



MORIN-HEIGHTS
1855

Info Morin-Heights

In harmony with nature!



Winter 2014-2015 - Vol. 17, no 4

PLAISIRS D'HIVER



Dogsled Ride

FREE!

Tuesday, March 3rd, 13:00 to 15:00
at Parc Basler (99, ch. du Lac-Écho)

Come with your family and enjoy a dog sledding experience with Expédition Hautes-Laurentides' team! You can steer or take a ride; you can discover the world of mushers and watch husky pups.

For security reasons, pregnant women and babies cannot take part in this activity. Also for security reasons, no other dogs are allowed on site.

Other activities will also be offered: bonfire, entertainment and sliding (bring your toboggan).

Come on down!

NO RESERVATION: first come, first served!

For more information, communicate with Catherine at **450 226-3232**, ext. 102.



Torchlight Snowshoeing

FREE!

The Municipality of Morin-Heights invites you to a torchlight snowshoe event. A 5 km snowshoe course awaits you for great family time under the stars (headlamp suggested)!

At the end of the activity, you can all sip on a hot chocolate or a glass of caribou while enjoying **Yvon Boutin's storytelling.**

The whole family is welcome on **Saturday January 17th** at Parc Basler (99, chemin du Lac-Écho). There will be consecutive starts; the first will be at 18:00 for families and the last one at 19:30.

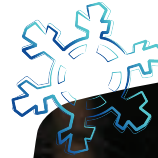
Check the "**Winter Carnival**" leaflet that will be mailed in January to find out all details.

In the event of bad weather, the activity will be cancelled. No reservation necessary.

Information: 450 226-3232, ext. 111

We wish you a
Merry Christmas and a
Happy New Year!

Mayor's Report on the financial situation on pages 2-3



Summary

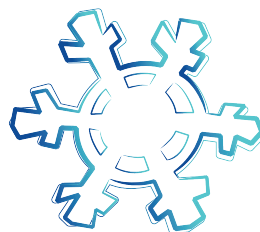
P2
News

P5
Municipal Services

P7
Collections Calendar

P11
Activities

P19-20
Classes



Mayor's Report on the Financial Situation

November 12th, 2014

Fellow citizens,

This being the last council meeting before presenting the budget, here is the report on the Municipality's financial situation, in accordance to the provisions of the *Code municipal du Québec*.

I invite you to consult www.morinheights.com to find all documents pertaining to finances submitted to the *ministère des Affaires municipales et de l'Occupation du territoire*.

The financial report for the year ending December 31st, 2013, prepared by the auditor Richard Deslauriers C.A., reports a surplus of \$291,212 on a budget of \$7 891,121. This surplus stems mostly from the increase in property values and property real estate transactions.

The accumulated surplus is mostly the taxpayers' holdings. This year, the organization's accounting activities have increased by \$849,003 to reach \$17 407,514.

Management indicators which complete the financial report were presented last May and confirm the Municipality's very good financial health and the efficiency of services.

Throughout 2013, the Municipality has undertaken immobilization work totalling \$1 999,410.

This year, we have continued with the infrastructure modernization program. Major work has been completed on roads in Domaine Balmoral and within the Bories area and we have taken advantage of the work done on the Bastien drinking water network to improve Loup-Garou and Feux-Follets roads.

The Public Works Department has also multiplied interventions in many other areas and you must certainly have noticed the constant improvement in the roads infrastructures, ditches and shoulders.

We continue working on developing the recycling management program. The intermunicipal Écocentre's popularity is undisputable and their acceptance of dangerous domestic and electronic products, mattresses and construction material are increasing. Large items are also being sorted and sent to recycling companies. The next step, the collection of compostable residues, will be set-up in 2017.



As part of the shoreline protection program, the Environment Department continues its inspections. Waterfront property owners have greatly cooperated with their associations. Only two or three cases are presently being studied.

Furthermore, only one fine has been issued to a property owner who has neglected to empty his septic tank.

Throughout 2014, Council has allocated the non-invested surplus as follows:

Purchase of a used grader	\$181,494
Purchase of a pick-up truck for the Urbanism Department	\$37,708
Work on Loup-Garou and Feux-Follets roads	\$100,000
Work on Village road	\$60,000
Payment of the Commons property – attached to Parc Basler	\$100,000

The increasing popularity of the cross-country ski and snowshoe trails during the 2013-2014 season has shown that the project for the construction of the chalet at Parc Basler must progress. Such a building will allow for the consolidation of the cross-country ski, snowshoe and mountain bike trails to respond to growing demand.

Financial activities are monitored closely and we foresee ending 2014 with a slight surplus.

I would like to thank all Council members and municipal employees for their concerted and sustained efforts in providing the Municipality of Morin-Heights with modern infrastructures while respecting the taxpayers' ability to pay.

In Council's name, I would like to give thanks to the tremendous volunteers who dedicate their time in the community's interest.

Financial situation to December 31st

Page 13	2013	2012	2011	2010	2009
Financial assets	\$2 768,065	\$3 227,997	\$2 909,834	\$2 398,729	\$2 170,909
Liabilities	\$1 331,409	\$3 380,031	\$1 809,752	\$661,330	\$1 234,826
Debt	\$8 046,916	\$6 298,555	\$6 057,995	\$6 648,824	\$6 883,916
Net debt	(\$6 610,260)	(\$6 450,589)	\$(4 957,913)	\$(4 911,425)	\$(5 947,833)
Non financial assets	\$24 017,774	\$23 009,100	\$20 693,956	\$19 856,219	\$19 449,783
Net accumulated surplus	\$17 407 514	\$16 558,511	\$15 736,043	\$14 944,794	\$13 501,950

Net financial value

See page 15-7	2013	2012	2011	2010	2009
Fixed assets costs	\$30 980,441	\$29 140,256	\$26 087,25	\$24 395,957	\$23 244,060
Accumulated depreciation	\$7 119,400	\$6 278,980	\$5 561,070	\$4 727,240	\$3 981,339
Net book value	\$23 861,401	\$22 861,276	\$20 526,185	\$19 668,717	\$19 262,721

As stipulated by Law, I am presenting to Council the list of all suppliers with whom transactions have exceeded \$25,000 during the current year and the details regarding Council's earnings:

The Mayor's yearly income is \$22,366.44, to which \$5,921.28 is added for acting as the Municipality's representative on the MRC Pays-d'en-Haut's Board, the Council of Mayors, and \$150 to sit at the MRC's committees.

A councillor's yearly income is \$7,456.32, to which \$122.07 per month is added for councillors acting as Pro-mayor, and \$66.58 monthly for councillors who preside over one of the eleven Council committees.

In addition to this compensation, members of the Council are also allowed an expense amount equal to half their income.

The Mayor,



Tim Watchorn, ing.

Financial results statement	RESULTS 2013	BUDGET 2013	RESULTS 2012
Pages 7-8			
Operating revenues	\$8 236,405	\$7 891,121	\$7 720,457
Investment activities	\$600,137	\$0	\$605,434
Charges (operating expenses with amortization)	\$8 007,881	\$8 011,248	\$7 503,391
Surplus	\$828,661	\$120,127	\$822,500
Minus investment income	(\$600,137)	\$0	(\$605,434)
Fixed assets	\$999,280	\$875,422	\$849,096
Operating surplus before reconciliation	\$228,524	\$120,127	\$217,066
Financing	\$703,356	\$698,441	(\$581,416)
Allocations	(\$233,236)	(\$56 854)	(\$169,039)
Surplus	\$291 212	\$0	\$315,707

Debt analysis page 37	DECEMBER 31 st , 2013
Debt by sectors	\$3 489,377
Total debt	\$3 902,979
Debt paid by the Quebec government	\$795,935
Debt paid by other	\$3 869
Long term debt	\$8 102,680

Fund analysis to Dec. 31 st , 2013	VALUE OF FUNDS	COLLECTED	ALLOCATIONS
Working capital	\$500,000	\$30,358	\$469,642
Parks and green spaces fund		\$90,979	
Road repair fund		\$45 806	
Parking fund		\$0	
Balance on closed borrowing by-laws		\$67,197	
Financing of operation activities		\$2,751	
Committed surplus			\$122,458
Non committed surplus		\$525,821	

New equipment for Morin-Heights!

On August 2nd, Francoise Lecavalier, Vicky Deslauriers and Taylor Boutin gave their time to promote the Morin-Heights First Responders Service at our local IGA. Pierre Desmanches, grocery store owner and first responder, and François Soucy, grocery store owner, took the initiative to organize a fundraiser to purchase defibrillators. IGA, which employs some of our first responders, will have one of these newly acquired units permanently on site. A second unit will be added to the other three already in use by the First Responders.



Each officer on duty will have a defibrillator and equipment for allergies. When called for a cardiac arrest or an allergic reaction, the closest officer as well as the team on duty, will head immediately to the person in distress with this crucial equipment.

Note that an automated external defibrillator (AED), jointly purchased with the municipality, is also at Ski Morin Heights at all times.

2015 Morin-Heights Road Map

A new Morin-Heights road map is now available for free, thanks to the participating sponsors. You can get a copy at the Town Hall or view it at www.morinheights.com/Maps.



ÉCONOLOGIS

"This winter, increase the comfort of your home"

Owners or tenants, to increase your comfort this winter, we offer for **FREE***:

- Personalized advice
- Draftproofing, plastic window sheeting
- Weatherstripping, door sill
- Low flow showerhead
- Free electronic thermostats *

*Certain conditions apply

You will find additional informations by visiting www.efficaciteenergetique.gouv.qc.ca/en/my-home/econologis or Nature-Action Québec's website at www.nature-action.qc.ca/site/service/econologis

Are you eligible for a free visit?
Inquire at 1 877 440-7320.

La Fouillerie

Sponsored by *Le Garde-Manger des Pays-d'en-Haut*, La Fouillerie located at 148, chemin Watchorn, offers a service of gathering and distribution of new and second hand clothing, toys, dishes, books, and more, at really low prices.

Céline and her volunteers warmly invite you and welcome your donations every day.

Monday, Thursday, Friday: 10:00 to 15:00 (closed from noon to 12:30)

Saturday: 9:00 to noon

Information: 450 644-0087

Interactive cartography and assessment rolls excerpts

The MRC des Pays-d'en-Haut now publishes the graphic register and the information regarding the assessment roll for its ten municipalities.

This information is now available online via our municipal website under the "**Graphic Register**" tab. This information will be really useful to professionals and the general public.

By-law states that it is not permitted to leave your pet unattended in your car, whatever the season!



Coop SORE



Coop SORE is now offering home respite services, in Morin-Heights and throughout the MRC des Pays-d'en-Haut's territory, for senior caregivers in cooperation with CSSS des Pays-d'en-Haut. Specifically trained interveners are sent to homes, to take over the care of the loved one while the caregiver attends other activities.

For information: 450 224-2657

Instructors Wanted!

We are looking for instructors for various courses to offer to our population.

If you are a qualified and bilingual instructor, send your resume to: bulletin@morinheights.com with a short description of the course you could teach (ex. pilates (in the evening), cardio nature (in the evening), English for children or adults, computer classes, etc.).

**Laurentian
CAREGIVERS
Association**

Laurentian Caregivers Association
Resources & Education

Providing quality
Home & Healthcare Management
for caregivers & families in need

EDUCATION

- Home & Healthcare management workshops

IN-HOME CARE MANAGEMENT
providing respite to the family caregiver.
Half days, full days and twenty four
hour support services available.

- Primary Care Awareness regarding responsibilities of Doctors, Social Workers, CLSC.
- Patient advocacy regarding legal advice and guidance

RESPIRE WORKSHOPS

- Time out for caregivers. Providing therapeutic workshops for those with particular health and social conditions offering socialisation, stimulation and fun.
- Different workshops provided which include: music, fitness, memory and art therapy.

PLACEMENT
Professional Support Worker Placement

4057 Avenue des Lys, Val-Morin, QC J0T 2R0
1.855.322.7372 • Fax: 819.322.1167
cdlccz@laurentiancare.com

Municipal Services

Public Works

Your cooperation is key to ensure the speed and efficiency of snow clearing operations.

Here are a few reminders:

PARKING ON PUBLIC ROADS IS PROHIBITED IN WINTER

Parking on public roads is prohibited at all times unless otherwise indicated. You risk a fine or to be towed at your expense. We ask that you please respect this by-law.

Winter parking overnight is permitted at the library according to the established schedule but requires the purchase of a parking permit, temporary or for the season, which is available at the Town Hall for a fee.

SNOW REMOVAL

Snow removal and sanding are Public Works' main activity in winter. Efficient snow clearing operations improve the safety on our roads, therefore we are reminding you that it is illegal to shovel or plough snow off your roof, driveway or car onto municipal roads, sidewalks and in front of fire-hydrants. It is also your responsibility to notify your private snow removal contractor, as you may be held accountable for his non-compliant actions.

SNOW REMOVAL ON SIDEWALKS

Removing snow on sidewalks and the widening of roads are done with various vehicles and a snow blower. Please note that by-law 401 (available online) allows snow blowing on private property.

PROPERTY MARKERS

Markers for your driveway should be installed at the property limits rather than the edge of the street. Opt for the non-metallic kind, such as fiberglass or wood, to avoid damage to municipal equipment which would slow down operations.

NO STRUCTURES OR PLANTS TOO CLOSE TO THE ROAD

Avoid having structures, plants, fences, lamp posts, rocks, walls, bins, etc. within the road allowance (hedges, landscaping & other installations should be located one (1) meter within your front lot line and be protected for the winter). The Municipality is not responsible for damages to items in that space.

DITCHES

Ditches have to be cleared of debris and obstructions to ensure proper flow of surface waters and avoid damage the road's infrastructure during the thaw.

SANDING

The mixture we spread on roads is mainly made of sand to which we add 3% of salt and is generally applied once the snow has stopped falling. This mixture is more efficient and easier on the environment. Salt is ineffective below -15°C.



Important numbers

Town Hall

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

Phone: 450 226-3232

Fax: 450 226-8786

www.morinheights.com

Emails:

bulletin@morinheights.com
comptabilite@morinheights.com
conseil@morinheights.com
environnement@morinheights.com
inspection@morinheights.com
loisirs@morinheights.com
municipalite@morinheights.com
mutation@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

Emergency: 9-1-1

Fire - Police - Ambulance -

Emergency Measures -

Public Works (night and holidays)

Dog catcher:

1-866-960-7722 • www.spcall.ca

Holiday Schedule

The Municipal office will be closed for the Holidays from Monday, December 22nd, 2014 to Friday, January 2nd, 2015 inclusively.

Graphic design: Julie Allard

Production: Les Imprimés Triton

1-888-990-3486 • www.groupetriton.com



Environment

New Storage Building

A new maintenance garage was built during the summer to house all the machinery for trail maintenance. Centrally located next to the Aerobic Corridor info centre, the project is a combined effort between the MRCPDH and the municipality, with the MRC contributing 60% (up to \$54 000) toward the construction.

The garage will be managed by the municipality and will store all the equipment and material used for cross-country and mountain bike trails maintenance. The roof trusses were of a special design to permit maximum storage of small items while the ground floor will serve as a storage and maintenance shop.

The site was selected because it was on the primary trail artery of the network, easily accessible, in close proximity to hydro and water and could be easily monitored for security.

The colour scheme selected for the building was chosen after the Canadian National Railway colour scheme of the 1950's with highlights of the architecture, garage doors and lights reflecting the structures of that era.

The garage will finally permit the trail maintenance team to consolidate everything under one roof and reflects the importance of our ever-expanding trail network in the municipality.

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Garbage and Recycling Bin Regulation Reminder

In order to minimize damage to garbage and recycling bins, please remember to remove your bin from the curbside to a minimum distance of 9 m from the center of the road within 24 hours of collection.

New Mountain Bike Trail

A new 400 m mountain bike trail section was built this autumn on the property recently acquired by the Municipality behind the old Commons hotel. The trail is an extension of the Rockcliff trail and provides another entry into the network.





Trail Fees and Seasons' Passes

In order to help offset the costs of trail construction and maintenance, the Municipality adopted a user fee system which is a standard method of operation in parks throughout North America. Furthermore, the Municipality has created fees with discounts for residents and has implemented

a season's pass at an extremely affordable price. The cross-country pass permits access to both cross-country and snowshoe trails, with a much reduced season's pass for snowshoe users only.

Special agreements with both the Viking Ski Club, Ski Morin Heights and St-Adolphe-Howard permit both day ticket and season's pass holders access to their trail networks.

Cross-country VIP Passes

VIP trail passes were introduced several years ago and are available free-of-charge to all landowners who have granted a right-of-way for a trail to pass across their property. In order to obtain a pass, the trail must cross over some portion of the property. Trails in close proximity or adjacent to a property do not qualify. Property owners who are uncertain if a trail passes on their property can always check at the Town Hall for verification. Once registered, VIP passes can be picked up at the Aerobic Corridor with a small photo. For more information contact the Environment, Parks & Trail Department: (ext. 114 or environnement@morinheights.com).



Recycling and Garbage Collection Calendar 2015

January						
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

February						
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

March						
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				

April						
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		



COMPLAINTS:
1 855 425-3797 or
rcmillermorinheights@gmail.com

Morin-Heights Fire Department and First Responders

Emergency exits in winter

In the case of a fire, it is essential to be able to evacuate your home quickly. However in winter, an accumulation of ice or snow in front of your doors can seriously impede an evacuation. Depending on the circumstances, you could have less than three minutes to get safely out of your residence! Here are some safety tips, some specific to winter, others more general.

- After each snowfall, clear all the snow from your exits and balconies.
- Plan a way out of your home other than the main doors, like a balcony or a window, and make sure it remains clear of snow at all times.
- Make sure the windows are not just cleared of snow but are de-iced as well. A window stuck by ice can be too difficult to open in the case of an evacuation.
- Remove cumbersome objects such as shovels, snow blowers, and patio furniture in front of your exits.
- Identify a location to meet up outside the home which is readily accessible in the winter and where firefighters can see you upon arrival.

Also...

- Make sure that any elderly family members who may be less autonomous are aware of possible fire hazards, and that the emergency exits of their homes are clear of snow at all times.
- If there is a fire hydrant on your property, avoid burying it with snow when shovelling.
- If you use a block heater, ensure that the cable you use has the proper amperage.

IMPORTANT REMINDER

Have you thought about changing the batteries in your smoke detectors when you set your clocks back?

Carbon monoxide

A smoke detector does not detect the invisible and deadly gas, carbon monoxide; so it is necessary to get a carbon monoxide detector for your home. During our residential fire-prevention visits, we noticed that although 80% of homes have some form of auxiliary heating such as a fireplace or a gas furnace, only 20% of these homes are equipped with a carbon monoxide detector. These inexpensive devices save lives!

When is the last time you checked your smoke detectors?

On September 17th 2014, around 3:00 at night, the Morin-Heights Fire Department responded to a house fire in a duplex. Thankfully, upon arrival, we found that the families had already evacuated and were safe. However, upon further inspection, it was found that **there was not one functional smoke detector in the building!** This time the residents were lucky... but do you really want to try your luck?





Presentation of certificates

A few months ago, the MRC organized a ceremony for the presentation of certificates following the firefighters training and specialty trainings; such as pump operator, extrication rescue, etc., which took place at Place des citoyens in Sainte-Adèle. These courses are held during evenings and weekends; we want to emphasize the sacrifice of our firefighters who must leave their family in order to serve the citizens of Morin-Heights in the better way possible.

Take part in the *Guignolée* next December 13th!



Holiday season

If you prefer to use natural trees, pick one which is freshly cut. The needles should be green and not be easily removed.

- Do not place the tree near busy areas or exits.
- Do not install the tree too early so it does not dry before the end of the holidays.
- Place the tree in a container full of water. Add some more every day; if the tree lacks water it can dry up and will catch fire easily and quickly.
- Ensure there is at least one meter between the tree and any source of heat or flame.
- Do not burn your tree in the fireplace; it would leave important creosote deposits in the chimney thereby creating a fire hazard.
- Use only CSA or ULC approved decorative lights. Make sure the lights are in good condition. Do not install them if the electrical wire is damaged or dry.
- Use only CSA or ULC approved extension cords. Avoid using electrical extensions that are much longer than required and need to be coiled, as the wires will overheat and could cause an electrical arc.
- If you have to use an electrical extension for your outside decorations, ensure that it is suitable for outdoor use.
- When you offer a gift that requires batteries, include them with the gift so no one will be tempted to remove those in the smoke detector in order to make it work.
- Do not burn wrapping paper in an indoor fireplace. Inflamed paper can remain in the chimney, land on the roof or the yard and start a fire.



Municipal Services

Library

The municipal library is located at 823, chemin du Village, it is closed on civic holidays.

Information: 450 226-3232, ext. 124

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



The Morin-Heights library is staffed entirely by volunteers. Our volunteers work between 3 and 4 hours per week, year round, in both French and English, processing approximately 15,000 loans every year. They also work at researching and selecting new additions to our collection, repairing damaged books, covering newly purchased books and entering them into the system.

Our volunteers also conduct a bilingual Story Hour for children each Wednesday at 10:00 for which they carefully select different titles each week in order to keep the children engaged.

We want to extend a **SPECIAL THANKS** to all these dedicated volunteers!

The library recently purchased several new-release English audio books. Please see the list of titles on this page. This collection has been placed on a separate shelf near the other audio books and are indicated with red dots. Enjoy!



NEW ACQUISITIONS (Novels)

Ken Follett
Edge of Eternity

Emma Healey
Elizabeth is Missing

Ian McEwan
The Children Act

Tom Rachman
The Rise & Fall of Great Powers



Tom Rob Smith
The Farm

Kathy Reichs
Bones Never Lie



Amy Tan
The Valley of Amazement

Sarah Waters
The Paying Guests



(Non-fiction)
Dr. Wayne W. Dyer
I Can See Clearly Now

Chantal Hébert and Jean Lapierre
The Morning After

(Audio books)

David Baldacci
True Blue

James Lee Burke
The Glass Rainbow

Joseph Finder
Killer Instinct

Ken Follett
Fall of Giants

Ian McEwan
Solar

Donna Tartt
The Goldfinch



CLEF Book Club

The *Club de lecture en français* (CLEF) continues its second year of monthly meetings. The club meets to discuss reading: new finds, books we are re-reading, and favourites.

For information about the club, contact Monique Bélisle at 450 226-8464.

Senior Citizens Heritage Club

The Senior Citizens Heritage Club invites you to join, ages 55 & over. Monthly activities are organized for members, including interesting day trips during the months of April, May, June, September and October.

Information:

Marion Roberts at 450 432-7324
Isabel Ellis at 450 226-8882
Mona Wood at 450 226-1454

Theatre Morin-Heights

Theatre evenings this winter, dates and location to be determined.

For more information please call Penny Rose at 450 226-2746.

Visit Morin-Heights' website or consult your copy of Main Street for information on all our productions.

Laurentian Region Cancer Support Group

Offers English-speaking support services to cancer patients, caregivers and their families in the Laurentian region. Meetings are held monthly at St-Eugène Church in Morin-Heights (148, chemin Watchorn).

For more information about the group's services, meetings and guest speakers, call June Angus at:

June Angus at **450 226-3641** or email cancer.laurentia@yahoo.ca.

Arts Morin-Heights

2014 and a good year of varied expositions is just about over. Arts Morin-Heights would like to take this occasion to thank its many visitors, loyal sponsors, the Municipality and all those, near and far, who encouraged us this year.

Arts Morin-Heights is continuing to host thematic exhibits at the library. The theme "Exquisite Corpse" was launched in conjunction with the *Journées de la Culture* and will be on display until December 13th. The

following exhibit's theme will be "Black & White with a touch of Colour". Once again the artists will draw from their imagination to offer new and thought-provoking works.

Starting March 28th, 2015 the theme will be "In the Style of a Canadian Artist". On your next visit to the library, be sure to stop by and check out the current works on display in the Remembrance Hall and leave a note in the visitors' book.

Entry is free, however donations of non-perishables for the Foodbank of the Pays-d'en-Haut are always welcome.

For any information regarding Arts Morin-Heights and its activities, please check: www.artsmorinheights.com or call 450 226-3832.



Joyful Noise Choir

Joyful Noise Choir together with the Morin-Heights Elementary School choir present a **Christmas concert on Thursday December 11th** (19:00), at United Church, 831, chemin du Village. A voluntary contribution for the church is welcome.

A new session is about to begin. If you want to share your voice with us, and get ready for spring, now is the time! Joyful Noise Choir sings an eclectic assortment of music in four part harmony. St-Eugène Hall, Tuesdays 19:00, from January 13th to May 26th, \$125.

Instructor: Ian Lebofsky 450 458-4767 or cotelebo@total.net

Information and registration: Penny Rose at 450 226-2746 or pennyrose@jenanson.com

Delightful spring concert to come on May 31st, all details in the next edition of this bulletin.



Activities

Third Annual Solstice Market

Marché Fermier Morin-Heights and Morin-Heights Elementary School present the 3rd annual Solstice Market!

Come savour the best local treats in town! Here you'll find last minute artisanale cuisine, baked goods and holiday gift ideas. Bake sale, tea room, and raffle.

Saturday December 20th, from 9:00 to 16:00 at the school (647, chemin du Village).

Contact Heather & Regan at 450 226-2789 or at morinheightsmarket@gmail.com

www.marchemorinheights.com



Notre Dame-des-Monts Parish

St-Eugène Church, 148 chemin Watchorn • 450 226-2844

ANGLOPHONE FAMILY MASS CELEBRATIONS

Sunday January 15th, February 15th, March 22nd and April 19th from 13:00 to 14:00

The Gospel explained using today's language. Moment of reflection, time for discussion over coffee, moment of prayer. Grandparents, parents, children... everyone welcomed!

RECYC-CADEAU

If you wish to donate toys or money, you can bring them to St-Eugène Church.

Sunday, December 14th, from 13:00 to 16:30

For children 0-12 years old: recycled gifts, snacks, story time, arts & crafts.

Registrations: 450 226-2844

ANNUAL BAKE SALE

Saturday December 20th, 10:00 to 14:00

CHRISTMAS DAYCARE

Saturday, December 20th from 10:00 to 15:00

Need a few extra hours for Christmas shopping without the kids? We've got the solution: our Christmas daycare offers fun for them and quiet time for you! There will be games, songs, snacks (bring a lunch), arts and crafts, etc. We even have little elves to help with the fun! Call to register to ensure a place for your child: 450 226-2844.



Family Zone

The Family Zone is an informal place for parents to get together to meet, share and play with their children (0-5 years old).

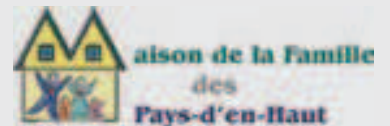
At the municipal library, from 11:00 to 13:30 on the following dates:

January 28 • February 25

March 25 • April 22

Event organized by *Maison de la famille des Pays-d'en-Haut*.

Follow *Maison de la famille PDH* on Facebook for a complete list of their activities in the region.



450 229-3354

info@maisondefamille.com

Morin-Heights Elementary School Annual Christmas Bazaar

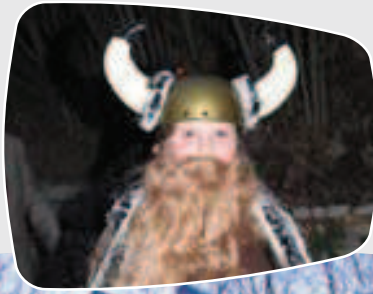
Saturday, December 6th, 9:30 to 14:30.

Vendors who wish to reserve a table (\$25), please call 450 226-2017 ext. 6217.



Halloween in the village

The Municipality of Morin-Heights wishes to thank everybody, young and old, who participated in the production of the Haunted House at the municipal library. Many children from the elementary school got involved in the creation of the Haunted House and made it come to life. Thank you to Mrs. Shawna Dunbar for her involvement and creativity which was enjoyed by all!



Youth Sports Refund Policy

The Municipality of Morin-Heights refunds the difference between the non-resident and resident fees up to a maximum of \$150 per child, per activity, per year, for enrollment in a minor hockey league, baseball, swimming or figure skating club.

The activities must be offered by a town located in the Laurentides and the refund applies only to permanent residents of Morin-Heights, 17 years and younger.

Completed request for refunds must be submitted at the latest sixty (60) days following the beginning of the activity. Refund will be made at the end of the season or session.

The policy and refund forms are available at www.morinheights.com under "Forms" or at the Town Hall.



The 43rd edition of the Morin-Heights Viking Loppet

On **Sunday February 22nd**, our town will welcome more than 500 skiers for the 43rd edition of the Morin-Heights Viking Loppet! Whether as a skier, volunteer or spectator, the Loppet provides fun for all!

All types of skiers are welcome to participate: tourers, racers as well as families; the distances offered are 10, 20 or 33 km. **Early-bird discounts are available until January 23rd.**

Come to Basler Park (99, chemin du Lac-Écho) to cheer on the skiers at the finish line!

The event will involve more than a hundred volunteers, if you wish to join our team, simply send your name and phone number to bulletin@morinheights.com.

For additional information and registration, please visit: www.skiloppet.com.



Activities

Ice Skating Program

Every Saturday at the Morin-Heights skating rink, 148 chemin Watchorn.

AGE / COST	RESIDENT	NON-RESIDENT
Beginner (3 ½ - 5)	\$45	\$55
Intermediate and advanced	\$50	\$60

Begins on: Saturday, January 10th

Ends on: Saturday, February 28th

SCHEDULE:

(the level will be determined on the first class)

9:45 to 10:30: **Beginner** - 3 ½* to 5 year olds -
(*born before July 1st, 2011)

10:45 to 11:45: **Intermediate** - 6 year olds and up -

12:00 to 13:15: **Intermediate and advanced**

REGISTER before January 7th

Online at www.morinheights.com ("Online Registrations" tab) or at the Town Hall, Monday to Friday – 8:30 to 12:00 and 13:00 to 16:30. No registrations will be accepted at the skating rink.

Information: Karyne Bergeron, 450 226-3232, ext. 111



We are looking for a skating / figure skating instructor for this program.

Communicate with Catherine Maillé at 450 226-3232, ext 102

Football Club Morin-Heights

REGISTRATIONS 2015

Register online starting on January 15th at www.fcmorinheights.com or at the Remembrance Hall (823, chemin du Village) on Sunday, March 1st from 11:00 to 13:00 or on Saturday, March 14th from 11:00 to 13:00.

TECHNICAL SCHOOL

From March 12th to April 30th, at the Morin-Heights school's gym every Thursday from 18:00 to 19:30. Number of participants limited to 15 (players born between 2007 and 2002, F & M).

Cost: \$100 (t-shirt inclus)

To register:

info@fcmorinheights.com or 450 226-0011

For more information, visit:

www.fcmorinheights.com



Intermunicipal Agreement

An intermunicipal agreement between the towns of Morin-Heights, Piedmont, Saint-Adolphe-d'Howard, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson and Saint-Sauveur now allows citizens from these seven towns to register **in the following selected courses** at resident rates.

Registration process:

Enquire directly about the registration process, dates, schedules, prices and availability with the town offering the class(es) of your choice. A proof of residence is required. We suggest that you contact the municipality offering the class or that you visit their website to get information.

Refunds:

The refund terms and conditions are those in effect in the town offering the class.

For information

Piedmont:

450 227-1888, ext. 223 •
www.piedmont.qc.ca

Saint-Adolphe-d'Howard:

819 327-2626 •
www.stadolphedhoward.qc.ca

Sainte-Anne-des-Lacs:

450 224-2675, ext. 262 •
www.sadl.qc.ca

Sainte-Adèle:

450 229-2921, ext. 244 •
www.ville.sainte-adele.qc.ca

Saint-Sauveur:

450 227-2669, ext. 420 •
www.ville.saint-sauveur.qc.ca

Sainte-Marguerite-du-Lac-Masson:

450 228-2543, ext. 221 •
www.lacmasson.com

The selected activities are listed on page 15.

For a complete schedule of the classes offered in Morin-Heights, please consult the course schedule on pages 19-20.

ACTIVITIES INCLUDED

ADULTS

Bridge (beginner class) Saint-Sauveur
Circus and specialties Saint-Sauveur
Computer (various classes) Saint-Sauveur
Eastern Dances & Baladi Piedmont
English Sainte-Anne-des-Lacs
Firm Up Express Sainte-Marguerite-du-Lac-Masson
Fitness & Well-being Piedmont & Saint-Sauveur
Gypsy Dances Piedmont
Heavy Weight Yoga Sainte-Anne-des-Lacs
Initiation to African Drumming Saint-Sauveur
Live Guitar Saint-Adolphe-d'Howard
Painting (oil and acrylic) Saint-Sauveur
Pilates Piedmont
Photography (beginner) Saint-Sauveur
Qi Gong Wu Tang Sainte-Adèle
Simple massage techniques Saint-Sauveur
Spanish (beginner 1 and 2) Sainte-Anne-des-Lacs
Spanish (1 to 3) Sainte-Adèle
Taï chi Chuan Saint-Sauveur
Taï chi (with fan) Sainte-Adèle
Tap Clac Cardio Saint-Adolphe-d'Howard and Sainte-Anne-des-Lacs
Watercolour (beginner) Sainte-Anne-des-Lacs
Yoga for all Sainte-Marguerite-du-Lac-Masson
YOUTH
150th Anniversary Dance Troupe Sainte-Marguerite-du-Lac-Masson
Babysitting Course Sainte-Anne-des-Lacs and Saint-Sauveur
Creative Dance (3-5 year olds) Saint-Adolphe-d'Howard
Creative Arts Workshop (3-16 year olds) Saint-Adolphe-d'Howard
Gymnastics Sainte-Anne-des-Lacs
Hip Hop Dance (6-9 year olds) Saint-Adolphe-d'Howard
Judo Saint-Sauveur
Piano or Singing (individual class) Saint-Sauveur
Singing Saint-Sauveur
Singing & Initiation to Theatre Sainte-Adèle

PLAISIRS D'HIVER Activities



(Continued)

Spring Break Discounts for Ski Morin Heights

From **March 2nd to 6th**, get a special discount for the whole family on ski tickets for Ski Morin Heights. A great way to get some fresh air during Spring Break!

This offer is for residents only (proof required).

Tickets will be available at the Town Hall during Spring Break.

Watch your mailbox by early January for the “**Winter Carnival**” mailing that will inform you about all the winter activities offered.

Royal Canadian Legion Events

All welcome, 127, chemin Watchorn

SUNDAY NOVEMBER 30TH

Grey Cup Party (hamburgers, etc.)

FRIDAY MARCH 20TH

Smoked Meat TGIF, at 18:00

SATURDAY DECEMBER 6TH

Trim a Tree, at 14:00

SUNDAY APRIL 5TH

Easter Brunch, from 9:00 to 14:00

SUNDAY DECEMBER 14TH

Children's Christmas Party, at 13:00

SATURDAY APRIL 11TH

Italian Night, at 18:00

SATURDAY JANUARY 17TH

Honours and Awards, at 17:00

FRIDAY APRIL 24TH

Smoked Meat TGIF, at 18:00

FRIDAY JANUARY 23TH

Smoked Meat TGIF, at 18:00

Darts every Wednesday nights at 19:00.

SUNDAY FEBRUARY 1TH

Super Bowl Party

Military Whist: 1st and 3rd Monday of the month, **cribbage:** 2nd and 4th Monday of the month.

SATURDAY FEBRUARY 14TH

Valentine's Day Supper, at 18:00

Information: 450 226-2213 (after 13:00)

FRIDAY FEBRUARY 20TH

Smoked Meat TGIF, at 18:00

SATURDAY FEBRUARY 21TH

Annual Legion Snowball Game, at 13:00

FRIDAY MARCH 6TH

66th Kids' Ski Races at Ski Morin Heights, at 9:00

SATURDAY MARCH 14TH

St-Patrick's Day Supper, at 18:00



Activities

Cross-country Ski and Snowshoe

New this year!

Purchase passes and tickets online:
www.morinheights.com - "Online Registrations" tab

PRE-SALE DISCOUNT:

Get a **\$5 discount on your cross-country and/or snowshoe pass** if purchased the week-end of **November 29th and 30th** at the Corridor Aérobique Welcome Pavilion, from 9:00 to 17:00.

Season passes*

Cross-country and snowshoe passes may be purchased weekdays, at the Corridor Aérobique Welcome Pavilion, every weekend beginning December 6th or any day by December 18th, conditions permitting.

The new trails map will also be available for \$3.

* **Bring a small photo and proof** of residence.

* Cash or Interac payments only.
(credit cards accepted online only)

Please take note that cross-country trails are reserved to skiers only and snowshoers should stay on the snowshoe network. Snowshoers taking the Corridor Aérobique or coming across an intersection, should be careful not to step on the ski tracks but rather off the trail. Article 3.2 now states that it is prohibited to use a recreational trail for any use other than what it is designated for during the appropriate season as indicated by the trail signage (cycling and walking are prohibited on cross-country ski trails during the winter). Failure to comply with any of the articles in the by-law will result in a \$200 fine.



Informations:

Corridor Aérobique **450 226-1220**
corridor@morinheights.com
50, chemin du Lac-Écho

Comments and complaints:

loisirs@morinheights.com



SEASON PASS (taxes included)

CROSS-COUNTRY & SNOWSHOE

CATEGORY	Pays-d'en-Haut MRC Resident	Non-resident
Adults (18 +)	\$75	\$95
Students (13 to 22) and Seniors (65 +)	\$50	\$70
Children (12 and under)	FREE	FREE

SEASON PASS (taxes included)

SNOWSHOE ONLY

CATEGORY	Pays-d'en-Haut MRC Resident	Non-resident
Adults (18 +)	\$30	\$40
Students (13 to 22) and Seniors (65 +)	\$15	\$20
Children (12 and under)	FREE	FREE

Carte réseau

Carte Réseau passes may be purchased for \$35 by M-H. pass holders (cross-country and snowshoe or snowshoe only). It allows pass holders to one visit to each of the 22 participating centres this winter.

Day tickets

Day tickets may be purchased at the Corridor Aérobique, Basler Park and Ski Morin Heights' camping.

DAY TICKET (taxes included)

CROSS-COUNTRY SKI*		SNOWSHOE*	
Regular ticket	\$12	Regular ticket	\$8
Guest (accompanied by a 2014-2015 pass holder) (max. 4 guests / day)	\$10	Children (12 and under)	FREE
Students (13 to 22) and Seniors (65 +)	\$10		
Children (12 and under)	FREE		



*Special rates for groups

Activities

Pick-up Youth Hockey

FREE!

For children 7 to 15 years old

This recreational hockey program offers children 7 to 15 years of age, an opportunity to play traditional pick-up hockey at the local outdoor skating rink for free!

Emphasis is on fun, team spirit and participation. The program will mostly take place at the skating rink, except for two or three exhibition games which may be organized within the MRC. Since the program is free, places are limited and is it entirely run and supervised by volunteers, please honor their involvement by your participation. Hockey is a sport where team spirit is essential; your children's presence to all games is key.

The following equipment is required: helmet with visor, neck shield, hockey skates and stick.

On Tuesdays:

7 to 10 years old from 18:30 to 19:30 • 11 to 15 years old from 19:30 to 21:00

Starts on Tuesday January 6th, ice and weather conditions permitting, at the rink on chemin Watchorn. Program ends on February 24th, 2015.

Ice conditions: 450 226-3232, ext. 122

REGISTRATION: Places are limited*, you must register at the Town Hall. **Contact Catherine Maillé at 450 226-3232, ext. 102.**

Priority will be given to Morin-Heights residents until **January 5th. Following this, all remaining places in the program will be filled with non-residents who are on the waiting list, first come, first served!*

Information:

Robert Leblanc, Volunteer Head Coach, 450 226-1392.

Coueurs des bois

This group organizes outings in the Laurentians. According to the season, the excursions are snowshoeing, hiking or cycling. This season's outings schedule is available at:

www.morinheights.com/Groupe-Coueurs-des-Bois

Information:

Eileen Meillon at 450 226-6904



Gymnasium Sports

From January 12th to April 21st, 2015

At the school's gymnasium,
647, chemin du Village

BADMINTON

Two courts available,
bring your equipment.

Rotation every 20 minutes

Family hours: Monday 18:00 to 19:30

16+ hours: Monday 19:30 to 21:00

BASKETBALL

Tuesday 18:00 to 19:00

VOLLEYBALL

16+ hours: Tuesday 19:00 to 21:00

Daily fee per sport / per person

(payable on site)

\$3 resident • **\$5** non-resident

or Semester fee per sport.

Passes available through "Online Registrations" on www.morinheights.com

\$30 resident • **\$50** non-resident

Information: 450 226-3232, ext. 102

Viking Ski Club

Viking Ski Club offers ski programs beginning January 3rd, 2015.

- Bunnyrabbits: 4 - 5 year olds
- Jackrabbits: 6 - 13 year olds
- Arrows Racing: 11 - 15 year olds
- Challenge: Teenagers 12 years +
- Biathlon Bears: 9 - 15 year olds
- Recreational Biathlon: 16 years +
- Adult lessons
- Private lessons
- Adult touring program held on Thursdays and Saturdays.

The chalet is located at 393, chemin Jackson, in Morin-Heights.

Visit www.vikingskiclub.ca or write to vikingskiclub@gmail.com.



Classes

Legend

R: resident
 NR: non-resident
 *: The cost depend of the time of the inscription (1, 3, 5, or 10 months). Two free trial classes.
 **: see instructor for more information

Class / Location	Rates	Schedule	Dates	Instructor	Description
Body Design / St-Eugène Hall		Monday 9:00 to 10:00	January 12 to March 30	Lisa McLellan www.lmfitness.ca info@lmfitness.ca Reserve at 450 530-3920 Fitness Pass \$240 + taxes (2 classes / week) \$264 + taxes (3 or more classes / week) Card (10 classes): \$120 + taxes \$5 more for non-residents 12-week session Join anytime during a session	Work hard! Cardio, resistance training and mat work.
Stretch & Strengthen / Community Hall		Monday 9:30 to 10:30			Improve posture, range of motion and relieve pain.
Aquafitness / Mont Gabriel Pool		Monday 11:00 to 12:00	January 13 to March 31		Pool workout for strength and health.
Combo 50+ / St-Eugène Hall		Tuesday 9:30 to 10:30			Overall workout to improve strength, balance and vitality.
Pilates Fusion / Community Hall		Wed. 9:30 to 10:30	January 14 to April 1		Strengthen & lengthen for better posture. Fun & challenging.
Stretch & Strengthen / Community Hall		Wed. 10:45 to 11:45			Improve posture, relieve pain, become more supple.
Stretch & Strengthen / St-Eugène Hall	Pass or card	Wed. 17:30 to 18:30			Improve posture, strengthen and stretch, eliminate pain.
Zumba / St-Eugène Hall		Thurs. 9:00 to 10:00			Dance exercise to latin music. Olé, olé!
Cardio Qigong / St-Eugène Hall		Thurs. 10:30 to 11:30	January 15 to April 2		25 minutes muscle building, 35 gentle cardio.
Hatha Yoga / Community Hall		Thurs. 17:30 to 18:45			Breath, asanas, inner transformation & deep relaxation.
Hatha Yoga / Community Hall		Friday 9:15 to 10:30	January 16 to April 3	Breath, asanas, inner transformation & deep relaxation.	
Stretch & Strengthen / Community Hall		Friday 10:45 to 11:45		Gentle, revitalizing and restorative.	
Italian (beginner 1) / St-Eugène		Tuesday 18:45 to 20:15		Book: <i>L'italiano per tutti</i> by Bruno Villata, Terza Edizione.	
Italian (beginner 2) / St-Eugène	R: \$120 NR: \$125 (+ \$30 for the book)	Tuesday 17:00 to 18:30	January 26 to March 16	Level 1 must be completed. Taught entirely in Italian. Same book. Knowledge of the three conjugations and irregular verbs required.	
Italian (beginner 3) / St-Eugène		Monday 17:00 to 18:30		Level 2 must be completed. Taught entirely in Italian. Same book. Knowledge of the three conjugations, irregular verbs and prepositions required.	
Italian (beginner 4) / St-Eugène	R: \$200 NR: \$205	Monday 10:00 to 12:00	January 26 to March 30	Level 3 must be completed. Taught entirely in Italian. Same book. Knowledge of the three conjugations, irregular verbs, prepositions and direct and indirect object pronouns required.	
Yoga and meditation / Community Hall	\$15/ class if registered \$20/ class drop-in	Monday 17:15 to 18:45	January to April	Louise Bloom 450 226-5844 Hatha yoga, meditation and spiritual disciplines.	
Tandem Yoga (parent-child 6+) / St-Eugène (CLSC)	R: \$21 NR: \$25 10-class card available	Monday 17:00 to 18:00	January to April	Brigitte Vaissade 450 675-0515 A unique opportunity to exercise together, to practice meditation which leads to stronger bonds. Free trial class with the purchase of a 10-class card.	
Tai Chi Yang stretch and meditation / Community Hall	\$120 per session	Tuesday 10:30 to 11:50	1st session: Feb. 17 to Apr. 7 2nd session: Apr. 14 to June 2.	Michelle Gendron 450 712-6834 ecoletaichilibre.com Increase mind and physical abilities. Join anytime during a session!	

Continued on page 20

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR

Classes

Class / Location	Rates	Schedule	Dates	Instructor	Description
Tap & Clac Cardio / St-Eugène Hall	R: \$60 NR: \$65	Tuesday 10:45 to 11:45	Jan. 20 to March 24	Lisa McLellan 450 530-3920	TTC: the magic little pill that lift's seniors spirits and gets them moving safely!
Spanish / St-Eugène	R: \$130 NR: \$135	Wed. 18:00 to 19:00	January to March	Monica Guzman 450 276-6003	For intermediate classes, communicate with the teacher. Discount for couples.
Tap Dancing / St-Eugène Hall	R: \$140 NR: \$150	Wed. 19:00 to 20:00	January to March	Nicola-Dawn Brook nicola.brook@gmail.com 514 758-2131	An introduction to tap dancing for adults (±16 year olds +).
Flamenco (beginner) / Community Hall	8-week session R: \$120 NR: \$140	Wed. 19:30 to 20:30 *(no class on the 2 nd Wednesday of every month)*	January 7 to March 18	Sarah Vincent 819 324-9347	Rhythm, passion, but fun first! O!é!
Gentle Yoga / Community Hall	\$70 for a 6-week session \$75 non-resident	Thurs. 11:00 to 12:15	1st session: Jan. 8 to Feb. 12 2nd session: March 19 to Apr. 23	Donna Berry 450 226-1311	Yoga for stiff and injured bodies. (\$15, drop-in fee)
Broadway Time! / St-Eugène Hall	R: \$140 NR: \$150	Thurs. 18:00 to 19:00 or Sat. 12:00 to 13:00	January to March	Nicola-Dawn Brook nicola.brook@gmail.com 514 758-2131	Sing, dance and act. An introduction to the Broadway Musical Theatre style. For 6 to 16 years old.
Line Dancing / St-Eugène Hall	10-week session R: \$100 NR: \$110	Friday 10:15 to 11:45	Jan. 16 to March 20	Micheline Gravel 450 438-0248 micheline-grave@videotron.ca	Experienced teacher, guaranteed fun! Bring a water bottle. Minimum 10 participants.
Couples Social Dancing / St-Eugène Hall	10-week session R: \$100 NR: \$110	Friday 11:45 to 12:45	Jan. 16 to March 20	Micheline Gravel 450 438-0248 micheline-grave@videotron.ca	Experienced teacher, guaranteed fun! Bring a water bottle. Minimum 10 participants.
Karate / Community Hall	*	Friday 17:30 to 18:30	until June	Shihan Gilles Labelle 450 432-4570 or lgilles.budo@gmail.com	Develops concentration, respect, self-confidence and increases physical fitness. Gives children tools to avoid bullying. Children 5 and up and adults.
Wu Style Tai Chi Chuan / Community Hall	R: \$140 NR: \$145	Saturday 9:00 to 10:30	Jan. 10 to March 28	Robert Lee 450 227-8829 or lee@bertmh@gmail.com	Relaxation, tonification of the muscles and joints, stimulation of the energy and health, improvement to equilibrium.
Traditional Scottish Highland Dancing / Community Hall	R: \$60 NR: \$70	Sunday 16:00 to 17:30	January to May	Heather McNabb 514 486-3480 or heathermcnabb@hotmail.com	For children and adolescents 6 years of age and older. Classes for adults possible.
Creative Dance / Community Hall	**	Sunday 9:15 to 10:15 Sunday 10:15 to 11:15 Tuesday 18:00 to 19:00			3 1/2 to 5 years old
Primary Ballet / Community Hall	**	Sunday 11:15 to 12:30			6 to 7 years old
Ballet Grade 1 / Community Hall	**	Sunday 12:30 to 14:00	until June 14	Isabeau 514 608-3381	8 to 11 years old
Ballet Grade 2 and 3 / Community Hall	**	Sunday 14:00 to 15:30 Friday 18:45 to 20:15			12 to 14 years old
Ballet Grade 4 and adults / Community Hall	**	Sunday 14:00 to 15:30 Tuesday 19:00 to 20:30 Friday 20:15 to 21:45			13 to 18 years old and up. Points from 20:30 to 21:00 on Tuesday.

Legend

R: resident

NR: non-resident

*: The cost depend of the time of the inscription (1, 3, 5, or 10 months), Two free trial classes.

** : see instructor for more information

FOR INFORMATION OR REGISTRATION, COMMUNICATE DIRECTLY WITH THE INSTRUCTOR