

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

Emails:

bibliotheque@morinheights.com

chaletbellevue@morinheights.com

comptabilite@morinheights.com

conseil@morinheights.com

loisirs@morinheights.com

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

Citizen Portal:

citoyen.morinheights.com



[www.facebook.com/
MunicipaliteMorinHeights](http://www.facebook.com/MunicipaliteMorinHeights)



[www.instagram.com/
municipalitedemorinheights](http://www.instagram.com/municipalitedemorinheights)



[youtube.com/
@MunicipaliteMorinHeights](http://youtube.com/@MunicipaliteMorinHeights)



t.me/morinheights

Emergency 9-1-1:

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

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PACKAGE

DAY PACKAGE 12 WEEKS

\$ 249

residents

\$ 287

non-residents

EVENING PACKAGE 12 WEEKS

\$ 175

residents

\$ 200

non-residents

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 9:00-10:00 Pilates Mariem | 8:45-9:45 Cardio-Toning Manon | 9:00-10:00 Yoga for all levels Lynda | 10:30 - 11:30 Solo Latino Francisco | 9:00 - 10:00 Nordik Walk Jayne |
| 18:30 - 19:30 Pilates Mariem | 19:30 - 20:30 Drumming + Manon | | 18:30 - 19:30 Cardio-Toning Cardio Plein-Air | |

BOTH PACKAGES

20% rebate

Registration

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

New!

FALL DAY AND EVENING PACKAGES

Two packages will be offered to meet the needs of the population:

- > **Fall day package** gives you access to five different courses (offered during the day) for one single price!
- > **Fall evening package** gives you access to three different courses (offered after 16:30) for one single price!

Are you a fan of physical activity? You can sign up for two packages (day and evening) and benefit from a **20% DISCOUNT** on the total amount!

Courses offered

REGISTRATIONS START ON AUGUST 13

BY INTERNET

Go to www.morinheights.com and 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 (details on page 17).

Fall Program – Physical Activities

| PHYSICAL ACTIVITIES | DAY | AGE GROUP | INSTRUCTOR | TIME | DURATION | START DATE | RESIDENTS | NON-RESIDENTS |
|---|-----------|-----------|-------------------------|---------------|----------|------------|-----------|---------------|
| Cardio Latino* | Thursday | adults | Francisco De La Calleja | 11:45 – 12:45 | 14 weeks | Sept. 11 | 182 \$ | 210 \$ |
| Cardio Plein Air Muscle Training* offered in the evening package | Thursday | adults | Cardio Plein Air | 18:30 – 19:30 | 12 weeks | Sept. 18 | 156 \$ | 180 \$ |
| Cardio-Stroller* | Wednesday | adults | Cardio Plein Air | 10:30 – 11:30 | 8 weeks | Sept. 17 | 104 \$ | 120 \$ |
| Cardio-Tonus* offered in the day package | Tuesday | adults | Manon Coulombe | 8:45 – 9:45 | 12 weeks | Sept. 16 | 156 \$ | 180 \$ |
| Line Dancing Beginner 1* | Tuesday | adults | Sylvie Labelle | 17:15 – 18:15 | 14 weeks | Sept. 16 | 120 \$ | 138 \$ |
| Line Dancing Beginner 2* | Tuesday | adults | Sylvie Labelle | 18:30 – 19:30 | 14 weeks | Sept. 16 | 120 \$ | 138 \$ |

| PHYSICAL ACTIVITIES | DAY | AGE GROUP | INSTRUCTOR | TIME | DURATION | START DATE | RESIDENTS | NON-RESIDENTS |
|---|-----------|------------------------|-------------------------|--------------------------------|--------------------|------------|------------------------------------|------------------------------------|
| Drumming +* offered in the evening package | Wednesday | adults | Manon Coulombe | 19:15 – 20:15 | 12 weeks | Sept. 17 | \$156 | \$180 |
| Flexi-Dance* | Thursday | adults | Francisco De La Calleja | 13:00 – 14:00 | 14 weeks | Sept. 11 | \$182 | \$210 |
| Introduction to Nordic Walk* | Wednesday | adults, seniors | Jayne Pollock | 10:30 – 11:30 | 8 weeks | Sept. 3 | \$100 | \$115 |
| Karate | Friday | adults | Gilles Labelle | 17:30 – 18:30 | 1,3,5 or 10 months | Sept. 5 | 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. | | | | | | | | |
| Nordic Walk* offered in the day package | Friday | adults | Jayne Pollock | 9:00 – 10:00 | 12 weeks | Sept. 19 | \$156 | \$180 |
| Pilates* offered in the day and evening package | Monday | adults | Mariem Valdes | 9:00 – 10:00 and 18:30 – 19:30 | 12 weeks | Sept. 15 | \$156 | \$180 |
| Qi Gong Do In – Meditation* | Thursday | teens, adults, seniors | Geneviève Pepin | 16:45 – 18:15 | 10 weeks | Sept. 18 | \$200 | \$230 |
| Solo Latino* offered in the day package | Thursday | teens, adults | Francisco De La Calleja | 10:30 – 11:30 | 14 weeks | Sept. 11 | \$182 | \$210 |
| Tai Chi Chuan open practices | Saturday | teens, adults | Robert Lee | 9:00 – 11:00 | 16 weeks | Sept. 25 | free | free |
| Thriller Special Halloween Choreography | Monday | teens, adults | Mariem Valdes | 17:30 – 18:15 | 5 weeks | Sept. 29 | free | free |
| Yoga Beginner* | Wednesday | teens, adults | Lynda Dupont Yoso zen | 17:15 – 18:15 | 10 weeks | Sept. 17 | \$145 | \$165 |
| Yoga Intermediate* | Wednesday | teens, adults | Lynda Dupont Yoso zen | 18:30 – 19:30 | 10 weeks | Sept. 17 | \$145 | \$165 |
| Yoga Doux 65 y. o. and over* | Wednesday | seniors | Lynda Dupont Yoso zen | 10:15 – 11:30 | 10 weeks | Sept. 17 | \$145 | \$165 |
| Yoga Chair 75 y. o. and over* | Wednesday | seniors | Lynda Dupont Yoso zen | 11:30 – 12:15 | 10 weeks | Sept. 17 | \$145 | \$165 |

Fall Program – Cultural Activities

| CULTURAL ACTIVITIES | DAY | AGE GROUP | INSTRUCTOR | TIME | DURATION | START DATE | RESIDENTS | NON-RESIDENTS |
|---|----------|-----------------|-----------------|---------------|----------|-----------------------|-----------|---------------|
| Bridge Beginners Level 2 (requirement: Level 1) | Monday | adults | Louise Lalonde | 10:00 – 11:30 | 8 weeks | Sept. 1 st | free | free |
| French Course – Beginner 1* | Tuesday | adults | Nathalie Girard | 11:30 – 12:30 | 12 weeks | Sept. 16 | \$168 | \$194 |
| French Course – Beginner 2* | Tuesday | adults | Nathalie Girard | 9:00 – 10:00 | 12 weeks | Sept. 16 | \$168 | \$194 |
| French Course Intermediate* | Tuesday | adults | Nathalie Girard | 10:00 – 11:00 | 12 weeks | Sept. 16 | \$168 | \$194 |
| Spanish Level 1* | Thursday | adults, seniors | Yoalli Gallegos | 13:00 – 14:30 | 10 weeks | Sept. 25 | \$185 | \$213 |
| Spanish Conversation (intermediate)* | Thursday | adults | Yoalli Gallegos | 11:30 – 13:00 | 10 weeks | Sept. 25 | \$185 | \$213 |
| Spanish Conversation (advanced)* | Thursday | adults | Yoalli Gallegos | 10:00 – 11:30 | 10 weeks | Sept. 25 | \$185 | \$213 |

Fall Program – Courses for Children

| COURSES FOR CHILDREN | DAY | AGE GROUP | INSTRUCTOR | TIME | DURATION | START DATE | RESIDENTS | NON-RESIDENTS |
|---|--------|-------------------------|----------------|---------------|--------------------|------------|------------------------------------|------------------------------------|
| Ballet (+ recital) 3-5 y. o. | Friday | 3-5 y. o. | Mariem Valdes | 16:15 – 17:00 | 12 weeks | Sept. 19 | \$180 | \$208 |
| Creative Dance* (+ recital) 6-9 y. o. | Friday | 6-9 y. o. | Mariem Valdes | 17:15 – 18:15 | 12 weeks | Sept. 19 | \$180 | \$208 |
| Karate | Friday | 5 y. o. and up | Gilles Labelle | 17:30 – 18:30 | 1,3,5 or 10 months | Sept. 5 | 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. | | | | | | | | |
| Thriller Special Halloween Choreography | Monday | children, teens, adults | Mariem Valdes | 17:30 – 18:15 | 5 weeks | Sept. 29 | free | free |