

Courses Offered

REGISTRATIONS OPEN ON AUGUST 19

BY INTERNET:

Go to www.morinheights.com and click the "Registration" button on the homepage.

BY PHONE

at 450 226-3232, ext. 132

IN PERSON

at Chalet Bellevue, seven days a week, from 9:00 to 16:00

Physical Activities – Adults

* course included in the intermunicipal agreement

PHYSICAL ACTIVITIES	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	COST RESIDENTS	COST NON-RESIDENTS
Body Design*	Monday	adults	Katy de Denus	19:35 – 20:35	12 weeks	Sept. 14	\$155	\$175
Cardio-jogging* offered in the Fall Package	Thursday	adults	To be confirmed	18:30 – 19:30	6 weeks	Sept. 17	\$80	\$90
Cardio-Latino*	Thursday	adults	Francisco De La Calleja	10:30 – 11:30	14 weeks	Sept. 10	\$210	\$242
Cardio-Tonus* offered in the Fall Package	Tuesday	adults	Manon Coulombe	8:45 – 9:45	12 weeks	Sept. 15	\$180	\$207
	Monday	adults	Katy de Denus	18:30 – 19:30	12 weeks	Sept. 14	\$180	\$207
Country Line Dancing Beginner*	Wednesday	adults	Wendy Aitken	19:00 – 20:00	12 weeks	Sept. 16	\$156	\$168
Country Line Dancing Intermediate*	Wednesday	adults	Wendy Aitken	20:00 – 21:00	12 weeks	Sept. 16	\$156	\$168
Low Impact Line Dancing*	Tuesday	adults	Sylvie Labelle	16:00 – 17:00	12 weeks	Sept. 15	\$120	\$140
Line Dancing Beginner 1*	Tuesday	adults	Sylvie Labelle	17:15 – 18:15	12 weeks	Sept. 15	\$120	\$140
Line Dancing Beginner 2*	Tuesday	adults	Sylvie Labelle	18:30 – 19:30	12 weeks	Sept. 15	\$120	\$140
Flexi-Dance*	Thursday	adults	Francisco De La Calleja	13:00 – 14:00	14 weeks	Sept. 10	\$210	\$242

PHYSICAL ACTIVITIES	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	COST RESIDENTS	COST NON-RESIDENTS
Autumn package Daytime: access to five different classes for one price! Evening: access to four different classes for one price!								
Introduction to Nordic Walking*	Wednesday	adults	Jayne Pollock	9:00 – 10:00	8 weeks	Sept. 16	\$100	\$115
Karate	Friday	all ages	Gilles Labelle	17:30 – 18:30	1, 3, 5 or 10 months	Sept. 11	based on the length of the session	
For registration, please contact Kyoshi Gilles Labelle at 450-431-1444.								
Nordic Walking* offered in the Fall Package	Friday	adults	Jayne Pollock	9:00 – 10:15	12 weeks	Sept. 18	\$180	\$207
Pickleball*	Courses will be offered this fall; please visit the “Registration” section on the Municipality’s website for details.							
Tonus-Flex* offered in the Fall Package	Monday	adults	Katy De Denus	9:15 – 10:15	12 weeks	Sept. 14	\$180	\$207
Qi-Gong Do In Meditation*	Thursday	teens, adults, seniors	Geneviève Pepin	16:30 – 18:00	10 weeks	Sept. 24	\$200	\$230
Solo-Latino* offered in the Fall Package	Thursday	adults	Francisco De La Calleja	10:30 – 11:30	14 weeks	Sept. 10	\$210	\$242
Tennis intermediate*	Thursday	adults	La place tennis	10:00 – 12:00	5 weeks	Sept. 10	\$313	\$360
Yoga beginners*	Wednesday	adults	Lynda Dupont Yoso zen	17:15 – 18:15	10 weeks	Sept. 16	\$150	\$175
Soft Yoga 65 y. o. +*	Wednesday	adults	Lynda Dupont Yoso zen	10:15 – 11:15	10 weeks	Sept. 16	\$150	\$175
Yoga for everyone* offered in the Fall Package	Wednesday	adults	Lynda Dupont Yoso zen	9:00 – 10:00	10 weeks	Sept. 16	\$150	\$175
				18:30 – 19:30				
Zumbaaa* offered in the Fall Package	Tuesday	adults	Manon Coulombe	19:00 – 20:00	12 weeks	Sept. 15	\$180	\$207

Cultural Activities – Adults

* course included in the intermunicipal agreement

CULTURAL ACTIVITIES	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	COST RESIDENTS	COST NON-RESIDENTS
Spanish level 1*	Thursday	adults	Yoalli Gallagos	13:00 - 14:30	10 weeks	Oct. 10	\$195	\$224
Spanish Conversation* beginner and intermediate	Thursday	adults	Yoalli Gallagos	11:30 - 13:00	10 weeks	Oct. 10	\$195	\$224
Spanish Conversation* advanced	Thursday	adults	Yoalli Gallagos	10:00 - 11:30	10 weeks	Oct. 10	\$195	\$224
Introduction to djembe* beginner	Monday	teens, adults	Bern Dez, Waraba Djembe	19:00 - 20:15	10 weeks	Sept. 14	\$225	\$260
Photography accessible and creative*	Wednesday	teens, adults, seniors	Karyn Dupuis	9:00 - 11:00	6 weeks	Sept. 16	\$225	\$260
Photography creative and multimedia arts*	Wednesday	teens, adults, seniors	Karyn Dupuis	12:00 - 14:00	6 weeks	Sept. 16	\$250	\$288

Activities – Children

ACTIVITIES	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	COST RESIDENTS	COST NON-RESIDENTS
Karate	Friday	all ages	Gilles Labelle	17:30 - 18:30	1, 3, 5 or 10 months	Sept. 11	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.

To see the complete schedule of classes offered for children this fall, visit the “Registration” section of the municipal website.



www.morinheights.com

Important Numbers

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**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



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t.me/morinheights

Emergency 9-1-1:

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

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