

INFO

Morin-Heights

In harmony with nature



MORIN-HIGHTS
1855

MUNICIPAL INFORMATION **WINTER 2021-2022**

DECEMBER / JANUARY / FEBRUARY / MARCH
VOL. 24 NO 5

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and transition

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Citizen Card

We invite you to get your citizen card now. This free card, valid for one year, will allow you to identify yourself as a citizen of Morin-Heights and will, among other things, give you access to some free services and/or preferential rates, for example :

- To obtain resident pricing for classes, gym sports and various activities ;
- To provide you with free access to the outdoor tennis and pickleball courts as well as **to the snowshoe and fatbike trails in winter** ;
- To give you access to Lummis Park ;
- To facilitate access to municipal events and the future sports complex ;
- etc.

How to get it :

- **Each family member** must go to Chalet Bellevue during business hours (seven days a week, between 9:00 and 16:30) with proof of residency to finalize their file and have their picture taken.
- When moving away, it is the responsibility of the citizen cardholder, to notify the Municipality of any change of address by email or phone at the Chalet Bellevue.
- The expiration date is located on the back of the card. If the card has expired, it is important to keep it, as a sticker with the new expiration date will be affixed to the back of the card.
- At the time of renewal, the presentation of the card is mandatory, or a replacement fee of \$5 will be charged.

Continued on page 4

News from the Mayor

Environment and Transition

Dear fellow citizens,

As you know, almost two years ago, our municipal Council established an Environmental Advisory Committee (EAC or CCE). The purpose of the committee was to propose a draft Environmental and Transition Policy to Council.

This policy is a tool to guide Council, its administration and citizens in managing activities in a responsible manner and in accordance with the principles of sustainable development, i.e. taking into account the economic, sociological and environmental aspects of our municipality.

We are committed to preserving the unique environment of Morin-Heights.

Despite the context relative to the situation of Covid-19, the committee elaborated the first draft of the policy which Council accepted in August 2020.

The EAC has continued its work and is specifying action plans for the current and future years.

Our motto, "In harmony with nature", implies that these action plans be known and enriched by all Morinheighters.

Therefore, I invite you to a public meeting to present to you the priorities, objectives and means proposed to continue to act now on preserving our environment and to better prepare for our future.

"MEETING to address our environment and transition"

**On January 27, 2022 at 19:00,
at the Chalet Bellevue**

By participating in this meeting, you will also have the privilege of learning about the survey, which will be sent to citizens on future action plans regarding the environment and transition.

This survey will take place from January 28 to February 18, 2022, and will be conducted online. If necessary, you can pick up a paper copy at the Town Hall.

Finally, you will also have the opportunity to indicate your desire to get involved and collaborate with the EAC members. You can share your interests and expertise with all members of our community and your municipal Council.

We look forward to seeing you there; it will be a pleasure to welcome you!

Yours truly,



Tim Watchorn, ing.
Mayor of Morin-Heights



**YOU HAVE A PROJECT IN MIND BUT
YOU LACK MOTIVATION?**

**DUO EN ACTION IS THE INTERGENERATIONAL
PROJECT FOR YOU!**

FOR WHOM - Pairing between an elder and a child
(accompanied by an adult), a teenager, an adult or another elder

WHY - To bond with a new person while supporting themselves
in achieving a personal goal

HOW - By phone or video conference, 1 to 2 times a week for a
period of two months or more

Throughout the project, you will have access to the support of the
Duo en action team

For more information and to register today :
duoenaction@fadoqlaurentides.org
1 877 429-5858 extension 227

En partenariat avec :  

Québec  

Région
des Laurentides



Animal Control

How do I file a report?

If you witness a situation in your neighbourhood that is a source of nuisance, such as a stray dog, excessive barking, a dog exhibiting aggressive behaviour, etc., or if you witness an animal that is a victim of negligence or cruelty, you must report it to the SPCALL. The complaint will be confidential.

To reach the SPCALL 7 days a week, between 9:00 and 18:00: 819 326-4059 or toll-free 1-866 960-SPCA (7722).

For any urgent situation outside of service hours, call 911.

Photo Contest

Please share your best shots: it could be local landscapes, local activities or events, or Morinheighters who are all smiles!

The winner will receive a gift card from a local shop. Send your favourites shots to:

karyne.bergeron@morinheights.com. The winner will be announced in the next issue of this bulletin.

Your pictures must have a minimum weight of 1 MB. If you want to submit numerous photos, we ask that you send them through wettransfer.com, a free and user-friendly website. Pictures received for this contest must be free of rights and will be kept in our municipal bank of images and could be used to illustrate our various communication tools or ads.

The contest winner from the previous edition is **George Muller**, who won a \$50 gift certificate from L'Héritage Restaurant located at 11 rue Baker. Congratulations!



Municipal Tax Bill Available Online via VOILÀ!

You can register to receive your tax bill online via www.morinheights.com (Online Services menu, Forms submenu). Please have your tax 2021 bill on hand. If you do not register, you will receive your upcoming tax bill by mail.

PROOF OF RESIDENCE ACCEPTED / REFUSED		
<p>Recognized proof of residence (issued within 12 months)</p> <ul style="list-style-type: none"> • Driver's license • Municipal or school tax account • Utility bill (landline telephone, electricity, cable tv) • Government correspondence • Notarized bill of sale <p>Children :</p> <ul style="list-style-type: none"> • School report or birth certificate AND proof of residence of one of the two parents 	<p>Proof of residence not recognized</p> <ul style="list-style-type: none"> • Any lease, including the one from the <i>Régie du logement</i> • Cell phone bill • Bank statement 	<p>Recognized identification documents</p> <ul style="list-style-type: none"> • Drivers license • Health insurance card with photo • Passport • Student card with photo

Do you have many projects in mind and would like to know how to carry them out?



These **FREE** classes are given as part of the financial education program **Mes finances, mes choix** sponsored by Desjardins.

Information and registration:

450 227-0074 / www.cjepdh.ca / info@cjepdh.ca



The workshop **Budget: des chiffres qui parlent !** offered to young people aged between 16 to 25 and given by the *Carrefour jeunesse-emploi des Pays-d'en-Haut*, is what you need!

At Chalet Bellevue, on January 19, at 10:00.

It will help you learn about:

- The steps needed to make your budget;
- How to use your budget to achieve your projects and life goals;
- Several tips for saving money;
- How to organize and plan your financial life.

Do you want to understand how credit works and how to use it to help you to get a good credit score and achieve projects you have in mind? The workshop **Crédit : c'est dans mon intérêt d'y voir !** offered to young people aged between 16 to 25 and given by the *Carrefour jeunesse-emploi des Pays-d'en-Haut*, is what you need!

At Chalet Bellevue, on February 2, at 10:00.

It will help you learn about:

- Understand what credit is;
- How it works;
- Different types of credit;
- The pros and cons of a credit card;
- Credit reports;
- The credit score.



Collections Calendar





SECTOR 2-YELLOW

DECEMBER 2021							JANUARY 2022							FEBRUARY 2022							
D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S	
				1	2	3	4						1			1	2	3	4	5	
5	6	7		9	10	11	2	3	4	5	6		7	8	6	7	8	9	10	11	12
12	13	14		16	17	18	9	10	11	12	13		14	15	13	14	15	16	17	18	19
19	20	21		23	24	25	16	17	18	19	20		21	22	20	21	22	23	24	25	26
26	27	28		30	31		23	24	25	26	27		28	29	27	28					
							30	31	* An additional recycling pick-up will be held on January 6. The brown bin will be picked-up on the 13 th .												

SECTOR 3-GREEN

DECEMBER 2021							JANUARY 2022							FEBRUARY 2022							
D	L	M	M	J	V	S	D	L	M	M	J	V	S	D	L	M	M	J	V	S	
				1	2	3	4						1			1	2	3	4	5	
5	6	7		8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14		15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21		22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28		29	30	31		23	24	25	26	27	28	29	27	28					
							30	31	* An additional recycling pick-up will be held on January 7. The brown bin pick-up will be held on the 14 th .												

Caption

-  Recycling (blue bin)
-  Organic (brown bin)
Pick-ups every two weeks from October to May
-  Garbage (black bin)
Monthly pick-ups from November to April
-  Change in pick-up day
-  No garbage pick-up

lespaysdenhaut
recyclent.com



INFO-COLLECTE

1 855 PDH-RECY
450 229-8052
infocollecte@mrpcpdh.org

Ecocentre

The intermunicipal Ecocenter is located at **2125 chemin Jean-Adam, in Saint-Sauveur**, 450 227-2451, ext. 3200.

Opening hours

April 1 to November 30: open daily (except Wednesday), 7:30 to 16:15

December 1 to March 31: open Tuesday to Saturday, 7:30 to 11:45 and 13:00 to 16:00

www.ville.saint-sauveur.qc.ca/services-aux-citoyens/environnement/ecocentre.html

The Urban Planning and Environment Department team takes this opportunity to **wish you a wonderful winter and Happy Holidays.**

Urban Planning and Environment

Waste Materials

From November to April, the frequency of waste collection is modified as follows:

- The brown bin will be emptied every two weeks;
- The waste bin will be emptied once a month;

However, there are no changes to recycling, and the collection remains bi-weekly.

To know your exact dates, consult your online calendar at lespaysdenhaut.com/services-aux-citoyens/environnement/calendrier-de-collecte/.

This reduction in collections began in the winter of 2020 in all ten municipalities of the *MRC des Pays-d'en-Haut* territory and aims to:

- reduce the amount of waste going to landfills;
- increase the sorting of materials and the use of recycling and organic material bins;
- reduce greenhouse gas emissions;
- meet the objectives of the Residual Materials Management Plan (RMMP).

Despite the context of the health crisis, where consumption habits and our way of life have been disrupted, the figures obtained are very encouraging. Indeed, over the six months when the number of waste collections was reduced, i.e. November/December 2020, and January/February/March/April 2021, on the MRC territory, the weight of recycling

increased by 16% (20% in Morin-Heights) and compost by 33% (86% in Morin-Heights). In some municipalities, we note an increase of 129% for recycling and 119% for organic materials.

Indeed, there was also an increase of 1.5% in waste. But this increase is probably due to the presence of vacationers over a more extended period than in previous years, who took advantage of their second homes over several months. We also note that municipalities with a large proportion of second homes generated more waste overall during this pandemic period.

The *MRC des Pays d'en-Haut* thanks its citizens and businesses for their involvement and participation in reducing materials destined for landfill and hopes that everyone will continue their sorting and recovery efforts this year.

A dedicated section is available online (lespaysdenhaut.com/services-aux-citoyens/environnement/collecte-des-dechets-bac-noir/), with leaflets, sorting tips, information capsules and frequently asked questions.

- lespaysdenhaut.com/services-aux-citoyens/environnement/
- Ligne info-collecte: 1 855 PDH-RECY or 450 229-8052 | infocollecte@mrpcdh.org

*Think about our
planet and celebrate an
eco-friendly Christmas!*



www.morinheights.com

REMINDER - ACCEPTED ITEMS

RECYCLING



COMPOST



GARBAGE



BULKY ITEMS



- ✓ It's a container ?
- ✓ It's packaging?
- ✓ It's printed material ?

IT GOES IN THE BLUE BIN!

CLEAN PAPER AND CARDBOARD

- ✓ Newspaper, flyers, magazines
- ✓ Envelopes and paper bags
- ✓ Juice and milk cartons
- ✓ Egg cartons

PLASTIC

- ✓ All containers
- ✓ Lids and bottle caps
- ✓ Plastic bags and wrap placed in a closed plastic bag
- ✓ Cosmetic, food and cleaning product containers



GLASS

- ✓ Bottles and containers of any color (consigned or not)

METAL (INCLUDING RUSTED)

- ✓ Tin cans
- ✓ Foil and aluminum plates
- ✓ Empty drink cans

- ✓ It's edible ?
- ✓ It's paper or cardboard ?
- ✓ It's garden residue ?

IT GOES IN THE BROWN BIN!

FOOD RESIDUE

- ✓ Raw, dried, cooked, frozen and expired foods
- ✓ Food leftovers
- ✓ Egg shells
- ✓ Dairy products
- ✓ Meat, fish, seafood (including bones and shells)
- ✓ Coffee filters and tea bags

GREEN WASTE

- ✓ Dead leaves, grass and other garden residue
- ✓ Small branches, sawdust and wood shavings

SOILED PAPER AND CARDBOARD

- ✓ Pizza box
- ✓ Paper plates
- ✓ Tissues and paper towel

OTHERS

- ✓ Hair, fur and feathers
- ✓ Animal food
- ✓ Cat litter clumps

- ✓ It's not reusable ?
- ✓ It's not recyclable ?
- ✓ It's not compostable?

IT GOES IN THE BLACK BIN!

- ✓ Diapers
- ✓ Sanitary products (tampons, sanitary pads...)
- ✓ Vacuum cleaner bags, disposable broom sheets (Swiffer type), dryer sheets
- ✓ Cat litter
- ✓ Wax paper and waxed cardboard
- ✓ Light bulbs (except compact fluorescent)
- ✓ Non numbered plastics
- ✓ Porcelain and pyrex (non salvageable)



BULKY ITEMS

Bulky items are picked up 4 times a year

- ✓ Furniture
- ✓ Appliances (except refrigerating appliances)
- ✓ Electric devices
- No electronic devices**
- ✓ Empty furnaces
- ✓ Hot water tanks
- ✓ Carpet
- ✓ Mattresses and boxsprings
- ✓ Armchairs and sofas

Outdoor storage

The Urban Planning and Environment Department reminds you that outdoor storage of firewood, recreational vehicles and domestic trailers is authorized in the back and side yards of a property previously occupied by a main building.

Street address

For your safety, if emergency services need to come to your home, please make sure that your civic address is visible from the public highway and that access to your property is unobstructed at all times. In an emergency, every second counts.

Septic tank

Snow being a good insulator, we suggest that you keep the snow on your septic tank covers during the winter period.

Storage of wheeled bins

We remind you that wheeled bins can be placed at the edge of your driveway from 17:00 on the day before collection and that they must be removed no later than 21:00 on the day of collection. No bin should remain on the side of the road outside of these hours.

In addition, on collection days, make sure to put the bins in your driveway and not in the street or on the sidewalk so as not to interfere with snow removal operations and traffic.

Public Works

The Municipality is seeking the population's cooperation to respect the municipal instructions and regulations for the winter period and thus allow our snowplows to intervene quickly and effectively this winter.

Streets Snow Removal

Snow removal and the spreading of abrasives are the main activities of the Public Works Department during winter. The speed of execution of these activities improves safety on our streets. For this reason, we remind you that when removing snow from driveways, parking lots, and pedestrian walkways, you must deposit snow on your private land and not on the municipal property so as not to interfere with snow removal operations. It is your responsibility to notify your private contractor. Anyone who contravenes this by-law is liable to a minimum fine of \$ 100 for a first offence (By-law 569 2019). **Remember that parking is prohibited on all public roads, under penalty of a fine, and the risk of being towed at your expense.**

Sidewalks Snow Removal

Snow removal on sidewalks and widening of roads is done with various vehicles and a snowblower. By-law 401 (available online) allows snow blowing on private properties.

Sanding

The mixture spread on the roads is made of sand in which is added 5% of salt and is generally applied once the snow has stopped falling. This mixture is more efficient and easier on the environment than salt alone, as salt is efficient only when temperatures range between 0°C and -15°C.

Temporary winter shelters and property markers

Be sure to set up your temporary winter shelter and markers on your property. The structures and markers installed in the street right-of-way interfere with snow removal operations and slow down operators' work. Choose wood or fibreglass poles since metal poles can damage snow removal equipment causing significant costs and delaying work. In addition, if breakages are caused to structures located within the municipal right-of-way, the Municipality cannot be held responsible for the damage because it is the citizens' responsibility to respect this area.

Collection of bins

We ask your cooperation to promptly put away your bins after collection (garbage, recycling, and composting). You must place your bins in your driveway and not in the street or on the sidewalk. The required distance is 1 to 1.2m (3 to 4 ft) between your bin and the roadway.

Courtesy and respect

During snow removal operations, we invite you to show courtesy by giving way to snow removal vehicles so that they can perform safe maneuvers during their various operations. During a loading operation, you should never overtake the convoy of trucks unless a flag person gives you permission to do so. Likewise, compliance with the flaggers' instructions is always essential during detours. The objective remains to accelerate all snow removal activities to allow users to regain full access to the public highway as fast as possible.

Structures or plants close to the road

Encroachment on the public road right-of-way

Property owners whose landscaping encroach on a portion of the street right-of-way must limit the use of that space to sod or access structures. These must not interfere with the Municipality's various maintenance operations, snow removal, hinder drainage, or constitute a nuisance to traffic or a danger to public safety.

Private property

Whether there is a fence, a hedge, or a flowerbed in front of your property, they must be protected in the fall. Note that the first metre inside your property line, not from the curb or the ditch, must remain free of any installations and structures. This clearance is required primarily for snow removal operations. This principle also applies to garbage, compost, and recycling bins.

All owners remain responsible for their installations bordering a road, and the Municipality will not accept any liability claims for damages incurred to these structures or plants.



Morin-Heights Fire Department and First Responders

Clearance of exits

In the event of a fire, being able to **evacuate your home quickly** is essential. In winter, the accumulation of snow or ice in your exits can interfere with evacuation.

- After each snowfall, remove snow from your exits, balconies, patio and windows.
- Make sure windows are cleared of snow and thawed. A window blocked by ice can prevent escape.
- Plan a meeting point accessible in winter and visible to firefighters upon their arrival.

In a fire, you and your family may have **less than three minutes** to get out of your home safe and sound. Imagine the precious seconds you would lose if the exit you had to use during a fire was snowy!

- Ensure that windows that can be used as emergency exits are accessible from the inside to a young child and that the child knows how to open and access them.
- Make an evacuation plan for your home and practice evacuating with your family members to increase your chances of getting out safe and sound in a fire. www.quebec.ca/en/public-safety-emergencies/emergency-situations-disasters-and-natural-hazards/evacuate-your-home/home-evacuation-plan-fire.

Clear your exits from **bulky items** such as toys, shoes, school bags, shovels, snowblowers, barbecue, stored garden furniture, etc.

Reminders

- Have you thought about changing the batteries in your smoke detectors when you set your clocks back?
- Don't forget to have your chimney swept!
- Inform your municipality if the fire hydrant located near your residence is not cleared of snow.





Municipal Library

The municipal library is located at **823 chemin du Village**; it is closed on civic holidays. Opening hours are as follows: Tuesdays, Thursdays, and Saturdays, from 10:00 to 16:00. The annual membership is **free** for all residents.

Information :

bibliotheque@morinheights.com or 450 226-3232, ext. 124.

in person: free activities and conferences presented by the municipal library

Information or registration : online or 450 226-3232, poste 132 or chaletbellevue@morinheights.com

Native tales, drums and songs with Valérie Ivy Hamelin, November 27 at 15:00 at the library (25 places available).

Christmas Tales with Yvon Boutin, (in French), December 22 at 19:00 at Chalet Bellevue (80 places available).

Female hormonal balance through herbal medicine with Johanne Fontaine, (in French), January 30 at 11:00 at Chalet Bellevue. Better understand the dance of female hormones, their impact and what we can do to make them work in harmony: lifestyle, diet, and medicinal plants. These notions are useful throughout a woman's life, from puberty to menopause. It improves difficult or irregular periods, premenstrual syndrome, the jolts of puberty and the discomforts of menopause. (60 places available)

Art history class: Frank Lloyd Wright or the beauty of harmony, (in French), February 12 at 13:00 at Chalet Bellevue. (60 places available)

Story Time with Tina, (in English) on February 26 at 10:30 at the library (20 places available). For children ages 3 to 6, the story will be in English, and the activities that follow will be bilingual.

During spring break

Italian pasta-making workshop (in French) on February 28 at 10:30 at Chalet Bellevue (20 places available). For children ages 4 to 10. Presentation of a story about food, discussion about the different kinds of pasta and the ingredients to use, making of ravioli and tagliatelle. Participants will take the pasta home with them!

During spring break

A seed, a plant! A tender introduction to botany and gardening (in French), March 1 at 10:30 at the library (20 places available). For 4-7 year olds: the author provides an interactive reading of her album "*Adam, les fleurs et le voleur*". For each species of flower presented in the botanical plates of the album, children are asked to associate a photo taken in nature and to learn the names of different species of spring flowers. With potting soil, the author plants a sunflower seed and gives the children some giant sunflower seeds to plant in the spring in a pot or in their garden. Finally, the author gives the children a black and white illustration by Valérie Desrochers and invites them to use the colors of the book as inspiration to color it.

NEW ACQUISITIONS

NOVELS

David Adams Richard
Darkness

Jeffrey Archer
Turn a Blind Eye

Beth Follett
Instructor

Michelle Good
Five Little Indians

Philippa Gregory
Dark Tides

Uzma Jalaluddin
Hana Khan Carries On

Iris Johansen
The Bullet

Pasha Malla
Kill The Mall

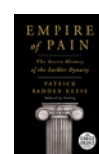
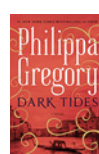
Beth O'Leary
The Switch

J.D. Robb
Faithless in Death

Lionel Shriver
Should We Stay or Should We Go

DOCUMENTARY

Kate MacDougall
London's Number One Dog-Walking Agency: A Memoir



Patrick Radden Keefe
Empire of Pain: The Secret History of the Sackler Dynasty

Robin Wall Kimmerer
Braiding Sweet Grass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants

Chris Wallace and Mitch Weiss
Countdown 1945: The Extraordinary Story of the Atomic Bomb and the 116 Days that Changed the World (large print)

www.morinheights.com

Outdoor Network

Events Calendar

- *Première Neige* Race at Sommet Morin Heights: on December 4 and 5
- Torchlight snowshoe hike at Basler Park: on January 22
- *Fest'Hiver* and the 50th Viking Loppet: on February 19 and 20
- Palliaccio's hike under the stars at Basler Park: on February 26
- *Coupe Québec* at Sommet Morin Heights: on April 2 and 3



The network: more than 160 km of cross-country ski, snowshoe and fatbike trails within your reach!

Cross-country skiing: Whether it's for classic, skate or off-trail cross-country skiing, we have trails that will allow you to take a nature break from various access points.

Snowshoeing: Several trails nearby (Basler Park, Bouleaux Sector, Sommet Morin Heights). You will find views of lakes, mountains, and ice rocks!

Fatbike: About fifteen kilometres are accessible; the passage of snowshoers maintains them.

Pricing (info on p. 13)

- Seasons passes can be purchased online.
- No charge for children 17 years old and under.

- The Morin-Heights resident adult rate for a cross-country/snowshoe/fatbike pass has been reduced to \$50!

- Access to the snowshoe and fatbike trails is free upon presentation of the citizen card (info on p.1 and 4)!

Conditions and opening of the trails: Want to know the conditions? Visit morinheights.com/Outdoors. An update is made daily as well as the date of the last mechanical maintenance. Some conditions do not allow the use of the trails in order to preserve their quality or restoration; please respect these instructions when notices are issued. In addition, some trails have been modified. It is crucial to respect signage and private properties.

Ski school: It will be possible to take a cross-country ski initiation lesson or to master specific techniques! Equipment rental available. By reservation at 450 226-3232, ext. 130.

Equipment rental:

Cross-country skiing: the rental space will be located at 50 ch. du Lac-Écho in the Aerobic Corridor Pavilion.

Snowshoeing: at Basler Park's parking booth at 99 ch. du Lac-Écho.

Reminder about dogs: Dogs are allowed on snowshoeing trails only and must be on a leash.

It is also possible to walk your dog at the Canine Corridor on chemin du Midi or at the dog park located at 100 chemin du Lac-Écho.

Landowners / Ski or snowshoe trails: Do you own a property with a municipal cross-country ski or snowshoe trail on it? Come to Chalet Bellevue (27 rue Bellevue) to receive free VIP passes for you and two of your guests (transferable guest passes).



Service Centres

WELCOME CENTRES	SERVICES OFFERED AT EACH WELCOME CENTRE	ACTIVITIES STARTING AT EACH CENTRE	OPENING HOURS
Chalet Bellevue 27 rue Bellevue	<ul style="list-style-type: none"> • Waxing room • Ticket office • Restrooms • Showers • Rest area • Rentals 	<ul style="list-style-type: none"> • Classic cross-country ski • Snowshoe • Fatbike 	9:00 to 16:00
Aerobic Corridor Pavillion 50 chemin du Lac-Écho	<ul style="list-style-type: none"> • Ticket office • Restrooms • Rest area 	<ul style="list-style-type: none"> • Classic cross-country ski • Skate ski • Snowshoe • Fatbike 	Weekends, weekdays during Christmas holidays and spring break, 9:00 to 16:00 N.B.: The parking will be closed all other weeks. Please use parking at Basler Park or Chalet Bellevue.
Basler Park 99 chemin du Lac-Écho	<ul style="list-style-type: none"> • Chemical toilet 	<ul style="list-style-type: none"> • Classic cross-country ski • Toboggan • Snowshoe • Fatbike 	9:00 to 16:00
Sommet Morin Heights 185 rue Bennett	<ul style="list-style-type: none"> • Ticket office • Restrooms • Rest area • Rentals 	<ul style="list-style-type: none"> • Classic cross-country ski • Skate ski • Backcountry ski • Snowshoe • Fatbike 	9:00 to 16:00, Thursday to Monday
Montfort Pavillon 160 route Principale, in Wentworth-Nord	<ul style="list-style-type: none"> • Ticket office • Restrooms • Rest area 	<ul style="list-style-type: none"> • Classic cross-country ski • Skate ski • Backcountry ski • Snowshoe • Fatbike 	9:00 to 16:00
Des Bouleaux Park 19 rue des Bouleaux	<ul style="list-style-type: none"> • Chemical toilet 	<ul style="list-style-type: none"> • Backcountry ski • Snowshoe 	9:00 to 16:00



Rates 2021-2022

SEASONAL PASSES

PRODUCTS/ SERVICES	RATES***
CROSS-COUNTRY SKI, SNOWSHOE AND FATBIKE PASSES	
Adult resident of Morin-Heights	\$50,00
Adult resident of MRCPDH	\$105,00
Adult non-resident	\$120,00
Child 17 yrs old and less	FREE
Student 18-22 yrs old & senior resident of Morin-Heights 65 yrs +	\$30,00
Student 18-22 yrs old & senior resident of MRCPDH 65 yrs +	\$75,00
Student 18-22 yrs old & senior non-resident 65 yrs +	\$95,00
SNOWSHOE AND FATBIKE PASSES	
Adult resident of Morin-Heights	FREE with citizen card
Adult resident of MRCPDH	\$50,00
Adult non-resident	\$55,00
Child 17 yrs old and less	FREE
Student 18-22 yrs old & senior resident Morin-Heights 65 yrs +	FREE with citizen card
Student 18-22 yrs old & senior resident MRCPDH 65 yrs +	\$35,00
Student 18-22 yrs old & senior non-resident 65 yrs +	\$35,00

DAILY TICKETS

CROSS-COUNTRY SKI	
Adult	\$17,00
Student 18-22 yrs old & senior 65 yrs +	\$14,00
Student 18-22 yrs old & resident Morin-Heights 65 yrs +	\$7,00
Child 17 yrs old and less	FREE
SNOWSHOE AND FATBIKE	
Adult	\$9,00
Resident of Morin-Heights	FREE with citizen card
Student 18-22 yrs old & senior 65 yrs +	\$6,25
Student 18-22 yrs old & resident Morin-Heights 65 yrs +	FREE with citizen card
Child 17 yrs old and less	FREE

***Taxes included and rates subject to change without notice.

www.morinheights.com

Next editions!

The budget edition of Info Morin-Heights will be mailed with your 2022 tax account.

SPRING EDITION

March 15 to June 1, 2022

Deadline: January 24, 2022

Distribution: March 10, 2022

SUMMER EDITION

June 1 to August 15, 2022

Deadline: April 14, 2022

Distribution: May 26, 2022

FALL EDITION

August 15 to December 1, 2022

Deadline: June 10, 2022

Distribution: August 10, 2022

WINTER EDITION

December 1, 2022, to March 15, 2023

Deadline: October 7, 2022

Distribution: November 24, 2022



Holiday schedule

The offices of the Municipality will be closed for the holiday season **from Thursday, December 23, 2021, to Tuesday, January 4, 2022, inclusively.**

To each of you, we wish a Merry Christmas and a Happy New Year 2022!

Club optimiste de la Vallée de Saint-Sauveur

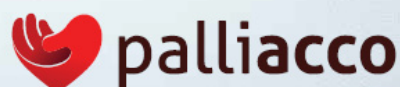
Several activities for youth

Information:

www.facebook.com/cluboptimistevss

cluboptimistedesaintsauveur@gmail.com

C.P. 4, Saint-Sauveur (Québec) J0R 1R0



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Spring Break

From February 26 to March 4, many indoor and outdoor activities will be offered for the whole family during school break!

Animated story hours, sports activities, climbing tower and inflatable structure! All the details will be published later. Check out our Facebook page in February for more information!

Fondeurs-Laurentides

Jackrabbit Program (6-10 y.o.):

DAY: Sunday 9:00 or 11:00

START: January 9, 2022, for 8 weeks,
registration deadline December 1, 2021

SITE: 185 rue Bennett, Morin-Heights

REGISTRATIONS and details about our programs: www.fondeurslaurentides.ca

INFORMATION:

clubfondeurslaurentides@gmail.com
or 579 888-2005



Accès Loisirs des Pays-d'en-Haut Program

Sainte-Adèle, Saint-Sauveur, Morin-Heights, Sainte-Anne-des-Lacs, Piedmont, Sainte-Marguerite-du-Lac-Masson continue to offer the *Accès-Loisirs Québec* Program in the Pays-d'en-Haut area, in collaboration with the *Maison de la Famille des Pays-d'en-Haut*.

This program enables people from 0 to 99 facing a low-income situation to participate, at **no cost**, in different recreational activities. This opportunity allows this clientele to break the isolation and join in the social life of their neighbourhood in complete confidentiality.

Registration for the fall season will be on **Wednesday, January 12, from 17:00 to 20:00** at *Maison de la Famille*, located at 480 rue des Capucines in Ste-Adèle. To benefit from this program, you must bring proof of your revenue. Find out more by getting in touch with your local Recreation Department at 450 226-3232, ext. 132.

Ice Skating Program

We are looking for an instructor to teach the basics of skating to the little ones and figure skating to the older ones. Contact Mrs. Marilyne Lortie at marilyne.lortie@morinheights.com.

Every Saturday at the Morin-Heights skating rink, 8-week session.



COST	RESIDENT*	NON-RESIDENT
Beginner (3 ½ - 5 years old)	\$55	\$65
Intermediate and advanced	\$60	\$70

* upon presentation of the citizen card

SCHEDULE (the level will be determined on the first class)

Beginner - 3 ½** to 5-year-olds -
(**on January 1st, 2021) 9:45 to 10:30

Intermediate - 6-year-olds and up -
10:45 to 11:45

Intermediate and advanced - 12:00 to 13:15

Mandatory equipment:

- / Helmet, elbow, and knee pads
- / Protective eyewear or helmet with a face mask is recommended, especially for small children who will do exercises on their hands and knees
- / Adjusted «bib type» neck guard to cover the neck and upper chest area
- / Water-resistant gloves or mittens

REGISTER online or at Chalet Bellevue at the latest on January 4th; classes start on January 8th!

No registrations will be accepted at the skating rink.

Information: 450 226-3232, ext. 132

Pick-up Hockey for children 5 to 15 years old

We are looking for a head coach (monetary compensation offered). If you are interested, contact Catherine Maillé at loisirs@morinheights.com.

This **free** (upon presentation of the citizen card) recreational hockey program offers children 5* to 15 years of age (as of September 30th, 2021) an opportunity to play traditional pick-up hockey at the local outdoor skating rink.

**If a sufficient number of children aged 5 and 6 is reached, we will start a team for this age group.*

Our field hockey program focuses on team spirit, fun and participation. Games are held at the municipal rink, except for a few classic and inter-municipal games, throughout the MRC (pandemic permitting).

Since this program is free, places are limited, and hockey is a sport where team spirit is fundamental; your children's presence to all games is key.

Full equipment is required: helmet with full face protector, neck protector, shin and knee guards, gloves, pelvic protector, hockey stick, and skates.

7 to 10 years old: Tuesdays from 18:30 to 19:30

11 to 15 years old: Thursdays from 19:00 to 20:30

Starts on Tuesday, January 4th, ice and weather conditions permitting, at the Basler Park rink, 99 chemin du Lac-Écho. The program ends on February 26th.

Ice conditions: 450 226-3232, ext. 122

ONLINE REGISTRATIONS only at

www.morinheights.com ("Online Services" menu, then "Online Registrations" submenu). **Places are limited**.**

***Priority will be given to Morin-Heights residents up to December 10th. Following this date, all remaining places in the program will be filled with non-residents, first come, first served.*

Information: 450 226-3232, ext. 132 or chaletbellevue@morinheights.com

Football Club Morin-Heights

2022 SOCCER REGISTRATIONS, online starting January 1 at www.fcmorinheights.com or in-person Saturday, February 12, from 10:00 to noon, Saturday, March 5, from 10:00 to noon or Sunday, March 13, from 13:00 to 15:00 at Chalet Bellevue (27 rue Bellevue).

Information:

450 226-0011 or info@fcmorinheights.com

Grassroots

Introductory soccer program for ages 4 to 7 (born between 2015 and 2018) from June 4 to August 20, 2022. 12 Saturdays on the Morin-Heights soccer field (647 ch. du Village). Includes full uniform (socks/shorts/shirt) and ball.

Registration at www.fcmorinheights.com

Are you passionate about soccer?

Become a referee!

Requirements:

- Have a good knowledge of soccer;
- Be 14 years of age or over;
- Be in good physical condition.

Advantages:

- Attractive income;
- Training offered;
- Flexible hours.

Register now:
info@fcmorinheights.com

Ice Rink and Slide

Come stretch your legs and enjoy the winter at our facilities located at Basler Park! (99 chemin du Lac-Écho).

You will find a small family rink, a large NHL-sized rink, as well as two trailers and heated washrooms. Skate racks will also be available.

Hours of operation, depending on weather conditions, are as follows:

- Sunday to Thursday from 9:00 to 21:00
- Fridays and Saturdays from 9:00 to 22:00

To make it even more fun, bring your crazy carpet or your sled and give a try to our specially designed slide!

A fire pit will also be set up on the site during peak periods for those who want to warm up a bit! Bring your marshmallows, your hot chocolate, and your comforters to spend a pleasant moment.

The schedule and rules for the rink and slide can be found at www.morinheights.com/Patinoire-Skating-Rink.

To find out about ice conditions during the season, do not hesitate to call 450 226-3232, extension 122.

A big THANK YOU to Robert Leblanc!

We want to extend our warmest thanks to our hockey coach, Mr. Robert Leblanc, who has hung up his skates after ten years of volunteer involvement in the development of our young players. Our local coach was the envy of all the surrounding towns because of his commitment and personal qualities! His approach was a source of motivation and inspiration for the children he coached; all will undoubtedly miss his dedication, good humour, and big heart.

Thank you Robert, it was a pleasure and an honour to work with you all those years!

www.morinheights.com



Cultural Programming

Arts Morin-Heights

Faithful to its mission of promoting the development of the visual arts, Arts Morin-Heights was able to resume some activities at Chalet Bellevue in 2021.

The format of this year's summer exhibition seemed to please the public and the artists: artists were present throughout the show, guest artists took part, and the payment method worked well. And so we're in business again!

Our 2022 program will include our summer exhibition and thematic group or solo shows at Chalet Bellevue. We'll also exhibit a few canvases in the Chalet's offices and activity rooms, which will be changed regularly.

Arts Morin-Heights continues to evolve and adapt to the new context and new artistic practices and techniques. Look for revised regulations on our website in January 2022. The main criterion for recruiting new members is the quality of artistic production, and of course, originality of the works remains a must. Priority is given to residents of the *MRC des Pays-d'en-Haut*.

Ginette Fontaine

maagfontaine@hotmail.com
450 226-3832

French-language Reading Club (CLEF)

The *Club de lecture en français* continues its monthly meetings this winter. The club meets at Chalet Bellevue every fourth Tuesday, from 13:30 to 15:30, to discuss reading: new finds, books we re-read, and favourites.

For information about the club, contact Monique Bélisle at 450 226-8464.

Joyful Noise Choir

Welcome everyone who loves to sing, no matter your age! At Chalet Bellevue, Tuesdays at 15:00 from January 18 to May 24, \$140. Choir director, Ian Lebofsky: www.thephysicalvoice.com

Information and registration: Penny Rose at 450 226-2746 or pennyrose@jenanson.com

Let yourself be charmed by the VILLAGE NOISE street carollers on December 19; be on the lookout!

Knitting Group

The knitting group meets twice a month to knit, chat and share ideas. And it's not just for knitters; those who like to crochet, do embroidery or other needlework are also welcome!

Meetings are held at Chalet Bellevue on the first and third Thursdays each month from 13:00 to 16:00. You are welcome for the entire three hours - or for part of the time, depending on your availability.

This is an informal group, no need to sign up or reserve. Join us to work, share, and chat! All you have to bring are your supplies. Contact Monique Bélisle at **450 226-8464** if you have questions.

Laurentian Reading Club

Enjoying reading, ideas, and each other's company since 1959. The Laurentian Reading Club meets on the third Tuesday of every month from September to June, at 13:00 at Chalet Bellevue. Why not join us for lively discussions on books and reading? Our meetings are held in English. Members are asked to contribute \$20 a year to cover the cost of books. For more information, please contact Jane Philibert at **450 226-6947** or janephil@cgcable.ca.

Knitting trees

Thanks to the generosity of many knitters, more than 120 items – tuques, mittens, socks, and scarves – were hung on our knitting trees last winter. All these knitted goods have been distributed at regional schools. Thank you all for your generosity and creativity!

Our trees are once again “planted” at Chalet Bellevue, the Town Hall, and the library and will be in place until early January. We will empty them when they are full, especially just before Christmas, to distribute the knits among less-fortunate families in the area. So, knitters, get your needles!

Contact Monique Bélisle at **450 226-8464** for more information.

Gymnasium Sports

From January 10 to April 26, 2022 (closed on April 18)
At MHES's gymnasium, 647 chemin du Village

PICKLEBALL

One court available, equipment available
Monday 18:00 to 21:00

BADMINTON

Family activity, one court available, rotation every 20 minutes
Tuesday 18:00 to 19:00

VOLLEYBALL (16 years+)

Tuesday 19:15 to 21:00

Daily fee per sport (payable on-site)

\$4 resident with citizen card** • **\$6** non-resident

Semester passes per sport, available online at www.morinheights.com (“Online Services”, then “Online Registrations”).

\$40 resident with citizen card** • **\$60** non-resident

*** Preferential pricing will be applied only upon presentation of the citizen card.*

United Church

Morin-Heights United Church meets at 831 ch. du Village on Sundays at 11:00. Services are also held with the Laurentian Area Ministry on Zoom at zoom.us/j/886476852 or by telephone at 1-438-809-7799 meeting ID 886 476 852#.

We hope to restart Cosy Corner, our outreach for seniors, and Messy Church, a kid-friendly activity soon. Join us for friendly conversation, cards, etc.

All are welcome! For more information, visit our website www.lam-mrl.com/morin-heights-united-church or contact Cathie Davis at 514 712-8863 or e-mail atdcatiam@gmail.com.



The *Maison de la famille des Pays-d'en-Haut* develops activities and services in all the towns of the *MRC des Pays-d'en-Haut*. Discover or rediscover our services that are always closer to the families of our region.

- Daycare
- Workshops for parents
- Parent-child activities **NEW IN MORIN-HEIGHTS!**
- Activities for future and new parents
- Collective kitchens
- Homework help and videos for parents

Call us at **450 229-3354** to learn about our different services or discover our programming in real-time by scanning this QR code.



Trinity Anglican Church

Trinity Anglican Church located at 757 chemin du Village welcomes you to join in our in-person services Sundays at 11:00, which have resumed following COVID guidelines. We would be pleased to welcome visitors and new residents to our community. To ensure COVID seating we ask you e-mail us at trinitychurch.morinheights@gmail.com on the Thursday or Friday before.

Check us out, follow us, on our Facebook page “Trinity Anglican Church Morin Heights”

We share ministry with nine other churches in the Laurentians the LRM (Laurentian Regional Ministry) who also hold regular Sunday Zoom services at 16:00 and weekday evening prayer at 17:00. For information, check out www.laurentianregionalministry.com.

Rev. Josée Lemoin: LRM, Incumbent and Team Leader, cell.: 514 891-3081

Rev. Tania Lesack: Priest responsible for Trinity, cell.: 514 607-0414
tania.lesack@gmail.com

Inter-municipal agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Saint-Sauveur, and Sainte-Marguerite-du-Lac-Masson allows citizens from these six towns to register **in the following selected courses at resident rates**. The purpose of this agreement is to promote courses that do not reach the minimum number of participants required to start the session and thereby allow access to a more varied service offer.

Registration process

Enquire directly about the registration process, dates, schedules, prices, and availability with the town offering the class(es) of your choice. Proof of residence is required. We suggest that you contact the municipality offering the course or visit their website to get information. The refund terms and conditions are those in effect in the town offering the class.

FOR INFORMATION

Municipality of Morin-Heights:

450 226-3232, ext. 132 /
morinheights.com

Municipality of Piedmont:

450 227-1888, ext. 230 /
piedmont.ca

Municipality of Sainte-Anne-des-Lacs:

450 224-2675, ext. 262 /
sadl.qc.ca

City of Sainte-Adèle:

450 229-2921, ext. 7244 /
ville.sainte-adele.qc.ca

City of Sainte-Marguerite-du-Lac-Masson:

450 228-2543, ext. 221 /
lacmasson.com

City of Saint-Sauveur:

450 227-0000, ext. 4000 /
vss.ca

YOUTH

Contemporary Dance

Sainte-Adèle

Floor Hockey

Sainte-Adèle

Hip-Hop Dance

Sainte-Adèle and
Sainte-Anne-des-Lacs

Judo

Saint-Sauveur

Mad Science

Sainte-Adèle and
Sainte-Marguerite-
du-Lac-Masson

Pre Hip-Hop Dance (4-6 y.o.)

Sainte-Adèle

Traditional Scottish Highland Dancing (6+)

Morin-Heights

PARENTS-CHILD

Culinary Workshops

Sainte-Marguerite-du-
Lac-Masson

ADULTS

Cardio latino

Morin-Heights

Cardio swing

Morin-Heights

English Conversation

Morin-Heights

Fitness Centre

Sainte-Marguerite-du-
Lac-Masson

Fitness Class (60 +)

Piedmont

Gipsy Dances [gentle and intermediate]

Piedmont

How to use an iPad

Sainte-Anne-des-Lacs

How to use an iPad [intermediate]

Sainte-Anne-des-Lacs

Judo

Saint-Sauveur

Line Dance [beginner 1]

Sainte-Anne-des-Lacs,
Sainte-Adèle
and Saint-Sauveur

Line Dance [beginner 2]

Sainte-Anne-des-Lacs

Meditation

Sainte-Anne-des-Lacs
and Sainte-Margue-
rite-du-Lac-Masson

Middle Eastern Dances [gentle and intermediate]

Piedmont

Painting and Creativity

Sainte-Adèle

Qi Gong

Sainte-Adèle

Qi Gong -Do in- Meditation

Morin-Heights

Solo Latino

Morin-Heights

Spanish [all levels]

Ste-Adèle and
Morin-Heights

Stretching

Piedmont

Tai Ji

Sainte-Adèle

Yoga for all

Sainte-Marguerite-
du-Lac-Masson

Yoga on a chair

Sainte-Anne-des-Lacs

Yoga 50+

Sainte-Marguerite-
du-Lac-Masson

Zumba Gold

Sainte-Anne-des-Lacs

Consult the complete
schedule of courses
offered in Morin-Heights
on pages 20-22.

Courses offered

FOR INFORMATION OR REGISTRATION, COMMUNICATE WITH THE INSTRUCTOR.
R : resident NR : non-resident / * : contact instructor for more information.

Alpine Cardio

You will work your cardio, toning, endurance, and flexibility from the mountain to the floor mat! The perfect complement for all your outdoor activities this winter!

Location: Chalet Bellevue

Rate: R: 10-class card \$125 or \$15 per class

NR: 10-class card \$155 or \$17,50 per class

Day: Monday 8:45 to 9:45

Dates: January 10 to April 11 (13 weeks) - *no class during Spring Break*

Instructor: Andr  a Beaulieu / 450 822-7486 / espritalpin@gmail.com

Tai Chi Yang Stretch and Meditation

Physical, mental, and emotional balance. Possibility of joining the course at any time.

Location: Chalet Bellevue

Rate: R: \$110 • NR: \$130 per session

Day: advanced – Tuesday 10:30 to 11:45

beginner – Friday 10:00 to 11:15

Dates: advanced: March 1 to April 12 (7 weeks)

beginner: March 4 to April 15 (7 weeks)

Instructor: Michelle Gendron / 450 712-6834 / mich.gendron@yahoo.ca
ecoledetaichilibre.com

English Conversation

Course for beginners, adults, and seniors.

Location: Chalet Bellevue

Rate: R: \$150 • NR: \$170

Day: Monday 14:00 to 15:30

Dates: January 9 to March 20 (10 weeks)

Instructor: Th  r  se Mascis – registration at www.morinheights.com
(online services / online registration)

Alpine Yoga

An all-level class where the inspiration and fluidity of the postures unite with the elements of nature. A rejuvenating moment where you will find a connection with body and mind.

Location: Chalet Bellevue

Rate: R: 10-class card \$125 or \$15 per class

NR: 10-class card \$155 or \$17,50 per class

Day: Wednesday 8:45 to 9:45

Dates: January 12 to April 13 (13 weeks) - *no class during Spring Break*

Instructor: Andr  a Beaulieu / 450 822-7486 / espritalpin@gmail.com

Tai chi Chuan Free!

Free practice and exercise session (no teaching), no registration required. Improve health, maintain a calm and relaxed state, improve joint movements, increase blood circulation, stimulate the nervous system, and improve balance. Please join our group who enjoy practicing Tai Chi Chuan!

Location: Chalet Bellevue
Day: Saturday 9:00 to 11:00
Dates: January 8 to March 26
Info: Robert Lee / 450 227-8829

Qi Gong – Do In – Meditation

Qi Gong is a component of traditional Chinese medicine that combines movement, meditation, and regulation of breathing to enhance the flow of energy in the body.

Location: Chalet Bellevue
Rate: R: \$150 • NR: \$172,50
Day: Thursday 16:30 to 18:00
Dates: January 6 to March 10 (10 weeks)
Instructor: Geneviève Pepin / 514 995-8441 / gene.pepin@gmail.com

Spanish Conversation Club

Advanced level, for those who already know Spanish enough to express themselves in the present, past, and future. The course is mainly focused on conversation and includes reading, writing, and listening activities. Material included, 16+.

Location: Chalet Bellevue
Rate: R: \$165 • NR: \$190
Day: Thursday 9:00 to 10:30
Dates: January 13 to March 24 (10 weeks)
Instructor: Yoalli Gallegos / 819 326-7706 / laurentidescasaespanol@hotmail.com

Spanish Level 2

For those who have basic knowledge of Spanish (present time, can speak with "I", basic vocabulary acquired). Material included, 16+.

Location: Chalet Bellevue
Rate: R: \$165 • NR: \$190
Day: Thursday 10:30 to 12:00
Dates: Jan. 13 to Mar. 24 (10 weeks)
Instructor: Yoalli Gallegos /
 819 326-7706 /
 laurentidescasaespanol@hotmail.com

Cardio Swing

Mise en forme avec des mouvements de swing, pour tous !

Location: Chalet Bellevue
Rate: R: \$120 • NR: \$143
Day: Thursday 9:00 to 10:00
Dates: January 6 to March 30
 (13 weeks)
Instructor: Francisco De La Calleja /
 514 436-0567 /
 fikomex@gmail.com



Solo Latino

Latin dance lessons without a partner, for everyone!

Location: Chalet Bellevue

Rate: R: \$120 • NR: \$143

Day: Thursday 10:30 to 11:30

Dates: January 6 to March 30
(13 weeks)

Instructor: Francisco De La Calleja /
514 436-0567 /
fikomex@gmail.com

Karate

Develops concentration, respect, self-confidence and increases physical fitness. Gives children the tools to avoid bullying. Children 5+ and adults. **Two free trial classes.** The course will be offered online in the event of a lockdown.

Location: Chalet Bellevue

Rate: The cost varies according to the duration of the registration (1, 3, 5 or 10 months)

Day: Friday 17:30 to 18:30

Dates: until June

Instructor: Kyoshi Gilles Labelle /
450 431-1444 /
lgilles.budo@gmail.com

Ballet

Location: Chalet Bellevue

Rate: **

Day:

Tuesday	18:00 to 20:00
Friday	17:00 to 18:15
	18:30 to 20:30
Sunday	9:00 to 9:45
	10:00 to 11:00
	11:15 to 12:45
	12:45 to 14:30

Dates: until June

Instructor: Conservatoire de ballet classique des
Laurentides / Madame Isabeau / 514 608-3381

Cardio Latino

Fitness with Latin dances movements, for everyone!

Location: Chalet Bellevue

Rate: R: \$120 • NR: \$143

Day: Thursday 11:45 to 12:45

Dates: January 6 to March 30
(13 weeks)

Instructor: Francisco De La Calleja /
514 436-0567 /
fikomex@gmail.com

Traditional Scottish Highland Dancing

Free!

Traditional Scottish dance for 6 years old and over.

Location: Chalet Bellevue

Day: Sunday 16:00 to 17:30

Dates: January 9 to March 6

Instructor: Heather McNabb /
514 486-3480 /
heatheramcnabb@hotmail.com

Cardio Snowshoe

60-minute interval training that combines cardiovascular and muscular exercises.

Location: Aerobic Corridor

Rate: \$157,39 tx in.

Day: Saturday 10:00 to 11:00

Dates: January 15 to March 26
(11 weeks)

Instructor: Cardio Plein Air
(Lyne Bissonnette) / 514 914-2858
laurentides@cardiopleinair.ca
or register directly at
www.cardiopleinair.ca

ballet 3 / elementary (11-y.o. and +)
ballet 2 (7 to 10-y.o.)
ballet 3 / elementary (11-y.o. and +)
pre-ballet (31/2 to 5-y.o.)
ballet 1 (5 to 6-y.o.)
ballet 2 (7 to 10-y.o.)
ballet repertoire
(ballet 3 / elementary)

Important numbers

Town Hall

567 chemin du Village
Morin-Heights (Québec)
J0R 1H0

Telephone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com
municipalite@morinheights.com

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mutation@morinheights.com
pleinair@morinheights.com
service.urbanisme@morinheights.com
ssi@morinheights.com
taxes@morinheights.com
travauxpublics@morinheights.com

Sûreté du Québec des Pays-d'en-Haut:

450 227-6848

Animal Control:

1 866 960-7722 • www.spcall.ca



www.facebook.com/
MunicipaliteMorinHeights

Emergency 9-1-1

**Public Works (evenings,
nights, weekends, and
holidays) Fire - Police -
Ambulance Emergency
Measures**

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