



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!

Summer 2017 - Vol. 20, no 3

Shakespeare-in-the-Park's Much Ado About Nothing

*« I had rather hear my dog bark at a crow,
than a man swear he loves me. »*

- act 1, scene 1

Repercussion Theatre's Shakespeare-in-the-Park 2017 tour presents the tragic romantic comedy, Much Ado About Nothing, in Morin-Heights on **Friday, August 11th at 19:00**. The only representation in the region can be enjoyed **at Basler Park** (99, Lac-Écho Road)!

The characters in this dark love story learn that real love requires unmasked vulnerability. Featuring a wonderful cast of 11 actors, a blend of playfulness and pathos, and a dynamic design. This English activity is free. Bring chairs and blankets. In case of rain, the play will be presented at Sommet Morin Heights (231, rue Bennett).

Information: 450 226-3232, ext. 102



Canada Day

On Saturday, July 1st, starting at 14:00 at Sommet Morin Heights (231, rue Bennett)

BBQ, face painting, street performers, inflatable games, fireworks and more! Performance by **Lili-Ann de Francesco** (from *La Voix*) followed by **Mat Tyler**, and as a main event, **The Rick Hughes Show** (from *La Voix*).

A complete program will be mailed in a few weeks.

We need a few volunteers to man the entrance: 450 226-3232, ext. 102.



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Fellow citizens,

Let me begin by wishing you all an amazing summer!

Here is a brief overview of our winter activities. Our cross-country ski season broke all records this year with sales of over 1,000 season passes and more than 5,000 daily tickets. This testifies to the quality of our trails and the enthusiasm that our citizens have for the great outdoors. Our partnership with *Les Fondeurs Laurentides*, Sommet Morin Heights and the Caisse Desjardins resulted in the construction of a high-level training trail. This was so successful that, in March, we had the honor of hosting the Quebec Cross-Country Ski Cup. This was the first time since 1983 that a cross-country ski competition came back home and this is just the beginning! The FIS-Ski (International Ski Federation) certification process is well underway and we hope to be able to hold a national level competition in the near future!

The renovation of the Bellevue Chalet is progressing well and the opening is scheduled for the last week of August. We will invite the population to an opening event in order for them to discover our new community space. The funding from the Canada-Quebec joint Small Communities Fund has financed two-thirds of the conversion of the building into a community centre.

The cycling link between Saint-Sauveur and Morin-Heights, Vélocité, will be finalized this summer with the installation of a footbridge over the Rivière-à-Simon near the Alila Hotel. The *P'tit Train du Nord* and the



Aerobic Corridor will then be connected and cyclists will be able to enjoy these two jewels of the Laurentians.

This summer, there will be work done to replace the aqueduct, the sidewalks and the causeway on chemin du Village between Carver and Grand-Orme streets. This work is 50% subsidized by the excise gasoline tax. We ask that you please be patient during this period.

I invite you to come and enjoy the many summer activities that we have to offer you such as Canada Day, the annual Arts Morin-Heights summer exhibition, Shakespeare-in-the-Park, FC Morin-Heights matches, the Royal Canadian Legion baseball games and the Club des Pays-d'en-Haut's mountain bike races.

We live in a beautiful community with volunteers who work hard in a myriad of areas. I invite you to join them and thus you will surely enjoy many beautiful human experiences!

Have a nice summer and wonderful holidays!!!

Regards,

Tim Watchorn, ing.
Mayor



Annual Blood Drive

The next Morin-Heights blood drive will be held on **August 21st**. Details will be published in the next edition of this bulletin.

For any question concerning admissibility for blood donation, please call:

1-888-666-HEMA or visit
www.hema-quebec.qc.ca

Saving lives starts right here.

Elections Staff Sought!

Advance poll:

Sunday October 29th

General election:

Sunday, November 5th

Individuals interested in working on one or both of these two dates are invited to communicate with the Municipality at 450 226-3232, ext. 106 or at **mutation@morinheights.com**

Books at large!

Our two book boxes are now back in Lummis Park (928, chemin du Village) and Basler Park (99, chemin du Lac-Écho). Users of these free libraries may leave, exchange or borrow a book of their choice without any charges or obligations. We invite young and old to keep these boxes alive by participating, at their leisure, in this fantastic bartering system.



Collective Garden

Our little group has met and mulled over the various phases this project has been through already. There has been much success as well as many unexpected turns and results. One success is the land behind the municipal library dedicated to an edible forest – that is growing more evident with each season. This space has a number of fruiting trees and plants as well as a wide variety of medicinal herbs, perfect for a bit of exploring with the family!

The school garden has also been progressing. Last year, we added some straw bales – one for each class, including the La Rochelle pre-school. Now in its third year, a quarter of the garden will be planted by the older students so that they have a sense of what it is like to plant directly into the ground. They will have some planning to do! What plants like to be together? Which should stay far from each other and why? Hmmm, there's more to it than just plunking a seed into the earth! And the idea of opening up the possibility for the students to do some learning outside of classrooms?! Incredible!

The teachers' efforts have resulted in Staples awarding \$25,000 in tech tools to empower the school and to reward its Wild Program. Morin-Heights Elementary School was one of ten throughout Canada to have received this grant!

The growing has extended to other locations. Mickey's Café owner, Yvon Gilbert, opened up the pony Benny's old grazing area, planting and harvesting a sizeable quantity of produce for the food bank last season. He is looking for helping hands for this season:

514 977-9899 or **yvongilbert@me.com**

The regional food bank Le Garde-Manger des Pays-d'en-Haut has opened up its own garden in Ste-Adèle.

The Collective Garden as a whole is looking for additional helping hands. If you have interest, curiosity, experience or not, please contact Jane Marengi at **450 226-6453** or **minzou.yoda@gmail.com**

We are so looking forward to discovering the marvels that this next step of the growing experience will bring!

Senior Housing Survey

As part of the 2015-2017 action plan resulting from the MADA initiative, the Municipality of Morin-Heights conducted a survey last fall. This survey targeted Morin-Heightsers aged 55 and over to identify their housing needs.

The work was done by volunteers residing in the municipality and accompanied by a project manager who then submitted the results to the municipal Council.

You are invited to review the findings at **www.morinheights.com/Survey-Results-55**

Inspired portrait of the Simon River

Those responsible for *Abrinord, l'organisme de bassin versant de la rivière du Nord and Ruisseau Jackson aire naturelle protégée* (RJANP) are working with a large group of local actors to develop an Action Plan for the waterways of the Simon River.

Get your cameras! The first meeting was held in the spring and the initiative is progressing rapidly. It is already possible for residents to share through a website, photos and observations of the river flowing through the municipality. This website also offers a detailed map of the area. "It's like a social network for our waterways," says Mathieu Régnier of RJANP.

The river basin flows into seven municipalities, six of which are in the Pays-d'en-Haut MRC.

Information:

www.abrinord.qc.ca/projets/plan-daction-de-cours-deau-pour-la-riviere-a-simon

Municipal Services



La Fouillerie

Under the patronage of the Garde-Manger des Pays-d'en-Haut, Morin-Heights' Fouillerie offers a service of gathering and redistribution of new and second-hand clothing, toys, dishes, books, and more, at really low prices. **The Fouillerie is located at 148, chemin Watchorn and now has a second location at 28, rue Bennett.**

Opening hours

(closed from 12:00-12:30):

Monday & Thursday: 10:00 to 15:00

Tuesday: 12:30 to 15:00

Friday: 10:00 to 15:00

The first Saturday of each month:
9:00 to noon

Information: 450 644-0087

**DON'T COOK
YOUR DOG!**



DOGS DIE EACH SUMMER

**Even with the windows opened,
in a few minutes, a car can quickly
turn into a coffin.**



Laurentian Caregivers Association

www.laurentiancare.org • info@laurentiancare.org

Personalized Quality Home Care Assistance

**Contact with English Resources available in Community Health & Social Services
Support and Respite for Seniors and Caregivers**

BILINGUAL SERVICE | Toll Free : 1-855-522-7372

*Your care is our
primary goal*

Recycling and Garbage Collection 2017

JUNE

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

 Garbage  Recycling

 Bulky items*

* Place them at the curb on the Sunday preceding the dedicated week or bring them directly to the ecocentre.

CUSTOMER SERVICE:
1 888 482-6676 (option 2)
or info@comporecycle.com

Écocentre

The intermunicipal Ecocentre is located at 2125 chemin Jean-Adam in St-Sauveur, 450 227-2451.

It is opened **seven days a week**, from 7:30 to 16:00 and services are free.

For more information on materials and quantities accepted, check with our Ecocentre.

Mountain Bike Network

A reminder that a work bee will be held on **Sunday June 11th** to work on the new trails in the park. New trail development will be ongoing throughout the summer so please respect any signage. A new trail map will be issued as soon as possible.

A reminder to also respect the 24 hour rain rule: **please do not ride on the trails for 24 hours after a heavy rain**. Also, please report any major trail damage or fallen trees to 450 226-3232, ext. 131.

Le *Club Vélo Pays-d'en-Haut* will be hosting three races this summer on June 17th, July 12th (in the evening) and August 12th. The course will be closed during the morning while the races are underway.



Public Works

Road and Traffic Signs

Over the summer, various construction sites will be opened for road repairs on our territory, and temporary signs will be installed (i.e. temporary traffic lights). You are required to respect temporary signs the same way you would permanent ones: rules and penalties imposed by the Highway Safety Code apply just the same.

When a site is delimited, please respect the security perimeter and avoid distracting workers and flagmen. They are there to do a job and keep their eyes on traffic to ensure your safety. Be vigilant!

Ditches

Please remember that green clippings and other materials cannot be dumped or left in ditches; their main function is to capture the run-off water. Contact the municipal ecocentre to verify what they will accept.

Watering lawns, hedges, trees, shrubs, flower beds and vegetable gardens:

Watering is authorized from May 20 th to September 10 th	
Manual watering with a hose or portable sprinkler: EVEN civic numbers	Monday & Wednesday between 20:00 and 23:00
Manual watering with a hose or portable sprinkler: ODD civic numbers	Tuesday & Thursday, between 20:00 and 23:00
Automatic sprinkler systems, EVEN civic numbers	Program for one hour a day maximum: Monday & Wednesday between 23:00 and 1:00
Automatic sprinkler systems, ODD civic numbers	Program for one hour a day maximum: Tuesday & Thursday between 23:00 and 1:00

Exception for new lawns: an authorization from the Town Planning and Environment Department may be obtained.

Make a difference: conserve water for future generations.

Library

The municipal library is located at 823, chemin du Village, and is closed on civic holidays. The annual membership is free for all residents.

Opening hours:

Tuesday and Thur.: from 13:00 to 16:00
Wednesday: from 10:00 to noon
and 14:00 to 16:00
Friday: from 19:00 to 21:00
Saturday: from 10:00 to 14:00
Sunday: from 11:00 to 13:00

Information:

450 226-3232, ext. 124

NEW ACQUISITIONS (Fiction)

Lisa Gardner
Right Behind You

Penny Gummerson
Wawatay

Monia Mazigh
Hope Has Two Daughters

Heather O'Neill
The Lonely Hearts Hotel:
A Novel

Ian Rankin
Rather Be the Devil

Ausma Zehanath Khan
Among the Ruins

NEW ACQUISITIONS (Non-fiction)

Peter Ames Carlin
Homeward Bound: The Life of Paul Simon

Miranda Esmonde-White
Forever Painless:
Lasting Relief Through
Gentle Movement

Charlotte Gray
The Promise of Canada:
150 Years – People and Ideas
That Have Shaped Our Country

Wayne Gretzky
99: Stories of the Game

Amy Schumer
The Girl with the Lower
Back Tattoo

Matt Taibbi
Insane Clown President:
Dispatches from the 2016 Circus

NEW ACQUISITIONS (Youth)

James Patterson and
Joe Sutphin
Word of Mouse

Brenda Wenzel
They All Saw a Cat



Morin-Heights Fire Department and First Responders

Did you know that in Québec, nearly 200 000 families and individuals move on July 1st every year? So much action packed into one day! Here are some safety tips to consider when you move into your new home:

Check your smoke alarms:

- Put a new battery in each smoke alarm as soon as you move in (except for lithium battery alarms);
- Check the manufacturing date on the outer casing of every appliance. Replace it or have it replaced by the owner if it is more than ten years old;
- Make sure there is at least one smoke alarm on each floor of the home and that it is located in the hallway, near the bedrooms. For even greater safety, we recommend that you install a smoke detector inside each bedroom, in accordance with the new building requirements currently in effect in Quebec;
- Test your smoke alarms by exposing them to the smoke produced by blowing out a candle. If it does not sound, replace it or have it replaced by the owner.

Check the carbon monoxide (CO) alarms:

- Ensure that there is at least one CO alarm in the home if you have a combustion appliance (e.g. using oil or propane or wood), storing combustion tools within the home, or if you have an attached garage. In order to ensure its audibility, it is recommended that you install a carbon monoxide alarm per floor where there are bedrooms;
- Follow the manufacturer's installation instructions. The detector can be installed at any height on the wall since CO spreads relatively evenly into the atmosphere.

Municipal Services

Preparation of an evacuation plan:

- Prepare an evacuation plan with all occupants of the home and test it.
- Determine a gathering point with all family members, at the front of the house, if possible, near the entrance is ideal;
- Plan ahead for the evacuation of children, the elderly or disabled, and pets;
- If you live in a multi-unit building, read the evacuation plan for the building and locate the emergency exits.

Heating and electricity:

- Have the chimney and heaters inspected as soon as you are installed in your new home;
- Have the chimney swept as soon as you arrive. Do not wait until autumn, because the humid summer air combined with the creosote deposits causes corrosion of the chimney's steel parts and promotes coking;
- Wood for burning should be stored at a distance from the house and only small quantities at a time should be brought into the house. Wood is a highly combustible material as well as being a source of moisture and vermin;
- Have the electric panel inspected by a master electrician.

When moving, avoid stacking boxes and other objects in corridors, on balconies, terraces, underneath the windows outside and along the house. Their presence can complicate or even prevent an evacuation in the case of an emergency. When arriving in a new municipality, be aware of municipal regulations, such as those governing outdoor fires and fireworks.

Activities

Royal Canadian Legion Events

All are welcomed!

127, chemin Watchorn

The **Legion flea markets** will be held on June 10th, July 8th, August 5th, and September 9th (postponed to the next day in case of rain). BBQ breakfasts and lunches are available on-site (\$).

FRIDAY JUNE 16th

TGIF Smoked Meat Night, at 18:00

SATURDAY, JULY 1st

Canada Day BBQ

FRIDAY, JULY 21st

TGIF Smoked Meat Night, at 18:00

SATURDAY, JULY 29th

Famous Roast Beef Done on the Spit, at 18:00

SATURDAY, AUGUST 12th

Golf Tournament

FRIDAY, AUGUST 18th

TGIF Smoked Meat Night, at 18:00

Information: www.legion171.com or 450 226-2213 (after 15:00)

Wednesday Summer Music Shows

BBQ (\$) in June, July, and August from 17:00 to 19:00 • Show at 19:00 (10\$)

Summer program:

Stormy Weather, June 7th

Paul Arthur & Raisin' Cain, June 21st

Bob Stagg Trio & Barb Harris, July 5th

The T-Birds, July 19th

The Posa Blues Band, August 2nd

Country Night with Texarillo & Dwane Dixon, August 16th

COOP SORE • Activities and services for seniors

• **Community lunch** for all and prepared by Soupe et Cie. Every **Monday at 12:00** at St-Eugene Church (148, ch. Watchorn). Voluntary donation of \$6 is suggested. Meal includes: soup, main dish, salad, dessert, tea or coffee.

Advance reservation mandatory on Fridays from 9:00 to 16:00 at 514 944-9335.

• **Home respite service:** specifically trained staff are sent to your home (day, evening, night) to take over the care of your loved-one so that you may take time for yourself.

For whom?: MRC Pays-d'en-Haut's senior residents and caregivers.

Information: 450 224-2657

Morin-Heights Farmers' Market

Join us every Friday **from noon to 17:00** at 148, ch. Watchorn. Outside market only - rain or shine!

For more Information:

450 858-2789

morinheightsmarket@gmail.com

facebook.com/MarcheFermierMH

Next edition!

The fall edition of Info Morin-Heights will be distributed mid-August. To submit a text for the bulletin, send both a French and English version to bulletin@morinheights.com at the latest on June 15th.

WINTER EDITION

December 1st, 2017 to March 20th, 2018

Deadline: October 5th

Distribution: November 24th

La Rochelle Pre-school



Bilingual pre-school for children aged 3 to 5, Monday to Thursday from 8:45 to 13:00 or 8:45 to 15:30 at Morin Heights Elementary School (647, ch. du Village). Registrations are in progress for the 2017-2018 school year. All preschool fees are tax deductible.

For more information, contact us at 450 821-2566 or by email at prematernellelarochellepreschool@yahoo.ca

Viking Canoe & Kayak Club



Looking for a super, exciting outdoor activity for this summer? Come and experience an initiation to the sport of canoeing and kayaking. The Viking Canoe-Kayak Club is offering people the opportunity to experience the sport of paddling and dragon boat. Take advantage of this offer to try out the sprint canoes and sprint kayaks (1, 2 or 4 places) and discover the different programs designed for people of all ages. Also included are Day Camps for children aged 5 to 12; Espoirs/Relèves programs and Development programs for 10 to 15 year-olds; and Adult Fitness for Life programs in canoe, kayak, war canoe and dragon boat. The summer camp dates for youth are from June 26th to August 18th, 2017.

Come meet us and see what you could do as an exciting activity this summer. We provide all the equipment, you only need to bring your enthusiasm!

When: June 3rd, 2017, from noon to 15:00

Where: Montfort Pavillon, 160, Principale Road, Wentworth-Nord (Lac St-François-Xavier)

Cost: FREE

450 226-1876

www.facebook.com/CanoeKayak.Viking
canoekayakviking@gmail.com



Activities

Important numbers

Town Hall

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

Telephone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

Emails:

bulletin@morinheights.com
comptabilite@morinheights.com
conseil@morinheights.com
sfiala@morinheights.com
karredondo@morinheights.com
loisirs@morinheights.com
municipalite@morinheights.com
mutation@morinheights.com
parcs@morinheights.com
servicetechniques@morinheights.com
ssi@morinheights.com
taxes@morinheights.com
travauxpublics@morinheights.com
urbanisme@morinheights.com

Sûreté du Québec des

Pays-d'en-Haut: 450 227-6848

Animal Control:

1-866-960-7722 • www.spcall.ca

EMERGENCY: 9-1-1
Public Works
(night and holidays) -
Fire - Police - Ambulance -
Emergency Measures

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1 888 990-3486 • www.groupepetriton.com

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*Legal deposit - Bibliothèque et Archives
nationales du Québec, 2017*

Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Free monthly meetings are held at St-Eugène Church in Morin-Heights (148, ch. Watchorn). Donations are welcome (tax receipts offered).

For more information about services, meetings, guest speakers, call June Angus at **450 226-3641** or email cancer.laurentia@yahoo.ca

Quebec National Holiday

Gather everyone on June 24th in **Saint-Adolphe-d'Howard** to celebrate Quebec's National Holiday! Check out the schedule at www.stadolpheidhoward.qc.ca



World Wide Knit in Public Day

For the first time, Morin-Heights will take part in **World Wide Knit in Public Day** (WWKIPDAY). What is this? Simply speaking, knitters in more than a thousand communities around the world will get together to knit – and chat. This year's event is on Saturday, June 10th, from 13:00 to 16:00 in front of the Morin-Heights library.

Bring your thermos of tea or coffee, sun-screen, a large hat, comfortable chair, knitting needles and wool. Experienced knitters will share their knowledge and expertise with those who are less experienced. The Remembrance Hall has been reserved in case of bad weather, so the event is on, rain or shine!

To learn more visit www.wwkipday.com.

Arts Morin-Heights

From June 17th to September 30th, Arts Morin-Heights presents its new BEACH themed exhibition at the municipal library.

This year's **summer exhibition** will be held from **July 29th to August 6th** from 11:00 until 17:00 at the St-Eugene Hall located at 148, ch. Watchorn.

Information: www.artsmorinheights.com
or 450 226-3832

Theatre Morin Heights

Thank you to all of the volunteers, members and patrons who supported our community theatre troupe throughout 2016-17. We are now hard at work (and having fun) preparing the 2017-18 season.

Preparations are underway for the fall production (performance dates are October 26, 27, 28 and 29). We are looking forward to performing in the new Bellevue Chalet.

To volunteer behind the scenes, join or renew your membership, or find out about our latest activities visit us online at theatremorinheights.ca, email theatremorinheights@gmail.com or call **450 226-5352**.



July 10th to August 25th Schedule

Mondays from 9:00 till noon:

Drop-in daycare for 1-5 year olds

Tuesdays from 9:30 till 16:00:

Mini-camp for 2-5 year olds

Wednesdays from 10:00 till 15:00: Children/parents outings (0-12 year olds)

Thursdays from 9:00 till 16:00: Club for 6-12 year olds

Activities will be held on-site in Ste-Adèle, at La Maison de la Famille with the exception of the outings which will take place throughout the territory. Places are limited, so don't forget that you must be registered at **450 229-3354**.

Class / Location	Rates	Schedule	Dates	Instructor	Description
SUP Fitness/ Lummis Park (on a paddle board)	**	Monday 18:00 to 19:00 Wed. 18:00 to 19:00 Intensive 3-week session	June 5 to 21	Écho Aloha Pascale 514 709-0808 echoaloha@gmail.com	Practice yoga or fitness on the water this summer: develop your balance, awaken your proprioception and get toned while enjoying the warm summer air and sun! SUP yoga: Flexibility, endurance, balance, stretching and relaxation SUP fitness: tone, core work, buttocks, motor skills, endurance, strength, cardio and balance.
SUP Fitness / Lummis Park (on a paddle board)		Monday 17:20 to 18:25 Wed. 9:00 to 10:15	June 26 to August 21 June 28 to August 23		
SUP Yoga / Lummis Park (on a paddle board)		Monday 18:35 to 19:45 Wed. 10:30 to 11:45	June 26 to August 21 June 28 to August 23		
SUP Fitness & Yoga Stretches / Lummis Park (on paddleboard)		Friday 13:00 to 14:15	June 30 to August 25		
Essentrics / Lummis Park	R: \$10 /class NR: \$12 /class	Monday 9:00 to 10:00 Tuesday 9:00 to 10:00	July 3 to August 29	Ginette Ouimet Certified Essentric instructor, level 3 450 543-0308 essentricsaveginette@gmail.com essentricsaveginette.vpweb.ca	Muscular lengthening and strengthening program. Releases the joints, rebalances the body and corrects posture. A technique adapted for all conditions.
Combo 55+ / St-Eugene Hall	Pass or card NR: \$5 more	Tuesday 9:30 to 10:30	July 4 to August 29	Please reserve your spot Lisa McLellan 450 560-2803 Register first day of class Pass 2 classes/week or more: \$228,75 tx inc. 10 class card: \$138 tx inc.	Overall workout, improve strength, and vitality
Yoga / Community Hall		Tuesday 17:30 to 18:45	July 4 to August 29		Breathing, asanas, transformation, peace
Yoga / Community Hall		Wed. 9:15 to 10:30	July 5 to August 30		Improve posture, relieve pain, become more supple
Stretch and Strengthen / Community Hall		Wed. 10:45 to 11:45	July 5 to August 30		
Combo 55+ Mix / St-Eugene Hall		Thursday 9:30 to 10:30	July 6 to August 31		Stength & cardio training, improve strength and vitality

FOR ANY INFORMATION OR REGISTRATION, PLEASE CONTACT THE INSTRUCTOR OF THE COURSE DIRECTLY



Soccer Club "Football Club Morin-Heights" (FCMH)

The **Grassroots Program** offers children aged four to seven (female and male players born between 2010 and 2013) the opportunity to play soccer in a house league. The philosophy of the program is not based on victory or loss, but on learning a new sport, making new friends, and just having fun!

Saturday mornings from June 17th to August 19th

Residents \$150 • Non-residents \$180

Soccer Academy with Hans Bongers is happening June 26th to 30th, for players born between 2005 and 2009.

Cost: \$180 without daycare

Daycare available: from 8:00 to 9:00 and 15:00 to 16:00 (\$50 with pre-registration)

Info and registration:

www.fcmorinheights.com or
info@fcmorinheights.com

Pool Season Passes

Sommet Morin Heights offers reduced rates for the outdoor pool season passes to Morin-Heights residents. **Season passes must be purchased at Sommet Morin Heights.**

Information: 450 226-1515



AGE CATEGORIES	PRICES ¹ (pool only)	PRICES ¹ (pool and Acro-Nature)
Adult	\$30	\$69
Youth (from 4 to 12 years old)*	\$20	\$49
Senior (60 years old and over)	\$20	\$49
Family pass (2 adults, 2 children of 12 years of age or less)	\$80	
¹ Plus taxes * Children under 13 must be accompanied by an adult. Free for children 3 years of age or less.		

SCHEDULE
July 1st to August 20th, August 26th-27th as well as September 2nd-3rd and 4th: 11:00 to 19:00
Please consult the weekly schedule for pool availability as it may sometimes be reserved for groups. Swimming pool will be closed on rainy and/or cold days.