-EDUCATIONAL ACTIVITIES

Explore a range of engaging workshops.  
Subscribe to our newsletter and follow us on social media.



## RENT OUR SPACES!

Our gymnasium and multipurpose room are available for your special events, birthday parties, or sports activities with friends.  
Information/reservations: [christelle@cspb.ca](mailto:christelle@cspb.ca)



## SUMMER CAMP 2026

(priority given to children registered in 2025)

### REGISTRATION ONLINE ONLY

- Neighbourhood residents only (H3J and H3C):  
Saturday, March 28, 2026, at 9:00 am
- For everyone:  
Tuesday, March 31, 2026, at noon

## COORDINATORS

**General Director / Ext. 24**

Dickens Mathurin | [dickens@cspb.ca](mailto:dickens@cspb.ca)

**Administrative Manager / Ext. 26**

Kaouther Ben Younes | [kaouther@cspb.ca](mailto:kaouther@cspb.ca)

**Aquatic Coordinator and Summer Camp / Ext. 25**

Jean-Baptiste Berthet | [jean-baptiste@cspb.ca](mailto:jean-baptiste@cspb.ca)

**Multipurpose Room and Gym Manager / Ext. 27**

Christelle Langrée | [christelle@cspb.ca](mailto:christelle@cspb.ca)

**Operations Supervisor / Ext. 23**

Lucas Jamin | [lucas@cspb.ca](mailto:lucas@cspb.ca)

**514 932-0800**

# MULTIPURPOSE ROOM

## ADULT AND SENIOR CLASSES

From March 30 to June 21

ABS / GLUTS		
Thursday	9:00 - 9:50 am	\$110
AFRO CARAÏBES		
Saturday	12:00 - 12:50 pm	\$110
AIKIDO		
Tuesday	8:00 - 9:30 pm	\$146
BOXE		
Tuesday and Thursday	7:30 - 8:30 am	\$178
CALISTHENICS (BODY WEIGHT TRAINING)		
Wednesday or Friday	7:15 - 8:30 am	\$138
2 classes		\$255.30
CAPOEIRA ADULTS AND TEENS		
Saturday	10:00 - 10:50 am	\$99
CARDIO BOXE		
Tuesday and Thursday	6:00 - 6:50 pm	\$178
Sunday	11:00 - 11:50 am	\$110
CARDIO TONUS		
Friday	8:45 - 9:30 am	\$110
DANCE FITNESS (BEGINNER/INTERMEDIATE)		
Thursday	10:00 - 10:50 am	\$110
ESSENTRICS		
Tuesday or Thursday	12:00 - 12:50 pm	\$110
2 classes		\$203.50
FITNESS 55 YEARS +		
Monday (\$81) or Wed.	11:00 - 11:50 am	\$97
or Friday		
2 classes		\$179.45 / 3 classes \$244.25
PILATES		
Tuesday and Thursday	7:00 - 7:50 pm	\$178
FITNESS WITH BABY		
Friday	9:30 - 10:50 am	\$110
SPINNING		
Tuesday and Thursday	12:00 - 12:50 pm	\$178
Friday	6:00 - 6:50 pm	\$110
TAEKWONDO* ADULTS		
Monday and Wednesday	7:00 - 8:15 pm	\$148
* Mandatory affiliation fee to Taekwondo Québec not included		\$26
MUSCLE TONE		
Tuesday or Thursday	11:00 - 11:50 am	\$110
2 classes		\$178.00



YOGA		
Sunday	9:00 - 9:50 am	\$101
CHAIR YOGA		
Monday (\$92) or Wed.	10:00 - 10:50 am	\$110
2 classes		\$188.20
YOGA YIN AND RELAXATION		
Sunday	10:00 - 10:50 am	\$101
YOGALATES		
Monday (\$81) or Wed.	12:00 - 12:50 pm	\$97
or Friday		
2 classes		\$179.45 / 3 classes \$244.25
ZUMBA		
Monday and Wed.	6:00 - 6:50 pm	\$148

## CHILDREN'S CLASSES

From March 30 to June 6

CAPOIERA 6-12 YEARS		
Saturday	9:00 - 9:50 am	\$102
HIP-HOP 6-12 YEARS		
Tuesday and Thursday	4:30 - 5:20 pm	\$135
TAEKWONDO*		
Monday, Wed. and Friday		\$135
<b>6-9 years</b>	4:00 - 4:50 pm	
<b>10-12 years</b>	5:00 - 5:50 pm	
* Mandatory affiliation fee to Taekwondo Québec not included		\$26

## LOW FEE ACTIVITIES

MULTI-SPORTS (MARCH 30 TO JUNE 6)		25 \$
Various sports activities supervised by a monitor		
Sat. (ages 9-11)		9:15 - 10:00 am
Sat. (ages 6-8)		10:15 - 11:00 am
SOCCER		25 \$
Tues. (ages 6-8) March 30 to June 2		4:30 - 5:30 pm
Thurs. (ages 9-12) March 30 to June 4		4:30 - 5:30 pm
Tues. (ages 16+) March 30 to June 16		5:30 - 6:30 pm
CREATIVE WRITING		FREE
Wed. (ages 9-12) March 30 to June 3		3:30 - 5:00 pm
MUAY THAI (MARCH 30 TO JUNE 20)		\$15
Sat. (ages 12-16)		11:00 - 11:50 am

THE SCHEDULE MAY CHANGE WITHOUT PRIOR NOTICE.

# GYM ACTIVITIES

From March 30 to June 21



BADMINTON*		
Mond., Tues., Wed.		11:30 am - 1:30 pm
Friday		11:30 am - 12:30 pm
Monday, Wednesday		5:30 - 10:30 pm
Saturday		noon - 3:00 pm
Sunday		9:00 am - 3:00 pm
*Equipment rental: racket \$5 birdie \$1		
PICKLEBALL		
Saturday and Sunday		noon - 3:00 pm

## Reserve and pay online

You must be a member; sportswear mandatory  
One court per reservation  
Maximum 6 people per court  
\$15/hour (max. 2h)

## SATURDAY MORNING, AT THE GYM!

**9:00 - 9:45 am**  
**Camomille la chenille** 12 to 18 months  
**Cannelle la coccinelle** 18 to 24 months

**10:00 - 10:45 am**  
**Groseille l'abeille** 2 to 2 1/2 years  
**Fenouil la grenouille** 2 1/2 to 3 years

**11:00 - 11:45 am**  
**Potiron le papillon** 3 to 4 years  
**Grande Feuille l'écureuil** 4 to 5 years

**Psychomotor skills program for children between 1 to 5 years; only one parent permitted.**

**April 4 to June 6**  
**\$102**

Fédération québécoise des centres communautaires de loisir

# LIFESAVING SOCIETY SWIMMING CLASSES

From March 30 to June 14



# POOL CLASSES

From March 30 to June 21



## PARENT AND TOT\*

<b>PARENT &amp; TOT 1* (4-12 MONTHS)</b>	<b>\$87</b>
<b>Saturday</b> 8:10-8:40 am / 12:20-12:50 pm	
<b>Sunday</b> 8:10-8:40 am	
<b>PARENT &amp; TOT 2* (12-24 MONTHS)</b>	<b>\$87</b>
<b>Saturday</b> 8:45-9:25 am	
<b>Sunday</b> 11:00-11:40 am	
<b>PARENT &amp; TOT 3* (2-3 YEARS)</b>	<b>\$87</b>
<b>Saturday</b> 10:15-10:55 am	
<b>Sunday</b> 9:30-10:10 am / 12:20-1:00 pm	
<b>PRESCHOOL 1* (3-5 YEARS)</b>	<b>\$87</b>
<b>Saturday</b> 9:30-10:10 am / 11:00-11:40 am / 1:05-1:45 pm	
<b>Sunday</b> 8:45-9:25 am / 10:15-10:55 am	

\* ONLY ONE PARENT PERMITTED

## PRESCHOOL 3-5 YEARS

<b>PRESCHOOL 2</b>	<b>\$91</b>
<b>Saturday</b> 8:45-9:25 am / 10:15-10:55 am / 1:05-1:45 pm	
<b>Sunday</b> 8:00-8:40 am / 8:45-9:25 am / 11:00-11:40 am / 1:05-1:45 pm	
<b>Monday</b> 4:50-5:30 pm	
<b>PRESCHOOL 3</b>	<b>\$91</b>
<b>Saturday</b> 8:00-8:40 am / 9:30-10:10 am / 1:05-1:45 pm	
<b>Sunday</b> 8:00-8:40 am / 9:30-10:10 am / 12:20-1:00 pm	
<b>Wednesday</b> 5:35-6:15 pm	
<b>PRESCHOOL 4</b>	<b>\$91</b>
<b>Saturday</b> 11:00-11:40 am	
<b>Sunday</b> 11:00-11:40 am	
<b>Wednesday</b> 4:50-5:30 pm	
<b>PRESCHOOL 5</b>	<b>\$91</b>
<b>Saturday</b> 9:30-10:10 am / 11:00-11:40 am	

## 5 TO 12 YEARS

<b>SWIMMER 1</b>	<b>\$91</b>
<b>Saturday</b> 8:00-8:40 am / 10:15-10:55 am / 12:20-1:00 pm	
<b>Sunday</b> 8:00-8:40 am / 8:45-9:25 am / 10:15-10:55 am / 1:05-1:45 pm	
<b>Wednesday</b> 4:50-5:30 pm	
<b>SWIMMER 2</b>	<b>\$91</b>
<b>Saturday</b> 8:45-9:25 am	
<b>Sunday</b> 8:45-9:25 am / 10:15-10:55 am	
<b>Monday</b> 4:50-5:30 pm	
<b>SWIMMER 3</b>	<b>\$91</b>
<b>Saturday</b> 8:00-8:40 am / 12:20-1:00 pm	
<b>Sunday</b> 9:30-10:10 am / 12:20-1:00 pm	
<b>Wednesday</b> 5:35-6:15 pm	
<b>SWIMMER 4</b>	<b>\$91</b>
<b>Saturday</b> 8:45-9:25 am / 11:00-11:40 am	
<b>Sunday</b> 9:30-10:10 am / 1:05-1:45 pm	
<b>SWIMMER 5-6</b>	<b>\$91</b>
<b>Saturday</b> 9:30-10:10 am / 12:55-1:35 pm	
<b>Sunday</b> 10:15-10:55 am / 12:20-1:00 pm	
<b>ROOKIE PATROL &amp; RANGER PATROL</b>	<b>\$91</b>
<b>Saturday</b> 10:15-10:55 am / 12:20-1:00 pm	
<b>Sunday</b> 11:00-11:40 am	
<b>STAR PATROL</b>	<b>\$91</b>
<b>Sunday</b> 1:05-1:45 pm	

## 12 YEARS + From March 30 to June 15

<b>SWIMMING IMPROVEMENT COURSE*</b>	<b>\$86</b>
<b>Monday</b> 5:30-6:30 pm	

\* Must have completed the Star Patrol

## SENIOR CLASSES

<b>SENIOR AQUAFITNESS</b>		
Tues. and Thur.	9:00-9:45 am	<b>\$178</b>
<b>AQUAPHISIEAU</b>		
Tues. and Thur.	10:00-10:45 am	<b>\$178</b>
Tuesday	2:00-2:45 pm	<b>\$92</b>
<b>BATH OF YOUTH</b>		
Tues. or Thur.	8:00-8:45 am	<b>\$92</b>

## ADULT CLASSES

<b>AQUABOOT CAMP</b>		
Tues. and Thur.	5:30-6:15 pm	<b>\$178</b>
<b>AQUAFITNESS</b>		
Monday and Wed.	5:30-6:15 pm	<b>\$163</b>
Monday and Wed.	6:30-7:15 pm	<b>\$163</b>
Tues. and Thur.	5:30-6:15 pm	<b>\$178</b>
Tues. and Thur.	6:30-7:15 pm	<b>\$178</b>
Friday	10:00-10:45 am	<b>\$92</b>
<b>AQUASTROLLER</b>		
Tues. and Thur.	11:00-11:45 am	<b>\$178</b>
<b>AQUASPINNING</b>		
Monday	9:00-9:45 am	<b>\$92</b>
Tuesday	1:00-1:45 pm	<b>\$110</b>
Wednesday	5:30-6:15 pm	<b>\$110</b>
Thursday	1:00-1:45 pm	<b>\$110</b>
Wed. or Friday	9:00-9:45 am	<b>\$110</b>
Tues. or Thur.	6:30-7:15 pm	<b>\$110</b>
2 classes <b>\$203.50</b> / 3 classes <b>\$291.50</b>		

## PRENATAL (DOCTOR'S MEDICAL NOTE REQUIRED)

<b>Monday and Wed.</b>	7:30-8:15 pm	
March 30 to May 6		<b>\$89</b>
May 11 to June 17		<b>\$89</b>
<b>Tuesday and Thurs.</b>	7:30-8:15 pm	
March 31 to May 7		<b>\$97</b>
May 12 to June 18		<b>\$97</b>

## MASTERS SWIM CLUB

<b>Tuesday and Thurs.</b>	6:30-7:45 am	<b>\$190</b>
March 31 to June 18		

## LENGTH AHEAD (RESERVE ONLINE) \$6

<b>Monday, Wednesday, Friday</b>	9:00-9:55 am / 10:00-10:55 am / 11:00-11:55 am
<b>Tuesday, Thursday</b>	8:00-8:55 am / 9:00-9:55 am / 10:00-10:55 am / 11:00-11:55 am

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