BECOME A MEMBER
Create your account for free on **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**

ENJOY THE DISCOUNT
Sign up for more than one course and get a **15%** discount on the second; **20%** on the third.

CIRCONFLEXE – READY TO MOVE
Borrow sports and recreational equipment free of charge. For more information, contact **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**

COORDINATION AND SUPERVISION

General Director / Ext. 24
Dickens Mathurin | dickens@cspb.ca

Administrative Manager / Ext. 26
Kaouther Ben Younes | kaouther@cspb.ca

Aquatic Coordinator and Summer Camp / Ext. 25
Jean-Baptiste Berthet | jean-baptiste@cspb.ca

Multipurpose Room and Gym Manager / Ext. 27
Christelle Langrée | christelle@cspb.ca

Operations Supervisor / Ext. 23
Lucas Jamin | lucas@cspb.ca

✆ 514 932-0800

CENTRE SPORTIF DE LA PETITE BOURGOGNE

FALL 2026

From September 14 to December 13

Holiday: Monday, October 12

REGISTRATION
SATURDAY, AUGUST 15 AT 9 AM
ONLINE ONLY

WINTER SESSION 2027

January 4 to March 28

PRE-REGISTRATION ONLINE
Friday, November 27 at noon to Thursday, December 3

REGISTRATION ONLINE
Friday, December 4 at noon

cspb.ca

1825 Notre-Dame West, Montréal H3J 2Y4

07/2026

PARTNER OF THE VILLE DE MONTRÉAL
Le Sud-Ouest Montréal

WITH FINANCIAL SUPPORT FROM
Éducation, Loisir et Sport Québec

ADULTS AND SENIORS MULTIROOM CLASSES

From September 14 to December 13

ABS / GLUTS		
Thursday	12:00 - 12:50 pm	**$125**
AFRO CARAÏBES		
Saturday	12:00 - 12:50 pm	**$125**
AIKIDO		
Tuesday and Thursday	8:00 - 9:30 pm	**$198**
BOXE		
Tuesday and Thursday	7:30 - 8:30 am	**$202**
CARDIO BOXE		
Tuesday and Thursday	6:00 - 6:50 pm	**$202**
Saturday	10:00 - 10:50 am	**$125**
CARDIO TONUS		
Tuesday	12:00 - 12:50 pm	**$125**
CROSS TRAINING		
Wednesday or Friday	7:15 - 8:30 am	**$156**
2 classes **$288.60**		
DANCE FITNESS (beginner/intermediate)		
Thursday	10:00 - 10:50 am	**$125**
FITNESS 55 YEARS +		
Monday **($102)**		
or Wednesday or Friday	11:00 - 11:50 am	**$110**
2 classes including Monday **$196.70**		
2 classes Wednesday and Friday **$203.50**		
3 classes **$285.10**		
PILATES		
Tuesday and Thursday	7:00 - 7:50 pm	**$202**
FITNESS WITH BABY		
Friday	9:30 - 10:50 am	**$125**
SPINNING		
Tuesday and Thursday	12:00 - 12:50 pm	**$202**
Friday	6:00 - 6:50 pm	**$125**
TAEKWONDO* ADULTS		
Monday and Wednesday	7:00 - 8:15 pm	**$198**
*Mandatory affiliation fee to Taekwondo Québec not included		**$26**
MUSCLE TONE		
Tuesday or Thursday	11:00 - 11:50 am	**$125**
2 classes **$231.25**		
YOGA		
Sunday	9:00 - 9:50 am	**$125**
CHAIR YOGA		
Monday or Wednesday	10:00 - 10:50 am	**$125**
2 classes **$281.25**		
YOGA YIN AND RELAXATION		
Sunday	10:00 - 10:50 am	**$125**
YOGALATES		
Monday **($102)** or	12:00 - 12:50 pm	
Wednesday or Friday		**$110**
2 classes including Monday **$196.70**		
2 classes Wednesday and Friday **$203.50**		
3 classes **$285.10**		
ZUMBA		
Monday and Wednesday	6:00 - 6:50 pm	**$198**

The schedule may change without prior notice.

CHILDREN MULTIROOM CLASSES

From September 14 to November 21

CAPOEIRA 6-12 YEARS		
Saturday	9:00 - 9:50 am	**$106**
HIP-HOP 6-12 YEARS		
Tuesday and Thursday	4:30 - 5:20 pm	**$142**
TAEKWONDO*		
Monday, Wednesday and Friday		**$153**
6-9 years	4:00 - 4:50 pm	
10-12 years	5:00 - 5:50 pm	
For the year		**$390**
*Mandatory affiliation fee to Taekwondo Québec not included		**$26**

GET MOVING FOR LESS

From September 15 to November 21

MULTI-SPORT $30
Saturday (9-11 years) 9:15 - 10:00 am
Saturday (6-8 years) 10:15 - 11:00 am

SOCCER $30
Tuesday (6-8 years) 4:30 - 5:30 pm
Thursday (9-12 years) 4:30 - 5:30 pm

FREE CREATIVE WRITING
Wednesday (9-12 years) 15:30 - 17:00

From September 15 to December 12

MUAY THAÏ $25
Saturday (12-16 ans) 11:00 - 11:50 am

SOCCER $30
Tuesday (16 and +) 5:30 - 6:30 pm

COURT RENTAL
From September 14 to December 13

Badminton*	$15/h
Monday, Tuesday, Wed.	11:30 - 1:30 pm
Monday, Wed.	5:30 - 10:30 pm
Friday	11:30 - 12:30 am
Saturday	12:00 - 3:00 pm
Sunday	9:00 am - 3:00 pm

*** Equipment rental:** racket **$5** birdie **$1**

Pickleball	$15/h
Saturday and Sunday	12:00 - 3:00 pm

Reserve and pay online
- You must be a member; sportswear mandatory
- One court per reservation
- Maximum 6 people per court
- Maximum 2 hours

From September 19 to November 21

SOCIÉTÉ DE SAUVETAGE

CHILDREN AND TEENS POOL CLASSES
From September 14 to November 22

PARENT AND TOT* — $87

PARENT AND TOT 1* (4 à 12 months)

Saturday	8:10 - 8:40 am / 12:20 - 12:50 pm
Sunday	8:10 - 8:40 am

PARENT AND TOT 2* (12 à 24 months)

Saturday	8:45 - 9:25 am
Sunday	11:00 - 11:40 am

PARENT AND TOT 3* (2 à 3 years)

Saturday	10:15 - 10:55 am
Sunday	9:30 - 10:10 am / 12:20 - 1:00 pm

PRESCHOOL 1* (3 à 5 years)

Saturday	9:30 - 10:10 am / 11:00 - 11:40 am / 1:05 - 1:45 pm
Sunday	8:45 - 9:25 am / 10:15 - 10:55 am

* Only one parent permitted

PRESCHOOL 3-5 YEARS — $91

PRESCHOOL 2

Monday	4:50 - 5:30 pm (From Sept. 14 to Nov. 23)
Saturday	8:45 - 9:25 am / 10:15 - 10:55 am / 1:05 - 1:45 am
Sunday	8:00 - 8:40 am / 8:45 - 9:25 am / 11:00 - 11:40 am / 1:05 - 1:45 pm

PRESCHOOL 3

Wednesday	5:35 - 6:15 pm
Saturday	8:00 - 8:40 am / 9:30 - 10:10 am / 1:05 - 1:45 pm
Sunday	8:00 - 8:40 / 9:30 - 10:10 / 12:20 - 13:00

PRESCHOOL 4

Wednesday	4:50 - 5:30 pm
Saturday	11:00 - 11:40 am
Sunday	11:00 - 11:40 am

PRESCHOOL 5

Saturday	9:30 - 10:10 am / 11:00 - 11:40 am

5 TO 12 YEARS — $91

SWIMMER 1

Wednesday	4:50 - 5:30 pm
Saturday	8:00 - 8:40 am / 10:15 - 10:55 am / 12:20 - 1:00 pm
Sunday	8:00 - 8:40 am / 8:45 - 9:25am / 10:15 - 10:55 am / 1:05 - 1:45 pm

SWIMMER 2

Monday	4:50 - 5:30 pm (From Sept. 14 to Nov. 23)
Saturday	8:45 - 9:25 am
Sunday	8:45 - 9:25 am / 10:15 - 10:55 am

SWIMMER 3

Wednesday	5:35 - 6:15 pm
Saturday	8:00 - 8:40 am / 12:20 - 1:00 pm
Sunday	9:30 - 10:10 am / 12:20 - 1:00 pm

SWIMMER 4

Saturday	8:45 - 9:25 am / 11:00 - 11:40 am
Sunday	9:30 - 10:10 am / 1:05 - 1:45 pm

SWIMMER 5-6

Saturday	9:30 - 10:10 am / 12:55 - 1:35 pm
Sunday	10:15 - 10:55 am / 12:20 - 1:00 pm

ROOKIE PATROL & RANGER PATROL

Saturday	10:15 - 10:55 am / 12:20 - 1:00 pm
Sunday	11:00 - 11:40 am

STAR PATROL

Sunday	1:05 - 1:45 pm

12 YEARS + — $91

TEENAGERS SWIMMING ADVANCED COURSE

Requirements : Star Patrol

Monday	5:30 - 6:15 pm (From Sept. 14 to Nov. 23)

The schedule may change without prior notice.

PRIVATE SWIMMING CLASSES
1 person **$50/h** / 2 people **$75/h**

Please send an email, starting August 25 to **lucas@cspb.ca** (minimum age 4 years).

ADULTS AND SENIORS POOL CLASSES
From September 14 to December 13

SENIOR AQUAFITNESS

Tuesday and Thursday	9:00 - 9:45 am	$203

AQUAPHYSI'EAU

Tuesday and Thursday	10:00 - 10:45 am	$203
Tuesday	2:00 - 2:45 pm	$105

BATH OF YOUTH

Tuesday and Thursday	8:00 - 8:45 am	$105

AQUABOOT CAMP

Tuesday and Thursday	5:30 - 6:15 pm	$203

AQUAFITNESS

Lundi and Wednesday	5:30 - 6:15 pm	$193
Monday and Wednesday	6:30 - 7:15 pm	$193
Tuesday and Thursday	5:30 - 6:15 pm	$203
Tuesday and Thursday	6:30 - 7:15 pm	$203
Friday	10:00 - 10:45 am	$105

AQUASTROLLER

Tuesday and Thursday	11:00 - 11:45 am	$203

AQUASPINNING

Monday	9:00 - 9:45	$116
Tuesday	13:00 - 13:45 / 18:30 - 19:15	$125
Wednesday	9:00 - 9:45 / 17:30 - 18:15	$125
Thursday	14:00 - 14:45 / 18:30 - 19:15	$125
Friday	9:00 - 9:45	$125

2 classes including Monday **$223.26**
2 classes **231.21$** / 3 classes **$331.25**

PRENATAL (DOCTOR'S MEDICAL NOTE REQUIRED)

Monday and Wednesday	7:30 - 8:15 pm
September 14 to October 21 (6 weeks)	$97
October 26 to December 9 (7 weeks)	$113
Tuesday and Thursday	7:30 - 8:15 pm
September 15 to October 22 (6 weeks)	$105
October 27 to December 10 (7 weeks)	$113

MASTERS SWIM CLUB

Tuesday and Thursday	6:30 - 7:55 am
September 15 to December 10	$216
September 15, 2026 to August 12, 2027	$689

LENGTH AHEAD (RESERVE ONLINE) — $6

Monday, Wednesday, Friday
9:00 - 9:55 am / 10:00 - 10:55 am / 11:00 - 11:55 am

Tuesday, Thursday
8:00 - 8:55 am / 9:00 - 9:55 am / 10:00 - 10:55 am / 11:00 - 11:55 am