

MJC

26
27



et toutes ses dents...

Éditorial

We are delighted to present the MJC's new season, which forms part of the association's 60th-anniversary celebrations. The richness of the community project you will discover in this brochure — led by a team of volunteers and professionals — cannot be summed up in just a few pages. Once again, it demonstrates the vitality, energy, creativity, diversity and excitement of a popular-education association rooted in this area.

With an ever-growing network of partnerships involving community organisations, public institutions and other local and external stakeholders, the MJC — open to everyone for more than 60 years — builds connections, supports, guides, creates, raises awareness, takes a stand and turns difference into a strength, thanks to an essential yet fragile tool : Culture !

Playing, laughing, debating, understanding, being moved, discovering, sharing, taking part, educating and building with you and for you, together: that is life at the MJC. Children, young people and adults: the MJC is your home ! At a time when racist, hateful, simplistic, conspiratorial and manipulative rhetoric is widespread, many of us still believe in "better days", in the strength of the collective over individualism, and in solidarity as a way to strengthen citizenship and, in turn, respect for others.

We are proud to announce that our association has recently been awarded the "Guid'Asso Information" label — fitting recognition of the work carried out over all these years. Finally, we would like to remind you that all prices offered by the MJC are set on a non-profit basis, to make access easier for everyone. This is both a statutory and historic commitment.

The whole team looks forward to welcoming you back at the start of the season !

The MJC team

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The Association

The MJC de Chamonix is a non profit popular-education association whose 18 board members are elected volunteers. To deliver its project, it employs year-round staff as well as temporary staff when needed. Beyond the elected members, many volunteers take part in the day-to-day life of the centre. If you would like to join the adventure, please contact us!

The MJC de Chamonix holds the French State “Youth and Popular Education” accreditation and the “Guid’Asso” label.

To find out more about our association, all our community, educational and cultural projects, and the “Guid’Asso Information” section, visit www.mjchamonix.org



Guid’Asso
Information

Our aims in a few words:

- To be a popular-education association open to everyone
- To enable everyone to take an active role as a citizen, supporting well-being and living well together; to develop solidarity
- To combat all forms of exclusion and discrimination; to create social connections
- To support personal fulfilment through access to Culture...

The General Meeting remains a key moment in the life of the association and should bring all members together. Its purpose is to keep you informed about the association’s projects, define its main directions and objectives, and elect the volunteer members of the Board of Directors.

The 2027 General Meeting for the 2026 financial year is scheduled for Thursday 1 April 2027 at 6:30 pm.

The Board of Directors is made up of 18 volunteer members elected at the General Meeting, representatives of the town of Chamonix, and partner associate members.

As of 2 April 2026, the elected volunteer members of the MJC are:

Florence Bermon & Pierre Carlot – Co-Presidents

Martine Froucht – Treasurer

François Servet – Deputy Treasurer

Martine Bozon – Secretary

Jaouad Abbaoui – Deputy Secretary

Christelle Clarisse, Charlène Dambreville, Virginie Dominé-Lachenal, Pauline Grenier, Chantal Hébert, Monique Novel, Marion Raynaud-Burnet, Benoît Roux, Guylene Slemett, Claire Tyl, Isabelle Weber and Bénédicte De Lacoste.

MJC membership

popular-education project and its values of tolerance, accessibility and personal fulfilment, with respect for secularism and a commitment to combating all forms of discrimination.

The annual membership card is strictly personal and valid from 1 June 2026 to 31 May 2027. It costs €10.50 for under-18s, seasonal workers, students and jobseekers (proof required), and €21 for adults. It allows everyone to support the association's overall project, take part in the activities and/or events of their choice, participate in the democratic life of the association and get involved in the collective.

The internal rules are available at
www.mjchamonix.org

Tax deductible donations

Your MJC is recognised as an organisation serving the public interest and needs financial resources to operate. You can make a donation, 66% of which may be deducted from your income tax within the applicable limits; a tax receipt will be issued.

Payment

Payment can be made in cash, by cheque, bank card, Pass Région, Pass Culture or holiday vouchers (no refund of over-payments). No reservation or registration will be accepted by telephone, post or email. Adult rates apply from age 18. Prices for some activities are calculated according to the family quotient. Full-price tickets for cultural and community events include one-off membership of the association.

The premises

The Municipality of Chamonix-Mont-Blanc makes public buildings, including the Maison pour Tous premises, available free of charge in order to strengthen local community life. In doing so, the Municipality of Chamonix-Mont-Blanc contributes to the vitality of, and resources available to, non-profit associations.

MJC DE CHAMONIX
Maison des Jeunes et de la Culture
Maison pour Tous
94 promenade du Fori
74400 Chamonix-Mont-Blanc
04.50.53.12.24 - accueil@mjchamonix.org



COME AND SEE US

MJC annexes

GARE DES GLACIERS
1207 route des Pèlerins
74400 Chamonix-Mont-Blanc

BALMAT LEISURE CENTRE
1273 route des Pèlerins
74400 Chamonix-Mont-Blanc

For more information, contact the MJC reception desk.

Other services located at the Maison pour Tous



ASSAD

Home-help association

04.50.92.32.56 – www.una.fr
aideadomicile@wanadoo.fr



France Services

Monday, Tuesday and Thursday: 9:00
am–12:30 pm and 1:30–5:00 pm
Wednesday: 9:00 am–12:30 pm
Friday: 9:00 am–12:00 pm
06.08.30.96.34

fs.chamonix@faucignymontblanc.com

France Services helps you use partner online services, prepare applications and files (CAF, France Travail, Carsat, France Titres, CPAM, etc.) and get in touch with relevant organisations. Computers are also available for free use so that you can complete procedures independently. Many partners hold drop-in sessions, including the Justice Conciliator, UDAF 74 and the Pays du Mont-Blanc Seasonal Workers' Centre.



Mission locale

Employment Service

By appointment

www.missionlocale.fr

Solidarity Housing Service

04 50 54 67 58

logement.solaire@ccvcmb.fr
and social-affairs coordination.



Young Consumer Consultation

Wednesdays, in partnership with the MJC
04 50 98 16 39 – addictions-france.org

A volunteer public writer, in partnership with the MJC, also holds a drop-in session once a month at the Maison pour Tous.

Information: 04.50.53.12.24

The outreach van



We come to meet you throughout the year!
The outreach van enables us to get as close as possible to local residents, in the heart of the town and across the valley. You will come across us here and there for a range of activities, friendly get-togethers and services. Whenever you have the chance, stop by and share a coffee with us!

***For more information, contact the MJC
reception desk.***



The Community Café

The Community Café is a welcoming space open to everyone, where you can meet up for a simple coffee, exchange ideas and take part in activities. It is open Monday to Friday, 9:00 am to 6:00 pm, and may also open at other times depending on scheduled events.

It is a place to relax, find information and meet people of different generations, helping to build social connections and support residents' initiatives.

Throughout the year, it hosts occasional activities (workshops, discussions, small cultural events, etc.) and is a key point of contact for getting involved in MJC life.

Food and drink at the Community Café (drinks and occasional light refreshments) are subject to membership, whether annual or one-off.



Children, Youth & Families

Leisure centres

Our activity leaders support children throughout the year, on Wednesdays and during school holidays, as they develop and learn to live as part of a group. The centres are ideal places for passing on the values that matter to the MJC: leisure, citizenship, solidarity, living together, tolerance, respect for the environment and cultural awareness.



Wednesdays

Balmat Leisure Centre is open every Wednesday from 9 September 2026, from 8:00 am to 6:00 pm (arrival between 8:00 and 9:30 am; departure between 4:30 and 6:00 pm), with two options:

- full-day care with lunch
- half-day care, mornings (departure between 11:30am and 12:00 pm) or afternoons (arrival between 1:00 and 1:30 pm), without meals.

Short school holidays

Balmat Leisure Centre is open Monday to Friday.

Children arrive between 8:00 and 9:30 am and may leave between 4:30 and 6:00 pm. Programmes are designed for a full week, with projects developing from day to day.

Cap Loisirs – summer holidays

During the summer holidays, several leisure centres are located across Chamonix for greater convenience.

A complete summer offer includes early-childhood care, teen activities, mini-camps and youth trips.

The partnership between the MJC and the Communauté de Communes de la Vallée de Chamonix Mont-Blanc, under the Convention Territoriale Globale (CTG), means that some youth trips and other projects can benefit from advantageous subsidised.

Teen Club

A leisure-centre programme for young people from 6ème to 3ème during the school holidays, Monday to Friday from 8:00 am to 6:00 pm (by the week or by the day).

Activity leaders prepare programmes including sports and cultural activities, fun outings, trips, workshops and themed evenings. Some parts of the week are co-created with the young people as part of a popular-education approach.

With support from the town of Chamonix, the MJC facilitates access for people with specific needs, particularly children and teenagers attending its leisure centres. Wherever possible, they may be welcomed under certain conditions following an advance meeting with the MJC director, the educational team and the family.



Youth drop in free time a time to meet, share and create

Open to everyone from 6ème upwards, this is a friendly time for meeting and exchanging, where everyone can take part however they wish. You will find board games, activities, opportunities to create and develop your ideas, festive moments, and activity leaders ready to provide information and support. Membership is required to take part in MJC activities or help create projects.



From 22 September 2026 (excluding school holidays):



At Gare des Glaciers (1207 route des Pèlerins): Tuesday & Wednesday 5:00–7:00 pm; Friday 5:00–7:00 pm or 5:00–9:30 pm (every other week). + Saturday 2:00–6:00 pm: at Gare des Glaciers or the Community Café depending on the project. Information at the MJC reception desk.



Ideas? Things you would like to do? Please contact us!

Coup de pouce *registration and parental consent required*

In a welcoming setting, activity leaders and volunteers run fun workshops each week for primary- and middle-school pupils, providing a suitable place to do homework as well as educational, logic and cooperative games.



Primary & middle school: 1 October 2026 to 8 April 2027 at Gare des Glaciers – Thursdays from 4:30 to 6:30 pm (excluding school holidays)



Primary-school children are not allowed to leave on their own at the end of the activity.

La Paus'animée et la paus'lycéen.ne.s

MJC activity leaders offer a variety of lunchtime activities for middle-school students within local schools. The programme includes themed workshops (combating discrimination and other awareness-raising topics), board games (strategy, cards, speed, thinking games, etc.) and outdoor games (giant wooden games, sports tournaments, etc.).

You can also meet MJC activity leaders at lunchtime on Thursdays outside Frison Roche secondary school and the MJC in autumn and spring, and inside the Community Café in winter (excluding school holidays).

1, 2, 3 – get out there!

Throughout the year, MJC activity leaders, partners and local residents offer activities and events. If you would like support in creating a project, come and meet us!



- Projects initiated by young people and residents
- “La MJC vous emmène” once or twice a year: a family day out to share artistic and cultural experiences and special moments in nature
- Participation with other partners in the Fête aux Pèlerins in June 2027
- Neighbourhood activities, including the summer activity Wednesdays

More information at www.mjchamonix.org

Mediation...

As part of its school mediation work, the MJC de Chamonix continues to work with schools to give young people spaces for reflection, discussion and awareness-raising around a range of social issues. These sessions form part of a popular-education approach designed to develop critical thinking, encourage debate and promote a better understanding of the world around us.



The MJC complements its school mediation work with educational and participatory tools that help young people explore migration, equality, discrimination, and emotional and sexual life.

Through immersive games such as “Parcours de migrant·e·s”, “Monopoly des inégalités” and “K’est-ce t’en Sexe ?”, participants are encouraged to understand social realities more fully, challenge their assumptions and discuss consent, stereotypes, power relationships and social justice. Since September 2025, the MJC has also organised monthly “apéros-débats” with students and teachers from the Frison-Roche school campus. These friendly sessions encourage expression, collective reflection, relationship-building and discovery of the Community Café.

Together, these actions help develop critical thinking, argumentation and active, informed, non-discriminatory citizenship.

Shall we go together!?

Middle- and high-school students can imagine and build their own travel projects, supported throughout the year by the MJC youth activity leaders. Through a series of group work sessions, they discover every stage of project methodology: choosing a destination, defining the trip's objectives, preparing and managing a budget, looking for funding, contacting campsites or other providers, arranging transport and selecting responsible, non-consumerist activities. This process allows everyone to take part in decisions, share responsibilities and become actively involved in preparing the trip. Developed gradually over the year, the project aims to lead to a departure during the school holidays.



BAFA training

The BAFA (Brevet d'Aptitude aux Fonctions d'Animateur) is a French qualification that enables people to supervise children and teenagers occasionally, on a non-professional basis, in group childcare settings

- **General training**

This 8-day course provides the basic knowledge needed to carry out the role of an activity leader: activity techniques and practical, theoretical, administrative and legal responsibilities. You must be at least 16 years old on the first day of training.

- **Stage pratique - Mise en situation**

D'une durée effective de 14 jours (possibilité d'effectuer le stage en discontinu), ce stage est une mise en situation réelle au sein d'une équipe d'animateur.trices : en colos, en centres de loisirs avec ou sans hébergement...

Il doit être réalisé au plus tard 18 mois après la formation générale.

- • **Advanced training**

This session consolidates and develops what was learned during the general course through a chosen theme and includes analysis of the practical placement.



The MJC is co-organising an advanced BAFA course, "Holiday camp and self-catering management", from Sunday 25 to Saturday 31 October 2026, residential, in partnership with MJCI des Clarines in Viuz-en-Sallaz.

Registration and information at the MJC reception desk.

For 13 years, the MJC has been committed to training and supporting activity leaders. Depending on current legislation, it may also recruit them for paid placements.

In partnership with the AURA MJC platform, the town of Chamonix and Les Clarines in Viuz-en-Sallaz.

MJC cultural programme



Book your tickets online:
www.mjchamonix.org/billetterie

The MJC has an equipped performance venue, “La Coupole”, where it can host and support a variety of cultural projects.

The MJC’s cultural and community project is built around several priorities: making Culture accessible to everyone, encouraging intergenerational exchange and encounters, and offering innovative, interdisciplinary artistic and cultural projects.

Ticketing

For most MJC events, advance tickets are available online or at the MJC reception desk. Tickets may also be purchased on site on the day of the show when doors open (15 minutes before the performance), subject to availability.

Limited capacity! Reduced rates apply to under-18s, students, jobseekers and seasonal workers (proof required). All prices include association membership, annual or one-off.





**SATURDAY 19
SEPTEMBER
8:30 PM**

OUVERTURE DE SAISON

Kalayaan

+ 1ère partie : Mara Dupont Duo

Kalayaan is a modern reggae band from Haute-Savoie, driven by fresh energy and original compositions. The band delivers conscious, vibrant music made for the live stage.

Their sound moves between roots grooves, soaring melodies and powerful messages about freedom, resistance and unity.

Cory (Chant / Guitare) - Guigui (Basse) - Jonas (Batterie) - Mathieu (Guitare) - Dan (Clavier) - Millie (Chœurs) - Dounia (Chœurs)

The Mara Dupont & David O'Brien duo was formed in the wake of Svet ("World"), Mara Dupont's debut album. Originally from Serbia, the singer and pianist draws on Balkan musical traditions, blending them with contemporary jazz and world music. Accompanied by David O'Brien on double bass, she creates sensitive, vibrant music shaped by dialogue, improvisation and strong emotional intensity.

Mara Dupont (vocals, piano) – David O'Brien (double bass)



MJC - la Coupole



17€ / reduced 13€

annual member 11€ / under 12 8€





**SATURDAY 26
SEPTEMBER
8:30 PM**

A MJC
SAVOIE

LA SEMAINE DES MJC EN
TRANSITIONS

L'hiver sera chaud

Climate change... we hear about it every day... but what can we do? On our own, we can feel a little lost... We panic... Together, fear turns into determination!

So we sit down, we listen, we think, we make suggestions, we speak out... we interact with 7 artists who never stop singing, performing, dancing, rallying the crowd, stirring things up and improvising... so that we leave with the determination to change all of this!

Hot, hot, hot... This winter is going to be hot!

A creation by the Ensemble Tout Contre collective, directed by Mathieu Barbances, written and/or performed alternately and intermittently by: AnneLise Roche, Arlette Desmots, Clarschen, Clément Hesliere, Danny Buckton, Denis Robert, Élodie Denis, Fanch, Florence Barillot, Frédéric Bobin, Gabi Levasseur, Hélène Piris, Ignatus, Les Têtes de Piafs, Lily Luca, Lorène Dubreuil, Marie Pétolette, Marie-Sophie Richard, Marion Cou-sineau, Marion Maret, Mathieu Barbances, Milly, Nathalie Van Cappel, Nour, Ophélie Bard, Patrice Mercier, Reno Bistan, Serge Balu, Sabine Rosnay, Vanessa Sanchez, Virginie Rodriguez and Viridiana Ferrière, as well as Sylvie Martin, Cathy and Fred Soulié / Graphic design: Lily Luca

This play is being organised as part of the "MJC in Transition" week.



MJC - la Coupole



20€ / reduced 16€

annual member 12€ / under 12 8€



CULTURE



WEDNESDAY
30 SEPTEMBER
6 P.M.

Ecotrip

LA SEMAINE DES MJC EN
TRANSITIONS

AUD
MJC
SAVOIE

She arrives by bike, towing a trailer behind her... She stops near you... She settles in and orchestrates a ritual featuring vegetable peelings, wood shavings and all kinds of earthworms. At times she seems close to overheating, at others she appears to be simply lying dormant... In reality, she is maturing and planting a few seeds in your minds. Sandrine Jacquet, a cycling performer, tackles the essential issue of composting and reducing green waste with both humour and great seriousness, from an angle you have probably never considered before.

Written and performed by: Sandrine Jacquet - Co-production: Ecotrivélo / Association Artchoum - Running time: 50 minutes

Suitable for all audiences aged 7 and over

Activities and a syrup bar will be available from 4 p.m. at the community café.

This play is being organised as part of the "MJC in Transition" week.

 MJC - La Coupole

€ 10€
annual member 8€ / under 12 6€



WEDNESDAY
7 OCTOBER
18H

Bestioles Blues Bazar

Family jazz concert for ages 4 and up

As part of the 30th anniversary of the JazzContreBand Festival

Bestioles Blues Bazar, presented by Compagnie Une Chanson Tonton, is a wonderfully imaginative musical show for young audiences aged 4 and over. This slightly offbeat jazz quartet presents a world of zoo-poetic song-fables, where animal metaphors provide the perfect playground for finely crafted lyrics.

A true theatrical cartoon, the performance brings together the elegance of Jean de La Fontaine, the humour of Bobby Lapointe and the energy of Louis Armstrong. With jazz guitar, double bass, saxophones, banjo and even moo boxes, the band creates a rich and original soundscape for a show that is funny, poetic and full of energy.

Stéphane Arbon: double bass and guitar (France) - Luc Buso: guitar (France) - Ornella Debono: saxophone (France) - Samuel Jaeger: multi-instrumentalist (France) - Running time: 50 minutes

The JazzContreBand Festival is a cultural and welcoming event that promotes Swiss musicians performing on French stages, and vice versa. More information at www.jazzcontreband.com



MJC - la Coupole



17€ / reduced 13€

annual member 11€ / under 12 8€



BAR DES SCIENCES

LE GOÛT SE MET À TABLE

Mais qui tient la fourchette ?



JEUDI 8 OCTOBRE
LA COUPOLE / MJC DE CHAMONIX
GRATUIT



BAR DES SCIENCES

Tous les animaux
font-ils de la *politique* ?



JEUDI 5 NOVEMBRE
LA COUPOLE / MJC DE CHAMONIX 19H-22H

GRATUIT

Information par SMS au
06 82 81 45 81



NOUVEAUTE

Saison 847, épisode 1

Le nouveau est-il déjà vieux ?



JEUDI 3 DECEMBRE
LA COUPOLE / MJC DE CHAMONIX 19H-22H

GRATUIT

Information par SMS au
06 82 81 45 81



Bar des sciences

8 October evening: "Taste comes to the table... but who's holding the fork?"

Why do we love certain foods and dislike others? From the brain and childhood memories to habits and cultural influences, this evening explores the mechanisms that shape our food preferences and invites us to discover who really decides what ends up on our plate.

5 November evening: "Do all animals engage in politics?"

Alliances, rivalries, cooperation and power dynamics also exist in the animal world. Through the societies of chimpanzees, ants, marmots and bees, this evening explores the different ways of living together and the surprising similarities between animal and human organisations.

3 December evening: "Is the new already old?"

What is truly new? Do evolution, our brains and major inventions create things from nothing, or do they simply transform what already exists? An evening dedicated to creativity and innovation, exploring how old ideas can become new when we look at them differently.

*Organised by the CCVCMB in partnership with the MJC.
Light refreshments available on site.*



MJC - La Coupole / 7:00-10:00 pm



Free admission, subject to availability





Classical music concert

SATURDAY 10
OCTOBER
8:30 P.M.

“60 Years of Film Music”

For the MJC's 60th anniversary

To mark this anniversary year for the MJC de Chamonix, celebrating 60 years in the valley and its fundamental cultural and social role, Trio Barri and their guests present an exceptional concert: “60 Years of Film Music for 60 Years of the MJC”. The programme has been carefully crafted from music that has accompanied international cinema over the past 60 years. A journey through cinematic and musical emotions that draws on our collective memory. From Schubert to Gardel, from Shostakovich to Morricone... a suspended cultural moment elevated by passionate and captivating artists. Without doubt, a highlight of the MJC's 60th-anniversary celebrations.

*Trio Barri: Gabriella Richardson, piano – Alexandra Richardson, violin – Francesco Bartoletti, cello –
With two guests: Juliette Gilgen, viola – Hugues Tavernier, violin*



Auditorium de l'EMDI

€ 17€ / reduced 13€
annual member 11€ / under 12 8€



SATURDAY 17
OCTOBER
8:30 P.M.

The Basel Friend Zone

As part of the 30th anniversary of the JazzContreBand Festival

Get ready for a sensory journey where jazz meets Africa. The Basel Friend Zone redefines fusion with an organic quintet featuring guitar/vocals, piano, saxophone/flute, bass and drums. Blending soaring improvisations with hypnotic grooves, their music is an irresistible invitation to both dance and contemplation. Modern, vibrant jazz without borders.

Sami Nkuh: vocals, guitar, lead (Switzerland) - Fernando Brox: saxophone, flute (Switzerland) - Mael Idris: piano (Switzerland) Jonathan Collin: bass (Switzerland) - Jan Zeimet: drums (Switzerland)

The JazzContreBand Festival is a cultural and welcoming event that promotes Swiss musicians performing on French stages, and vice versa. More information at [\[www.jazzcontreband.com\]](http://www.jazzcontreband.com)(<http://www.jazzcontreband.com>).



MJC - la Coupole



17€ / reduced 13€

annual member 11€ / under 12 8€





La dépression est un Panda

de Céline Cohen et Matthieu Miegerville

FRIDAY 13
NOVEMBER
8:30 P.M.

It is there. At the foot of the bed. Camille thought it was the cat disturbing their sleep. But the problem is, Camille has never had a cat. It is a panda talking to them. With this imaginary animal begins an introspective journey that is both funny and profound, poetic and uncompromising. Camille is a woman of our time. But Camille is also a modern man. Camille could be anyone. Depression does not care about gender, age, social status or hair colour.

Production: Malika Louadoudi – Transformer le négatif en positif

Direction: Lénaïck Planquois / Music: Edouard Bertrand

Cover & press photography: Lionel Pesqué / Performers: Céline Cohen and Matthieu Miegerville

Running time: 45 minutes – Ages 15 and up

A discussion with the performers will take place after the show.



MJC - La Coupole



€10 / €8 for annual members



AGES 15 AND UP

TREMPLIN MUSIQUES ACTUELLES

MJC DE CHAMONIX-MONT-BLANC

INFORMATION AND REGISTRATION
FORMS AVAILABLE AT
WWW.MJCHAMONIX.ORG



FRIDAY 20 NOVEMBER
8 P.M.

APPLICATIONS OPEN UNTIL
9 OCTOBER 2026

FEMMES EGALITES REALITES

Festival against inequality and violence
against women

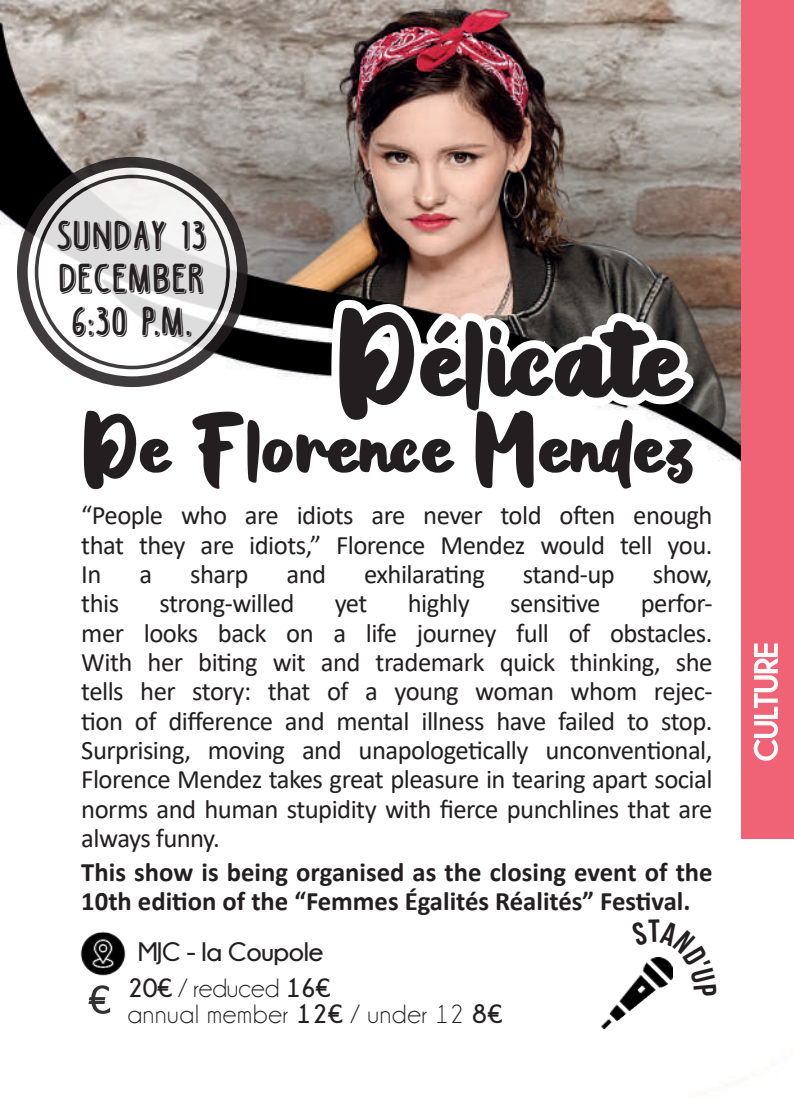
**The 10th edition will take place
from 30 November to 13 December 2026.**

Full programme available in November 2026.



**ALL THE
INFORMATION**





**SUNDAY 13
DECEMBER
6:30 P.M.**

Délicate De Florence Mendez

"People who are idiots are never told often enough that they are idiots," Florence Mendez would tell you. In a sharp and exhilarating stand-up show, this strong-willed yet highly sensitive performer looks back on a life journey full of obstacles. With her biting wit and trademark quick thinking, she tells her story: that of a young woman whom rejection of difference and mental illness have failed to stop. Surprising, moving and unapologetically unconventional, Florence Mendez takes great pleasure in tearing apart social norms and human stupidity with fierce punchlines that are always funny.

This show is being organised as the closing event of the 10th edition of the "Femmes Égalités Réalités" Festival.



MJC - la Coupole



20€ / reduced 16€

annual member 12€ / under 12 8€



2027

REMBALLE TA HAINÉ!

#13

WWW.MJCHAMONIX.ORG

**FESTIVAL AGAINST ALL FORMS OF DIS-
CRIMINATION**

**The 13th edition will take place
from 11 to 23 January 2027.**

Full programme available in December 2026.



Narvalo Dili Rockers show

With Johnny Montreuil and Aälma Dili

A 100% Montreuil meeting between two outstanding groups of musicians: Aälma Dili, Johnny Montreuil and his crew. A huge show filled with brotherhood, chemistry and virtuosity. A pure rock'n'roll experience with Balkan influences — committed, punk and driven by solidarity. Come and lose yourself with them in this endless trance, deep into the night. A wild ride on a thoroughbred, whether in the heart of the desert or on the outskirts of Montreuil. It smells of sunshine, dinars, hot coffee and the gutter. Who better than the friends of Aälma Dili and Johnny Montreuil to bring this 13th edition of "Remballe Ta Haine!" and the MJC's 60th anniversary year to a close?



MJC - La Coupole



20€ / reduced 16€
annual member 12€ / under 12 8€



GES

GUITARE EN SCÈNE

TREMPLIN GES

MJC — LA COUPOLE
13 FEBRUARY 2027



www.guitare-en-scene.com



25ème édition
**[PRINTEMPS FESTIVAL
CHAMONIX-MONT-BLANC
15 au 21 mars 2027
MUSICAL]**
2027

The festival of all kinds of music

**The 25th edition will take place
from 15 to 21 March 2027.**

**Full programme available in February
2027**



CULTURE

Médiation

In addition to the sociocultural programme for all audiences, both at the MJC and off-site, artistic, cultural and social activities, as well as awareness-raising and prevention initiatives, are offered throughout the year for school groups and leisure centres. Through meetings, discussions, role-playing activities and educational resource kits, these initiatives encourage encounters between audiences, artists and works of art.

Teachers and professionals, feel free to contact us to set up an activity linked to a show in our programme!

A few examples of mediation activities offered during the 2026–2027 season:



BESTIOLES BLUES BAZAR CIE UNE CHANSON TONTON

For primary school classes as part of the JazzContreBand Festival

October 2026

Show for leisure centre groups



LE PROCESSUS THÉÂTRE DE ROMETTE

For students in the final two years of secondary school

As part of the “Femmes, Égalités, Réalités” Festival

December 2026

School performance

© Gilles Rammant



MATIN BRUN CIE TOUT COUR

As part of the “Remballe Ta Haine!” Festival
January 2027

A performance adapted from F. Pavloff’s work,
highlighting the rise of fascism.

School performance and workshops with students



LIBERTÉ, EGALITÉ, ETC... ENSEMBLE TOUT CONTRE

For middle school classes

As part of the “Remballe Ta Haine!” Festival
January 2027

A performance exploring the theme of democracy

School performance



*Feel free to contact us to set up an activity linked to a show
in our programme!*

Support for artistic creation

Whether you are a theatre company, a band, an artist, amateur or professional, the MJC can support you with your cultural projects! It has suitable spaces for hosting concerts, theatre performances, dance, conferences, debates, exhibitions and more. Various schemes are available to help you create, express yourself, share your work, introduce it to new audiences and exchange ideas. For more information, please contact the MJC reception desk

Rehearsal room and studio

The “Helbronner” rehearsal space is located in the centre of Chamonix. It is dedicated to regular rehearsals. Its use is subject to certain conditions. Further information is available from the MJC reception desk. The “François Bozon” rehearsal studio is located within the Maison pour Tous. This fully equipped 39 m² space is designed for musical creation and rehearsal. Its use is subject to certain conditions and must comply with the studio regulations, available on request from the MJC reception desk.

Artistic residencies

Lasting from a few days to several weeks, an artistic residency provides artists with dedicated time, space and the production conditions needed for the creative process. Rooms, performance spaces and equipment can be made available by the MJC depending on the needs and objectives of the project. Support can take different forms, which is why each request is considered on a case-by-case basis, including the terms of access to the facilities. Feel free to contact us!

Cultural, creative and leisure activities

Come and discover a range of individual and group activities offered throughout the year (excluding school holidays), as well as courses and workshops that allow everyone to develop and thrive through artistic, cultural, expressive, creative and/or sporting activities. As a non-profit organisation, the MJC strives to maintain a balanced budget while offering exceptional rates, making high-quality activities accessible to as many people as possible. These activities are led by professionals and/or volunteers. Most activity fees are calculated on the basis of 32 hours per year. Members and/or families can benefit from a 15% discount when registering for a second annual activity. The discount will be applied to the less expensive activity. For more information, please contact the MJC reception desk!

Example: 40 hours of Qi Gong for €210 = €5.25 per hour of activity, led by a professional.

Activity fee

To take part in an activity, you must pay your annual MJC membership fee as well as a fixed activity fee, valid for the current season.

Payment (activity + membership) must be made before the first session. If you change your mind, please contact us within 6 days after this first session to request a refund for the activity; the membership fee will remain non-refundable. After this period, if we have not heard from you, both the membership and activity registration will be considered final. (See the MJC's internal regulations.)

Participation in a sports activity may be refused if you do not provide a medical certificate.

Cancellation – Refund

Activity fees represent a commitment by the member to attend all sessions of the activity for the full period concerned. The member contributes to maintaining the activity, which forms part of the association's overall organisation. Members are required to inform us whenever they are unable to attend one or more sessions. No refund will be issued if a member chooses to withdraw (except in specific circumstances; see the internal regulations available at the MJC reception desk or at www.mjchamonix.org). Whatever the reason, the MJC will not refund any activity after 1 March of each season. In all cases, the decision regarding any refund rests with the Executive Committee of the Board of Directors. Activities are subject to a minimum number of participants. Any cancellation by the MJC will result in a refund (except for the membership fee, which remains non-refundable)

Good to know...

If a session is cancelled because the activity leader is unavailable or due to the MJC, an additional session will be arranged jointly by the MJC, the activity leader and the members.

You are covered by the MJC's public liability insurance while taking part in activities organised by the MJC.

For parents or legal guardians of MJC members under the age of 8, children must be accompanied to the activity venue. You must make sure that the activity leader is present and ask your child or children to wait for you inside the MJC premises at the end of the activity.

Musiques actuelles

GUITAR

All levels – ages 7 and up..

With **Olivier Rouquier** : Every other week on Monday, Tuesday and Wednesday.  MJC - Maison pour Tous

With **Rémi Chamblain** : Tuesday (evening) and Wednesday (daytime)*

 MJC - Maison pour Tous

** Class times to be arranged directly with the teacher and the MJC upon registration (subject to availability).*

Fees: adults – individual lessons: €493 / group lessons: €314

Children and teenagers – individual lessons: €272 / group lessons: €162

UKULÉLÉ

All levels – ages 7 and up.

With **Olivier Rouquier** : Every other week*

 MJC - Maison pour Tous

** Class times to be arranged directly with the teacher and the MJC upon registration (subject to availability).*

Fees: adults in group lessons (18+): €189

Children and teenagers in group lessons (under 18): €124

PERCUSSIONS

All levels – ages 12 and up.

With **Jérémy Descamps** : Monday or Wednesday*

 MJC - Maison pour Tous

** Class times to be arranged directly with the teacher and the MJC upon registration (subject to availability).*

Fees: adults in group lessons (18+): €189

Children and teenagers in group lessons (under 18): €124



DRUMS *All levels – ages 7 and up.*

With **Jérémy Descamps** : Monday or Wednesday**

 MJC - Maison pour Tous



** Class times to be arranged directly with the teacher and the MJC upon registration (subject to availability).*

Fees: adults – individual lessons: €493 / group lessons: €314

Children and teenagers – individual lessons: €272 / group lessons: €162

Artistic and creative activities

DRAWING AND PAINTING *Ages 6 and up..*

With **Agathe Sanglard**  MJC - Maison pour Tous

- Monday from 3:00 p.m. to 4:30 p.m. – Adults NEW
- Monday from 4:50 p.m. to 5:50 p.m. – Ages 6–8
- Monday from 6:00 p.m. to 7:00 p.m. – Ages 9–12
- Monday from 7:00 p.m. to 8:30 p.m. – Teenagers and adults



Fees: children (under 12): €207

Teenagers (ages 12–17): €272

Adults (18+): €310

PHOTOGRAPHY CLUB *Ages 16 and up..*

With **Benoît Roux**  MJC - Maison pour Tous

- Tuesday from 6:30 p.m. to 8:30 p.m.

Fee: €49

Outings and exhibitions are organised throughout the year.



SEWING AND DESIGN

Ages 7 and up..

With **Valérie Pache**



Gare des Glaciers



- Monday from 5:00 p.m. to 6:30 p.m. (see calendar below) – Primary school children
- Monday from 6:00 p.m. to 7:30 p.m. (see calendar below) – Middle school students
- Monday from 7:00 p.m. to 8:30 p.m. (see calendar below) – High school students and adults

Through a varied learning programme, from beginner to advanced level, discover the pleasure of creating unique pieces, repairing or customising your fashion accessories, and learning how to use a sewing machine.

Sewing class schedule 2026–2027:

Monday 5 & 12 October

Monday 2, 9 & 16 November // Monday 14 & 21 December

Monday 18 & 25 January // Monday 1 & 8 February

Monday 1 & 8 March // Monday 5 April

Monday 10 & 17 May // Monday 7 & 14 June

Special “Fashion & Upcycling” course Ages 7 and up..



Saturdays 3 October, 14 November, 12 December, 23 January, 6 February, 6 March, 3 April, 15 May and 12 June, from 1:00 p.m. to 5:00 p.m.

(9 sessions of 4 hours each)

Put together, combine, transform or resize an old pair of jeans, shorts, a skirt, T-shirt or shirt... You will be guided step by step to create a brand-new, made-to-measure garment. Bring along the materials you want to recycle, and Valérie will help you find ideas to give them a new life. Clothes to upcycle can also be purchased from Secours Populaire before or during the workshop. Fabric is not provided.

Fees for classes + special course: under 18: €240 / 18+: €294

Fees for classes only (excluding the special course): under 18: €104 / 18+: €128

Fees for the special course only (excluding classes): under 18: €136 / 18+: €166

Well-being activities

QI GONG *All levels – teenagers and adults*

With **Tiphaine Breillot**

 MJC - Maison pour Tous

- Monday from 9:00 a.m. to 10:15 a.m. (intermediate)
- Wednesday from 6:15 p.m. to 7:15 p.m. (beginner)

Breathing and energy work. Based on traditional Chinese medicine, the movements help restore the flow of energy throughout the body, bringing calm and serenity to the mind.

Intermediate level: €210 / Beginner level: €168



HATHA YOGA *All levels – teenagers and adults*

With **Isabelle Darchy**

 MJC - Maison pour Tous

- Friday from 12:20 p.m. to 1:35 p.m.
- Friday from 6:15 p.m. to 7:30 p.m.

Fees: €262 / Under 18s: €247



YOGA *All levels – teenagers and adults*

With **Morgane Legros**

 MJC - Maison pour Tous

- Tuesday from 6:15 p.m. to 7:30 p.m.

Fees: €262 / Under 18s: €247



YOGA DOUX *All levels – teenagers and adults*

With **Isabelle Darchy**

 MJC - Maison pour Tous

- Friday from 11:00 a.m. to 12:15 p.m.

Fees: €262 / Under 18s: €247



YOGA FOR EVERYONE All levels – teenagers and adults aged 16 and up.

With **Sophie Jenot**

NOUVEAU

 MJC - Maison pour Tous

- Thursday from 6:15 p.m. to 7:30 p.m.

Let us return to the deeper meaning of Yoga by creating a space apart from everyday life. Drawing on ancestral Yoga practices such as Hatha and Kundalini, these sessions offer an original and varied range of approaches to make Yoga accessible to everyone. Breathwork, movement and meditation lie at the heart of the practice, helping to restore a deep sense of harmony between body and mind.

Fees: €262 / Under 18s: €247

Sports activities

NOUVEAU

GYM SENIOR seniors

Avec **Morgane Legros**  MJC - Maison pour Tous

- Tuesday from 9:15 a.m. to 10:15 a.m.

An activity focused on maintaining and improving balance, flexibility, mobility and muscle tone.

Fees: €207

Please note: a medical certificate is required from the first session.



PILATES DOUX adults

With **Morgane Legros**  MJC - Maison pour Tous

NOUVEAU

- Thursday from 9:15 a.m. to 10:15 a.m.

When practised regularly, Pilates improves and develops muscle strength, particularly the deep and postural muscles (abdominals, back and pelvic floor), as well as flexibility, balance and spinal mobility.

In short: better posture, less pain, and improved physical and emotional well-being.

Fees: €207

Please note: a medical certificate is required from the first session.



PILATES / MUSCLE STRENGTHENING

Teenagers and adults

With **Morgane Legros**

 MJC - Maison pour Tous



- Thursday from 11:30 a.m. to 12:30 p.m.
- Thursday from 12:30 p.m. to 1:30 p.m. – advanced level

When practised regularly, Pilates improves and develops muscle strength, particularly the deep and postural muscles (abdominals, back and pelvic floor), as well as flexibility, balance and spinal mobility. In short: better posture, less pain, and improved physical and emotional well-being.

Fees: under 18s: €191 / 18+: €207

Please note: a medical certificate is required from the first session.

ACROYOGA FOR CHILDRENS Ages 6–10.

With **Sophie Jenot**

 MJC - Maison pour Tous



- Thursday from 5:00 p.m. to 6:00 p.m.

A fun and active form of yoga featuring acrobatics and partner lifts, designed to develop the ability to let go, self-confidence and concentration.

Fee: €191

NORDIC WALKING IN SPRING AND AUTUMN & SNOWSHOEING /

MICROSPIKES IN WINTER adults

With **Sophie Jenot**, Mountain leader

 Meeting point: MJC – Maison Pour Tous

- Thursday from 1:30 p.m. to 3:30 p.m.

Enjoy a friendly and active outdoor experience accessible to everyone. Nordic walking can be practised at any age and, at a pace adapted to each person, offers a refreshing and holistic way to rediscover walking. We learn to engage the whole body through broad, fluid movements, using poles to improve ease of movement and muscle tone. A friendly moment with a hot drink is offered afterwards at the MJC community café. In winter, the activity continues with microspikes or snowshoes, allowing you to enjoy an invigorating outdoor escape all year round.

Fee: €414

*Please note: a medical certificate is required from the first session.
Equipment is not provided.*



STRETCHING *Teenagers and adults*

With **Morgane Legros**

 MJC - Maison pour Tous



- Thursday from 10:15 a.m. to 11:15 a.m.

A class designed to improve flexibility and joint mobility, helping to increase comfort and range of motion while supporting recovery after physical activity. A gentle practice suitable for all levels, drawing on active and passive stretching techniques, both dynamic and static, as well as slow spiral movements of the spine.

Fees: under 18s: €191 / 18+: €207

Please note: a medical certificate is required from the first session.

Parent-child activity

BABY GYM *Children aged 14 months to 3 years*



With **Romy Chevalier**

- First session exceptionally on Saturday 14 November, from 9:00 a.m. to 10:00 a.m.
- All other sessions on Wednesdays from 9:00 a.m. to 10:00 a.m. (excluding school holidays)

 Gymnase de l'école J. Balmat

- From 14 November 2026 to 12 May 2027

Get active and have fun while developing motor skills, balance and agility. Gymnastics helps young children develop balance, coordination, flexibility, strength and self-confidence, all while accompanied by a parent.

Fee: €123 (21 sessions – excluding school holidays)

Various activities

FRENCH *Adults – for people whose first language is not French.*

With **Sandrine Goulmy**

 Gare des Glaciers

- Level 1: Tuesday from 6:00 p.m. to 7:30 p.m.
- Level 2: Monday from 6:00 p.m. to 7:30 p.m.

Cycle 1: from 14 September to 15 December 2026

Cycle 2: from 4 January to 27 April 2027



Fees: €109 for Cycle 1 (12 sessions) / €118 for Cycle 2 (13 sessions)

SCRABBLE *Ages 18 and up – beginner or advanced level.*

With **Geneviève Vouillamoz**

 Gare des Glaciers

- Monday from 2:00 p.m. to 4:00 p.m.
- Thursday from 2:00 p.m. to 4:00 p.m.



Fee: €73

This programme is not exhaustive.

All activities, courses and workshops are available at [www.mjchamonix.org] (<http://www.mjchamonix.org>) or by scanning the QR code opposite.



Workshop series

NOUVEAU

INTRODUCTION TO WATERCOLOUR with Agathe Sanglard adults

• Tuesdays 13 October, 1 December, 9 February and 6 April, from 2:30 p.m. to 5:00 p.m.

1. The first session focuses on floral patterns. It is ideal for experimenting with the technique on small areas and exploring different brushwork.

2. Next come sketches: you draw what you observe and add colour depending on the effect you want to create. Nature, objects, people... anything is possible.

3. The course then continues with the creation of a landscape.

4. The final session will allow you to explore a theme of your choice in greater depth.

Agathe will give you the essential tools to get to grips with this demanding yet highly enjoyable painting technique, all in a fun and lively atmosphere — Agathe will make sure of it! Materials can be provided.

Full course fee: €97 for 10 hours of classes

Single session: €30



LE YOGA DES ÉLÉMENTS with Isabelle Darchy

Teenagers and adults

NOUVEAU

- Saturdays 10 October 2026, 16 January 2027, 20 March 2027 and 5 June 2027, from 9:00 a.m. to 12:00 p.m.

According to the yoga tradition, the human being is made up of five elements (earth, water, fire, air and space), each connected to an organic function, a specific form of breathing, a chakra, and particular creative qualities.

Using the different tools of yoga (postures, breathing, relaxation and meditation), we will take the time to explore the influence of these elements on the body, vitality and mind, in order to cultivate a state of inner balance.

Prerequisite: at least one year of yoga practice.

Full course fee: €101 for 12 hours of classes

Single session fee: €32

MJC membership required



NATURE IMMERSION WORKSHOPS with Tiphaine Breillot

Intergenerational (ages 8 and up)

NOUVEAU

- Saturdays 22 May, 29 May, 5 June, 12 June and 19 June 2027, from 10:00 a.m. to 12:30 p.m.

Qi Gong teacher, nature educator and forest therapy practitioner, she aims, through this new series of workshops offered at the MJC de Chamonix, to create stronger connections between the residents of the Chamonix Valley and "their natural environment". Convinced of the importance of strengthening intergenerational bonds, these workshops also aim to ease some of the difficulties generated by today's society, such as eco-anxiety.

Full course fee for teenagers and adults (ages 16 and up): €105 for 12.5 hours of sessions

Single-session fee for teenagers and adults: €35

Full family course package for children, teenagers and adults (maximum 3 people per family): €150

Single-session family package for children, teenagers and adults (maximum 3 people per family): €40

MJC membership required

Partner spotlight

Saison culturelle

26/27

Prenez vos
places !

LES GOGUETTES

DOMINIQUE PINON

ANGÉLIQUE KIDJO SYMPHONIQUE

DAVID CASTELLO LOPES

DUB INC

BIRDS ON A WIRE

HERVE Koubi

OLCA
Les Houches

EMC2
Chamonix-
Mont-Blanc



haute+
savoie
le Département


VILLE DE CHAMONIX-MONT-BLANC
COMMUNAUTÉ DE TOURISMES

LES HOUCHES
MONT-BLANC 


CHAMONIX-MONT-BLANC



MJC* de Chamonix is a not-for-profit community organisation « civic society », whose Board of Directors and Trustees are made up of volunteers and elected Members.

The day-to-day running of the organisation includes a team of permanent salaried employees, seasonal and ad-hoc workers and volunteers.

**Maison de Jeunesse et Culture : Youth and Cultural Centre*

The MJC is partly funded by the State (at national and local level), as well as by its own activities, Membership subscriptions, and charitable donations.

The Founding Statement of MJC de Chamonix outlines the core values, guidelines, goals and activities of the organisation as follows :

The MJC de Chamonix aims :

To allow individual citizens to participate in the creation and development of a social and cultural programme that exists for the benefit and well-being of the community as a whole.

To be recognised as an education facility where people can contribute by sharing their own skills and knowledge with others.

To combat all forms of inequality, prejudice, exclusion and discrimination.

To provide a varied cultural programme for all ages from toddler to senior citizens across the social spectrum.

To enable continuous development (social, physiological, psychological) for the local youth, from early childhood to adulthood, taking into account real life circumstances and the local environment.

To contribute to the training of young people in social skills and model-citizenship, supporting their projects on an on-going basis. To strive to identify disadvantaged youngsters who are at risk of being marginalised because of their personal circumstances.

To take a holistic approach that ensures each young person is empowered to develop their own strengths and skills, ensuring their own valuable place in the local community.

To improve the quality of life. To develop a sense of identity and belonging within a positive community.

To promote, support and create links with other associations and social networks.

For more information, please visit our website : www.mjchamonix.org

You can access the 2026–2027 brochure in English by scanning the QR code below.



The entire website is translated into English (and other languages !)

Our partners



© Crédits photos (hormis pour la partie programmation socioculturelle et les visuels spécifiques) :
MJC de Chamonix - stock.adobe.com

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MJC de Chamonix Maison Pour Tous

94 promenade du Fori
74400 Chamonix-Mont-Blanc

☎ 04.50.53.12.24

✉ accueil@mjchamonix.org

Opening hours :

Monday to Friday

9:00 a.m.–12:00 p.m. / 1:30 p.m.–6:00 p.m.

Reception closed on Tuesday mornings

Annexes

Gare des Glaciers

1207 route des Pèlerins
74400 Chamonix-Mont-Blanc

Accueil de loisirs Balmat

1273 route des Pèlerins
74400 Chamonix-Mont-Blanc

🚌 Ligne Bus 2

Open Day

Saturday 5 September 2026
from 10:00 a.m. to 2:00 p.m.

Leisure Centre Opening

Wednesday 9 September 2026

Sociocultural Opening Concerts

Saturday 19 September 2026

Activities Begin

Monday 14 September 2026

2027 Annual General Meeting

Thursday 1 April 2027

Activities End

Saturday 19 June 2027



Contact

☎ 04.50.53.12.24

✉ accueil@mjchamonix.org
www.mjchamonix.org

With the support of :

