

# Courses Offered

## REGISTRATION starts on March 12

BY INTERNET go to [www.morinheights.com](http://www.morinheights.com) and click the «Registration» button on the home page  
 BY PHONE at 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, contact Chalet Bellevue or the course instructor directly.

### Intermunicipal Agreement

Courses identified with a star (\*) are offered in the intermunicipal agreement.

## Spring Package

This package gives you access to five different courses for one price!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Pilates	8:45 Cardio-Toning	9:00 Yoga for all levels	10:30 Solo Latino	9:00 Nordic walk
Chalet Bellevue	Chalet Bellevue	Chalet Bellevue	Chalet Bellevue	outside

**\$208 RESIDENTS / \$250 NON-RESIDENTS**

10 weeks  
 starts: April 7 (April 16 for yoga)

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# Physical Activities

\*Courses offered in the intermunicipal agreement.

PHYSICAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Cardio Latino*	Thursday	adults	Francisco De La Calleja	11:45 – 12:45	12 weeks	April 3	\$156	\$180
Cardio – Toning* <i>offered in the package</i>	Tuesday	adults	Manon Coulombe	8:45 – 9:45	10 weeks	April 7	\$130	\$150
Flexi-Dance*	Thursday	adults	Francisco De La Calleja	13:00 – 14:00	12 weeks	April 3	\$156	\$180
Karate	Friday	adults	Gilles Labelle	17:30 – 18:30	1,3,5 or 10 months	ongoing	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* <i>offered in the package</i>	Friday	adults	Jayne Pollock	9:00 – 10:00	10 weeks	April 11	\$130	\$150
Nordic Power*	Wednesday	adults	Jayne Pollock	16:45 – 17:45	10 weeks	April 9	\$150	\$180
Pilates* <i>offered in the package</i>	Monday	adults	Mariem Valdes	9:00 – 10:00	10 weeks	April 7	\$130	\$150
Pilates on chair*	Monday	adults	Mariem Valdes	10:15 – 11:15	10 weeks	April 7	\$150 \$	\$175
Qi Gong – Do In Meditation*	Thursday	teens, adults	Geneviève Pepin	16:30 – 18:00	10 weeks	April 10	\$200	\$230
Solo Latino* <i>offered in the package</i>	Thursday	adults	Francisco De La Calleja	10:30 – 11:30	12 weeks	April 3	\$156	\$180
Tai Chi Chuan open practices	Saturday	adults	Robert Lee	9:00 – 11:00	12 weeks	April 5	free	free

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PHYSICAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Tennis 55+* introduction to intermediate	Wednesday	adults	La place tennis	10:00 - 11:30	6 weeks	week of May 19	\$200	\$230
Tennis* introduction to intermediate	Wednesday	adults	La place tennis	18:00 - 19:00	6 weeks	week of May 19	\$140	\$160
Tennis Clinic* (workshop only)	Wednesday	adults	La place tennis	9:00 - 10:00	6 weeks	week of May 19	\$140	\$160
Yoga beginners*	Wednesday	teens, adults	Lynda Dupont Yoso zen	17:15 - 18:15	10 weeks	April 16	\$130	\$150
Yoga intermediate*	Wednesday	teens, adults	Lynda Dupont Yoso zen	18:30 - 19:30	10 weeks	April 16	\$130	\$150
Yoga 65 y.o. +*	Wednesday	seniors	Lynda Dupont Yoso zen	10:00 - 11:00	10 weeks	April 16	\$130	\$150
Chair Yoga*	Wednesday	seniors	Lynda Dupont Yoso zen	11:30 - 12:15	10 weeks	April 16	\$130	\$150
Yoga for everyone* <i>offered in the package</i>	Wednesday	teens, adults	Lynda Dupont Yoso zen	9:00 - 10:00	10 weeks	April 16	\$130	\$150



## Cultural Activities

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CULTURAL ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Creative Workshop*	Tuesday	adults	Sophie Chatagneau	17:30 - 18:30	8 weeks	April 1	\$170	\$196
Creative Writing Workshop*	Tuesday	adults	Sophie Chatagneau	18:30 - 19:30	8 weeks	April 1	\$170	\$196
Bridge beginner and beginner 2	Monday	adults	Louise Lalonde	10:00 - 11:30	8 weeks	Feb. 20	free	free
French Course beginner 1*	Tuesday	adults	Nathalie Girard	11:00 - 12:00	10 weeks	April 15	\$140	\$168
French Course beginner 2*	Tuesday	adults	Nathalie Girard	9:00 - 10:00	10 weeks	April 15	\$140	\$168
French Course intermediate*	Tuesday	adults	Nathalie Girard	10:00 - 11:00	9 weeks	April 22	\$126	\$152
Spanish level 1*	Thursday	adults, seniors	Yoalli Gallegos	13:00 - 14:00	10 weeks	April 10	\$185	\$212
Spanish Conversation Club beginner	Thursday	adults	Yoalli Gallegos	11:30 - 13:00	10 weeks	April 10	\$185	\$212
Spanish Conversation Club advanced*	Thursday	adults	Yoalli Gallegos	10:00 - 11:30	10 weeks	April 10	\$185	\$212

## Courses for Children

ACTIVITY FOR CHILDREN	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	RESIDENTS	NON-RESIDENTS
Ballet* 3-5 y.o.	Friday	3-5 y.o.	Mariem Valdes	16:15 - 17:00	10 weeks	April 11	\$190	\$218
Dance Mix* 6-10 y.o.	Friday	6-10 y.o.	Mariem Valdes	17:15 - 18:00	10 weeks	April 11	\$190	\$218
Karate	Friday	5 +	Gilles Labelle	17:30 - 18:30	1,3,5 or 10 months	ongoing	based on the length of the session	based on the length of the session

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