The Royal Canadian Legion's Activities

127 Watchorn Road

SATURDAY, NOVEMBER 28
Live Music with Madhouse, 20:00

FRIDAY, DECEMBER 11
TGIF Smoked Meat, 17:30 to 19:00

SATURDAY, DECEMBER 19
Live Music with Posa Blue & Friends, 20:00

FRIDAY, JANUARY 15
TGIF Smoked Meat, 17:30 to 19:00

SATURDAY, FEBRUARY 13
Valentine's Day Supper, 18:00

FRIDAY, FEBRUARY 26
TGIF Smoked Meat, 17:30 to 19:00

SATURDAY, FEBRUARY 27
Snowball (soft ball in snow), 13:00

FRIDAY, MARCH 5
75th edition of the Kids' Ski Races

SATURDAY, MARCH 13
St. Patrick's Day Supper, 18:00

FRIDAY, MARCH 26
TGIF Smoked Meat, 17:30 to 19:00

Events are open to the public.

Darts every Thursday, 13:00.
Djembe Classes every Monday and Tuesday, 19:00.
Street hockey every Saturday morning.
Game Day (Mahjong, cards, etc.) every Sunday, 14:00 to 16:00.
Chair Yoga every Monday, 10:00.

Hall rental with bar service or not available (info via email).

legion171@cgocable.ca • www.legion171.com
Facebook: legion171
Music shows Facebook: morinheights live
450 226-2213



Inter-Municipal Agreement

An inter-municipal agreement between Morin-Heights, Piedmont, Sainte-Adèle, Sainte-Anne-des-Lacs, Sainte-Marguerite-du-Lac-Masson, Saint-Adolphe-d'Howard, and Saint-Sauveur allows residents from these seven towns to register for the following courses at resident rates. This agreement aims to promote specific courses and to offer our residents access to a more varied range of options.

Registration Process

Follow the registration procedure of the municipality offering the activity of your choice. Proof of residence is required to register with each municipality.

The list of courses offered for winter 2027 through this agreement is available via this link: www.morinheights.com/Courses-activities-offered

INFORMATION

Municipality of Piedmont:
450 227-1888, ext. 230 / piedmont.ca

Municipality of Sainte-Anne-des-Lacs:
450 224-2675, ext. 262 / sadl.qc.ca

City of Sainte-Adèle:
450 229-2921, ext. 7244 / ville.sainte-adele.qc.ca

City of Sainte-Marguerite-du-Lac-Masson:
450 228-2543, ext. 221 / lacmasson.com

Municipality of Saint-Adolphe-d'Howard:
819 327-2044, ext. 241 / stadolphedhoward.qc.ca

City of Saint-Sauveur:
450 227-0000, ext. 4000 / vss.ca

Consult the complete Morin-Heights course schedule on pages 23 to 26.

Important Numbers

Town Hall:
567 Village Road
Morin-Heights, Québec
J0R 1H0

Phone: 450 226-3232
Fax: 450 226-8786

www.morinheights.com
municipalite@morinheights.com

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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

www.instagram.com/municipalitedemorinheights

youtube.com/@MunicipalitedeMorinHeights

t.me/morinheights

Emergency 9-1-1:
Public Works
(evenings, nights, weekends, and holidays)
Fire — Police — Ambulance
Emergency Measures

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www.groupetriton.com



WINTER PACKAGE

Starts on January 18 - 10 weeks of classes!

DAY package — $ 250 residents — $ 288 non-residents

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:15 - 10:15 **Tonus-Flex** Katy	8:45 - 9:45 **Cardio-Tonus** Manon 11:00 - 12:00 **Introduction to boxing** Boxe Laurentien	9:00 - 10:00 **Yoga for all** Lynda	9:00 - 10:00 **Snowshoe Fitness** Sophie 10:30 - 11:30 **Solo-Latino** Francisco

EVENING package — $ 175 residents — $ 201 non-residents

MONDAY	TUESDAY	WEDNESDAY
18:30 - 19:30 **Cardio-Tonus** Katy	19:00 - 20:00 **Zumbaaa** Manon	18:30 - 19:30 **Yoga for all** Lynda

REGISTRATION

RESIDENTS: FROM NOVEMBER 25
NON-RESIDENTS: FROM DECEMBER 2

MORINHEIGHTS.COM
450 226-3232 (132)
CHALET BELLEVUE



Courses offered

New!

REGISTRATION

Residents of Morin-Heights now have access to a pre-registration period, from November 25 to December 1.

Starting December 2, registration will be open to everyone.

BY INTERNET

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

BY PHONE

450 226-3232, ext. 132

IN PERSON

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

Physical activities (adults)

*course included in the inter-municipal agreement (p.22)

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	COST RESIDENTS	COST NON-RESIDENTS
Bridge Lessons	Monday	adults	Louise Lalonde	9:30 - 11:30	9 weeks	March 1	free	free
Cardio-Latino	Thursday	adults	Francisco De La Calleja	11:45 - 12:45	12 weeks	Jan. 7	$180	$208
Cardio-Tonus* *also offered in the Winter Package*	Tuesday	adults	Manon Coulombe	8:45 - 9:45	10 weeks	Jan. 19	$150	$175
	Monday		Katy de Denus	18:30 - 19:30		Jan. 18	$150	$175
Country Line Dancing beginner*	Wednesday	adults	Wendy Aitken	19:00 - 20:00	10 weeks	Jan. 20	$130	$150
Low-impact Line Dancing*	Tuesday	adults	Sylvie Labelle	16:00 - 17:00	10 weeks or 15 weeks	Jan. 19	$110 (10 weeks) $165 (15 weeks)	$127 (10 weeks) $191 (15 weeks)
Line Dancing beginner 1*	Tuesday	adults	Sylvie Labelle	17:15 - 18:15	10 weeks or 15 weeks	Jan. 19	$110 (10 weeks) $165 (15 weeks)	$127 (10 weeks) $191 (15 weeks)
Line Dancing beginner 2*	Tuesday	adults	Sylvie Labelle	18:30 - 19:30	10 weeks or 15 weeks	Jan. 19	$110 (10 weeks) $165 (15 weeks)	$127 (10 weeks) $191 (15 weeks)
Winter Package* Access to six different classes at a single price!								
Flexi-Dance	Thursday	adults	Francisco De La Calleja	13:00 - 14:00	12 weeks	Jan. 7	$180	$208
Introduction to Boxing*	Tuesday	adults	Boxe Laurentien	11:00 - 12:00	10 weeks	Jan. 19	$150	$175

Physical activities (adults, continued)

*course included in the inter-municipal agreement (p.22)

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	COST RESIDENTS	COST NON-RESIDENTS
Karate	Friday	adults	Gilles Labelle	17:30 - 18:30	1, 3, 5 or 10 months	Jan. 8	based on the length of the session	
For registration, please contact Kyoshi Gilles Labelle at 450 431-1444.								
Parent-Child Sled Training	Tuesday	parent with baby	Sophie Desrochers	10:00 - 11:00	8 weeks	Jan. 19	$115	$133
Snowshoe Fitness	Thursday	adults	Sophie Desrochers	9:00 - 10:00	10 weeks	Jan. 21	$150	$175
Qi-Gong Do In Meditation*	Thursday	teens adults seniors	Geneviève Pepin	16:30 - 18:00	10 weeks	Jan. 14	$210	$242
Solo-Latino* *also offered in the Winter Package*	Thursday	adults	Francisco De La Calleja	10:30 - 11:30	12 weeks	Jan. 7	$180	$208
Tonus-Flex* *also offered in the Winter Package*	Monday	adults	Katy De Denus	9:15 - 10:15	10 weeks	Jan. 18	$150	$175
Yoga beginners*	Wednesday	adults	Lynda Dupont Yoso zen	17:15 - 18:15	10 weeks	Jan. 20	$150	$175
Soft Yoga 65 y.o. & +*	Wednesday	adults	Lynda Dupont Yoso Zen	10:15 - 11:15	10 weeks	Jan. 20	$150	$175
Yoga for Everyone* *also offered in the Winter Package*	Wednesday	adults	Lynda Dupont Yoso Zen	9:00 - 10:00 18:30 - 19:30	10 weeks	Jan. 20	$150	$175
Zumbaaa* *also offered in the Winter Package*	Tuesday	adults	Manon Coulombe	19:00 - 20:00	10 weeks	Jan. 19	$150	$175

Cultural activities (adults)

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	COST RESIDENTS	COST NON-RESIDENTS
Spanish* Level 2	Thursday	adults	Yoalli Gallagos	13:00 - 14:30	10 weeks	Jan. 14	$195	$224
Spanish* Conversation Advanced	Thursday	adults	Yoalli Gallagos	10:00 - 11:30	10 weeks	Jan. 14	$195	$224
Spanish* Conversation Beginner and Intermediate	Thursday	adults	Yoalli Gallagos	11:30 - 13:00	10 weeks	Jan. 14	$195	$224
Water-colour Painting*	Wednesday	teens adults seniors	Jules Bressani	17:00 - 19:00	10 weeks	Jan. 20	$300	$345

Sports and physical activities (children-teens)

*course included in the inter-municipal agreement (p.22)

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	COST RESIDENTS	COST NON-RESIDENTS
Contemporary Dance 1* + show	Tuesday	6 to 8 y.o.	Azalée Leroux	17:55 – 18:40	15 weeks	Jan. 19	$375	$432
Contemporary Dance 2* + show	Tuesday	9 to 14 y.o.	Azalée Leroux	18:50 – 19:50	15 weeks	Jan. 19	$390	$449
Dance parent-child*	Friday	18 months to 3 y.o.	CANCELLED					$288
Hip-Hop* + show	Friday	7 to 12 y.o.	CANCELLED		15 weeks	Jan. 22		$449
Karate	Friday	children	Gilles Labelle	17:30 – 18:30	1, 3, 5 or 10 months	Jan. 8	based on the length of the session	
For registration, please contact Kyoshi Gilles Labelle at 450 431-1444.								
Mini-Ballet* + show	Tuesday	3 to 5 y.o.	Azalée Leroux	17:00 – 17:45	15 weeks	Jan. 19	$375	$432
Mini-Hip-Hop* + show	Friday	4 to 6 y.o.	CANCELLED					$432
Multi-Sports*	Sunday	3 ½ to 5 y.o.	Sportball	9:45 – 10:40	10 weeks	Jan. 24	$165	$190
Multi-Sports Parent-Child*	Sunday	2 to 3 ½ y.o.	Sportball	9:00 – 9:40	10 weeks	Jan. 24	$165	$190

Cultural activities (children)

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	COST RESIDENTS	COST NON-RESIDENTS
Arts for kids*	Thursday	5 to 9 y.o.	Art Diana	17:55 – 18:55	8 weeks	Jan. 21	$250	$288
				17:55 – 18:55	4 weeks (lesson 1, 3, 5 and 7)	Jan. 21	$125	$144
				17:55 – 18:55	4 weeks (lesson 2, 4, 6 and 8)	Jan. 28	$125	$144
		9 to 12 y.o.		19:05 – 20:05	8 weeks	Jan. 21	$250	$288
				19:05 – 20:05	4 weeks (lesson 1, 3, 5 and 7)	Jan. 21	$125	$144
				19:05 – 20:05	4 weeks (lesson 2, 4, 6 and 8)	Jan. 28	$125	$144

Training (teens)

ACTIVITY	DAY	AGE GROUP	INSTRUCTOR	TIME	DURATION	START DATE	COST RESIDENTS	COST NON-RESIDENTS
Babysitting Course*	Sunday	11 to 15 y.o.	Secourys	9:00 – 15:00	1 single class	Jan. 31 (French) Feb. 7 (English)	$70	$82