

Inter-Municipal Agreement

An intermunicipal agreement between Morin-Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson, Saint-Adolphe-d'Howard, and Saint-Sauveur allows residents from these seven towns to register for the courses offered through this agreement at resident rates. This agreement aims to promote specific courses and to offer our residents access to a more varied range of options.

Registration Process

Follow the registration procedure of the municipality offering the activity of your choice. Proof of residence is required to register with each municipality.

The list of courses offered through this agreement is available via this link:

www.morinheights.com/Courses-activities-offered

INFORMATION

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

Municipality of Saint-Adolphe-d'Howard:

819 327-2044, ext. 241 / stadolphedhoward.qc.ca

City of Saint-Sauveur:

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

Consult the complete Morin-Heights course schedule on pages 21 to 23.

Courses Offered

REGISTRATIONS BEGINS MARCH 11

BY INTERNET

www.morinheights.com
click the "Registration" button
on the homepage

BY PHONE

450 226-3232, ext. 132

IN PERSON

At Chalet Bellevue, 7 days a week,
from 9:00 to 16:00

Information

For details on course content, please contact Chalet Bellevue or the instructor directly.

Intermunicipal Agreement

Courses marked with an asterisk (*) are offered as part of an intermunicipal agreement.

Spring Package

Day package:

Gives you access to six different classes (offered during the day) for a single price!

Evening package:

Gives you access to three different classes (offered after 16:30) for a single price!

You want to sign up for both packages?

Get a **20% discount** on both packages!



www.morinheights.com

SPRING PACKAGE

STARTING APRIL 13

DAY PACKAGE 10 WEEKS

\$ 245 **\$ 280**
residents non-residents

EVENING PACKAGE 10 WEEKS

\$ 175 **\$ 200**
residents non-residents

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAY PACKAGE				
9:00 - 10:00 Pilates Mariem	8:45 - 9:45 Cardio-Toning Manon	9:00 - 10:00 Yoga for all level Lynda 13:30-14:30 Nordic Hiking Jayne	10:30 - 11:30 Solo Latino Francisco	9:30 - 10:30 Nordic Hiking Jayne
EVENING PACKAGE				
18:30 - 19:30 Cardio-Toning Katy		18:30 - 19:30 Yoga for all level Lynda	18:30 - 19:30 Strength-Flexibility Katy	

BOTH PACKAGES

20% OFF

Registrations starts on March 11

WWW.MORINHEIGHTS.COM
 PHONE: 450 226-3232 (132)
 OR IN PERSON AT CHALET BELLEVUE

www.morinheights.com

Physical Activities

* courses included in the intermunicipal agreement

PHYSICAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Abs, Buttocks, Thighs*	Monday	adults	Katy de Denus	19:30 - 20:30	10 weeks	April 13	\$150	\$172,50
Cardio Latino*	Thursday	adults	Francisco De La Calleja	11:45 - 12:45	12 weeks	April 2	\$156	\$180
Cardio-Toning* <i>offered in the day and evening package</i>	Monday	adults	Katy de Denus	18:30 - 19:30	10 weeks	April 13	\$130	\$150
	Tuesday		Manon Coulombe	8:45 - 9:45		April 14	\$130	\$150
Line Dancing beginner 1*	Tuesday	adults	Sylvie Labelle	17:15 - 18:15	10 weeks	March 31	\$100	\$115
Line Dancing beginner 2*	Tuesday	adults	Sylvie Labelle	18:30 - 19:30	10 weeks	March 31	\$100	\$115
Fiesta Dance*	Monday	teens, adults	Mariem Valdes	18:30 - 19:30	10 weeks	April 13	\$150	\$175
Flexi-Dance*	Thursday	adults	Francisco De La Calleja	13:00 - 14:00	12 weeks	April 2	\$156	\$180
Introduction to Nordic Walk*	Wednesday	adults	Jayne Pollock	10:30 - 11:30	8 weeks	April 15	\$100	\$115
Karate	Friday	adults	Gilles Labelle	17:30 - 18:30	1,3,5 or 10 months	on-going	based on the length of the session	based on the length of the session

For registration, please contact Kyoshi Gilles Labelle at 450 431-1444.

Pickleball	Keep an eye out for the pickleball class schedule, which will be posted on the Municipality's website in May.							
Pilates* <i>offered in the day package</i>	Monday	adults	Mariem Valdes	9:00 - 10:00	10 weeks	April 13	\$130	\$150
Qi gong Do In - Meditation	Thursday	teens, adults, seniors	Geneviève Pepin	16:30 - 18:00	10 weeks	April 16	\$200	\$230
Nordic Trekking* <i>offered in the day package</i>	Wednesday	adults	Jayne Pollock	13:30 - 14:30	10 weeks	April 15	\$130	\$150
	Friday			9:30 - 10:30		April 17	\$130	\$150
Solo Latino* <i>offered in the day package</i>	Thursday	adults	Francisco De La Calleja	10:30 - 11:30	12 weeks	April 2	\$156	\$180
Tai Chi Chuan	Saturday	adults	Robert Lee	9:00 - 11:00	12 weeks	April 11	free	free
Tennis	Keep an eye out for the tennis course schedule, which will be announced in May on the Municipality's website.							

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PHYSICAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Tonus-Flex* <i>offered in the evening package</i>	Thursday	adults	Katy de Denus	18:30 – 19:30	10 weeks	April 16	\$130	\$150
Yoga for everyone* <i>offered in the day and evening package</i>	Wednesday	teens, adults	Lynda Yoso zen	9:00 – 10:00	10 weeks	April 15	\$145	\$170
				18:30 – 19:30				
Soft Yoga 65 y. o. and over*	Wednesday	seniors	Lynda Yoso zen	10:15 – 11:30	10 weeks	April 15	\$145	\$170
Yoga for Beginners	Wednesday	teens, adults	Lynda Yoso zen	17:15 – 18:15	10 weeks	April 15	\$145	\$170

Cultural Activities

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CULTURAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Artistic Workshop in Photography and Multimedia Arts	Friday	teens, adults	Karyn Dupuis	9:30 – 11:30	8 weeks	April 17	\$260	\$300
				18:00 – 20:00				
Bridge Lessons intermediate	Monday	adults	Louise Lalonde	10:00 – 11:30	7 weeks	May 11	free	free
Spanish* level 3	Thursday	adults, seniors	Yoalli Gallegos	13:00 – 14:30	10 weeks	April 9	\$185	\$213
Spanish Conversation* beginner and intermediate	Thursday	adults	Yoalli Gallegos	11:30 – 13:00	10 weeks	April 9	\$185	\$213
Spanish Conversation* advanced	Thursday	adults	Yoalli Gallegos	10:00 – 11:30	10 weeks	April 9	\$185	\$213

Courses for Children

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COURSES FOR CHILDREN	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Ballet* beginner 2 (recital) 3-6 y. o.	Monday	3-6 y. o.	Mariam Valdes	16:15 – 17:00	10 weeks	April 13	\$150	\$175
Creative Dance* (recital) 6-9 y. o.	Friday	6-9 y. o.	Mariam Valdes	17:15 – 18:00	10 weeks	April 13	\$150	\$175
Karate	Friday	5 y. o. and up	Gilles Labelle	17:30 – 18:30	1,3,5 or 10 months	on-going	based on the length of the session	based on the length of the session

For registration, please contact Kyoshi Gilles Labelle at 450 431-1444.