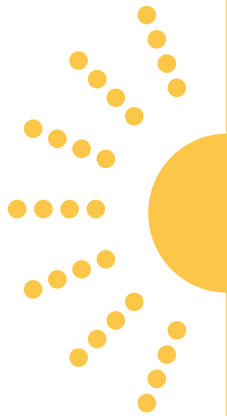




SUMMER 2022 SCHEDULE



AQUATIC ACTIVITIES



DAY CAMPS



SPORTS ACTIVITIES



CULTURAL ACTIVITIES



COMMUNITY ACTIVITIES



EVENTS



**HERITAGE TOURS
AND CIRCUITS**

! Version of April 6, 2022 - The schedule may be subject to last minute changes due to COVID-19 health measures. Check with activity organizers to confirm activity and schedule.

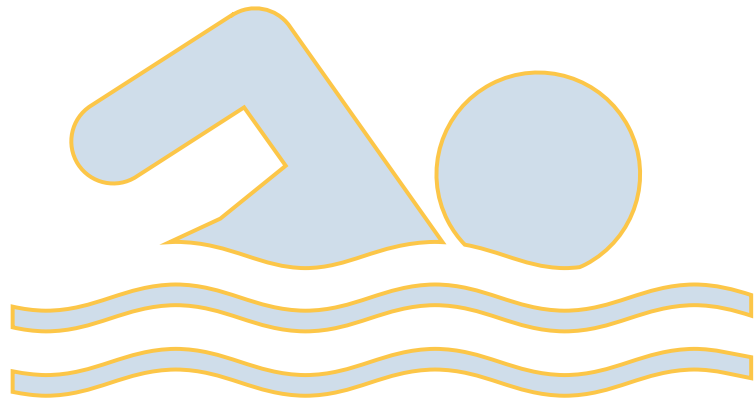
For any question, please contact the Recreation, Community Life and Culture service:

agculture.lvc@sutton.ca or 450-538-2231 ext. 244

AQUATIC ACTIVITIES

We are working to build a great summer aquatic program.

Information to come.



DAY CAMPS

TOWN OF SUTTON - GOYETTE-HILL PARK

Sutton Day Camp
Information to come



PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)

4 Summits Nature Camp



(6-12 y/o)

ISABELLE GIASSON ACADEMY - GYMNASIUM OF SUTTON SCHOOL

Gymnastics Summer Camp



(5-12 y/o)

Teens (15-17 y/o) Young people (6-14 y/o) Children (0-5 y/o)

JUNE 27 TO AUGUST 19

JULY 4 TO AUGUST 19

Monday to Friday
9 a.m. - 16 p.m.

AUGUST 15 TO AUGUST 19

Monday to Friday
8:30 a.m. - 16 p.m.

Fee-based activities

Voluntary contribution suggested

REGISTER !

Town of Sutton

Online Preregistrations April 19 for residents of Sutton and **April 26** for non-residents.

Details on the payment in the pre-registration form.

* This program is offered exclusively to children who are residents of Sutton and who have registered beforehand for the Sutton day camp. Complete the [Support Program Registration Form](#) and send it to camp.lvc@sutton.ca no later than May 3, 2022.

For more information, visit the [Sports and Recreation](#) section of the Living Sutton section of the Town's website or contact us by email at camp.lvc@sutton.ca.

Parc d'environnement naturel de Sutton (PENS)

Online registration on parcsutton.com

450 538-2121 or camp@parcsutton.com

Isabelle Giasson Academy




academieisabellegiasson@yahoo.ca or 450 919-1095









[FB academieisabellegiasson](https://www.facebook.com/academieisabellegiasson)



SPORTS ACTIVITIES

SOCCER SUTTON			
Soccer at Goyette-Hill Park	\$65 (From 5 to 6 years) \$100 (From 7 to 17 years) \$30 (uniforms) 20 % discount for additional children in the same family	 (5-17 y/o)	May to August (1 to 2 times a week depending on the category)

PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)			
Hiking in the Moonlight Round Top	Member: \$5 Non-Member: \$10	 (13+ y/o)	From June 1 st to September 30
Bird-watching tour	Voluntary contribution + and PENS access \$		From April 30 to June 18
Club des Godasses PENS trails	Free	 (50+ y/o)	From April 1 st to September 30
Big Spring Cleanup		 (13+ y/o)	June 4 (postponed to June 11 in case of rain)
Poetry in the wilderness		All	August 20 and 21
Mushroom workshop	\$60 Free (12 and under)	All	Early summer and fall

SKATEBOARD SCHOOL NM			
Skateboarding initiation with parents' presence	\$50	 (3-5 y/o)	From April 15 to May 6
Beginner / Intermediate Skateboarding	\$60	 (6-9 y/o)	
		 (10-15 y/o)	
Advanced Skateboarding		 (8-17 y/o)	
Skateboarding initiation with parents' presence	\$50	 (3-5 y/o)	From September 16 to October 7
Beginner / Intermediate Skateboarding	\$60	 (6-9 y/o)	
		 (10-15 y/o)	
Advanced Skateboarding		 (8-17 y/o)	

 Adults and Seniors  Teens (15-17 y/o)  Young people (6-14 y/o)  Children (0-5 y/o)

 **REGISTER !**

Soccer Sutton

president.soccersutton@gmail.com

Practice times and days are subject to change.

Online registration between March 15 and April 3:

inscriptionsoccersutton@gmail.com

Monday	Tuesday	Wednesday
(U10) 7 - 8 p.m. (U12F) 6 - 7 p.m. (U17) 7 - 8:30 p.m.	(U8) 7 - 8 p.m. (U14F) 6 - 7 p.m. (U12) 7 - 8:30 p.m.	(U6-U8) 6 - 7 p.m. (U17M) 6 - 7 p.m. (U14) 7 - 8:30 p.m.
Wednesday	Friday	Saturday/Sunday
		Saturday Varies
		Saturday 7 - 10 a.m.
4 - 6 p.m.		
		Saturday 9 a.m. - 4 p.m.
		Saturday and Sunday Twice a day
		Saturday 9:30 a.m. - 4 p.m.
Friday		
	4 - 4:45 p.m.	
	5 - 6 p.m.	
	6:15 - 7:15 p.m.	
	7:30 - 8:30 p.m.	
	4 - 4:45 p.m.	
	5 - 6 p.m.	
	6:15 - 7:15 p.m.	
	7:30 - 8:30 p.m.	

Parc d'environnement naturel de Sutton (PENS)

900 Réal Rd. (altitude 520) | parcsutton.com

450 538-4085 or info@parcsutton.com

Registration on site for Le club des Godasses.

Online registration for all other activities.

Skateboard School NM

At Goyette-Hill park













Online registration until April 14





ecoledeskateboard.com

450 502-3836 or ecoledeskateboardnm@yahoo.com

Version April 6, 2022

SPORTS ACTIVITIES

COOP GYM SANTÉ SUTTON			
Intro to Boxing	FULL SESSION (ONE DAY/WEEK) Members: \$120 Non-Members: \$145 Students: \$80	 	From April 25 to June 15 (8 weeks)
Inter Boxing			
Interval runs			
Introduction to running	FULL SESSION (TWO DAY/WEEK) Members: \$75 Non-Members: \$85 Students: \$60	 	From 18 April to June 11 (8 weeks)
Nordic walk	FULL SESSION (ONE DAY/WEEK) Members: \$75 Non-Members: \$90		From April 25 to May 23 (5 weeks)
Walking	Free	 	From April 26 to June 16
Posture and Tone	À LA CARTE (PER DAY) Members: \$18 Non-Members: \$21	  	From April 25 to June 17 (8 weeks)
Boot Camp			
Pilates			
TRX			
Gentle Yoga			
Sports recovery			
Gentle Yoga			From June 20 to August 17 (9 weeks)
TRX			
Pilates			
ISABELLE GIASSON ACADEMY			
Gymnastic classes	\$220	 (5-12 y/o)	April 10 to June 12

 Adults and Seniors  Teens (13-17 y/o)  Young people (5-12 y/o)  10 and 15 classes card available

REGISTER !

Coop Gym Santé Sutton

50 Principale N. Street | coopgymsantesutton.com
450 538-0313 or allo@coopgymsantesutton.com

Boxing

Registration for the full session required. Bandages available at the gym.

Intro to Boxing: Plan to purchase boxing gloves.
Inter Boxing: Intro to Boxing is a prerequisite.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	5:30 - 6:30 p.m.				
5:30 - 6:30 p.m.					
		7:30 - 8:15 a.m.			
5:30 - 6:45 p.m.					Saturday 9:30 - 10:45 a.m.
12:30 - 2 p.m.					
	1 - 2 p.m.		1 - 2 p.m.		
10:15 - 11:15 a.m.			10:15 - 11:15 a.m.		
	8 - 8:30 a.m.		8 - 8:30 a.m.		
	10:15 - 11:15 a.m. 3 - 4 p.m.	5:30 - 6:30 p.m.		10:15 - 11:15 a.m.	
	9 - 10 a.m.		9 - 10 a.m.		
9 - 10 a.m.				9 - 10 a.m.	
			2:30 - 3:30 p.m.		
9 - 10 a.m.					
	9 - 10 a.m.				
		9 - 10 a.m.			
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					Sunday 3:30 - 5 p.m.

 Online registration required before arriving at <https://coopgymsantesutton.com/en/courses>

All classes (\$)

Registration on site. 10 and 15 classes card available.

Walking

Online registration at coopgymsantesutton.com/en

Isabelle Giasson Academy

Gymnasium of Sutton school

19 Highland Street

Isabelle Giasson at 450 919-1095 or academieisabellegiasson@yahoo.ca

Registration for the full session required and no trial classes.

CULTURAL ACTIVITIES

SUTTON MUSEUM OF COMMUNICATIONS AND HISTORY			
EXHIBITION <i>Michèle Boulanger-Bussière, À la mode de chez nous.</i>	\$5 (Adult) Free (18 years and under and Fridays for Sutton residents)	All	From June 11 to October 10
SUTTON ENCORE			
CLAIRE PELLETIER	\$23	 (18+ y/o)	April 1 st
NICOLET	\$20		April 2
BON ENFANT	\$25		April 9
DIANE TELL	\$45		April 22
DANDELION MARCHÉ POP-UP	Free	All	April 30 and May 1 st
CHRIS VELAN	\$20	 (18+ y/o)	May 7
THIERRY LAROSE	\$20		May 21
LAND OF TALK	\$25		May 28
KIM ALBERT	\$18		July 30

 Adults and Seniors

REGISTER !

Sutton Museum of Communications and History

32 Principale S. Street | museedesutton.blogspot.com

514 891-9560 or info@museedesutton.com

Tickets to be purchased on site.

Monday	Ma	Me	Thursday	Friday	Saturday	Sunday
1 - 5 p.m.			1 - 5 p.m.	1 - 5 p.m.	1 - 5 p.m.	1 - 5 p.m.
Monday	Ma	Me	Thursday	Friday	Saturday	Sunday
				7 - 11 p.m.		
					7 - 11 p.m.	
					7 - 11 p.m.	
				7 - 11 p.m.		
					12 - 4 p.m.	12 - 4 p.m.
					7 - 11 p.m.	
					7 - 11 p.m.	
					7 - 11 p.m.	
					7 - 11 p.m.	

Sutton Encore

Salle Alec et Gérard Pelletier

4c Maple Street

direction@salleagpelletier.com | 450 538-0486

Ticketing : lepointdevente.com/salle-alec-et-gerard-pelletier

CULTURAL ACTIVITIES

SUTTON SCHOOL AND MUNICIPAL LIBRARY			
STORY TIME (In French only) Host: Dominique Boucher	Free	(4-6 y/o)	From April 5 to Dec. 3 (1 ^{er} Sat. of the month, except June and Sept.)
BOOK CLUB (In French only) Host: Liliane Lessard and Yannick Woolley	Free		From April 5 to Nov. 8 (1 ^{er} Tuesday of the month, except July and August)
EXCHANGE ON THE WRITER'S CRAFT With Francine Ruel and Raymond Cloutier Host: Liliane Lessard and Yannick Woolley			April 23
INTRODUCTION TO CHESS Host: Daniel Arcand			May 14 and May 28
TD BOOK CLUB Register between June 13 and June 17			From June 13 to Sept. 5
USED BOOK SALE		All	June 18
READ AND MAKE THEM READ		(4-5 y/o)	From Sept. to Nov.
BIBLIOTHÈQUE SUTTON LIBRARY			
USED BOOK SALE John-Sleeth Centre Park		All	July 16
PARC CULTUREL D'ARTS ET DE RÊVES - LES SAMEDIS DAR			
TRICYCLE-ENTRELAC Multidisciplinary event: circus, visual arts and literature.	Free	All	May 14
POEM COCOON Inauguration of the cultural mediation project the poem cocoon. Marie Clark's concept.			May 28
CIRCUS SHOW IN THE AGORA			June 11
PICNIC WITH MADAME SAMANTHA THE JESTER With Doloreze Léonard			June 24
VISUAL ART Exhibition and Showcase of the Artist Sophie Perry			August 13

Adults and Seniors Young people (6-12 y/o) Childrens (0-5 y/o)

REGISTER !





Sutton School and Municipal Library
19 Highland Street
450 538-5843 or bibliotheque@sutton.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:15 - 11 a.m.
	7 - 8:45 p.m.				
				2 - 3:30 p.m.	
					10:15 - 11:30 a.m.
date to come					
					8 a.m. - 2 p.m.
			date to come		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9 a.m. - 4 p.m.
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					afternoon
					afternoon
				11 a.m. - 1 p.m.	
					info to come

Bibliothèque Sutton Library
7 Academy Street
Hélène Laporte at 450 538-0244 or
biblio.sutton@gmail.com

Parc culturel d'arts et de rêves
57 Principale N. Street | dartsetdereves.org
450 531-5707 or info@dartsetdereves.org

COMMUNITY ACTIVITIES

SUTTON VOLUNTEER CENTRE			
BABY DROP-IN Parents' circle, conferences, workshops	Free	 (Parents & babies 0-2 y/o)	Every Friday (continuous)
TOY LIBRARY Loan of game		 (0-5 y/o) Families	Every Thursday (continuous)
CAFÉ 50+ Thematic activities, board games, conferences, creative workshops		 (50+ y/o)	Every Wednesday (continuous)
VACCINATION SERVICES		 (0-4 y/o)	(continuous)
FOOD BANK Distribution of food baskets		ALL	
FOOD RESCUE TABLE Sharing of food		ALL	From June 15 to October 1 st
CURLING CLUB			
GARAGE SALE Fundraiser	Free	ALL	May 7

 Adults and Seniors  Childrens (0-5 y/o)

REGISTER !

Sutton Volunteer Centre

7 Academy Street

cabsutton.com

450 538-1919 or info@cabsutton.com

Baby Drop-in

Free entry. Schedule on Facebook:

www.facebook.com/RessourcefamilleSutton

Toy Library

Free entry. Possible to book an appointment at other moments.

Prenatal and Vaccination Services

Registration by phone with the CLSC at 450 266-4342 poste 4.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9 - 11:30 a.m.	
			2:30 - 4:30 p.m.		
		2:30 - 4 p.m.			
				3 rd Friday of the month 8:30 - 11:30 a.m.	
3 rd Monday of the month 1 - 4 p.m.					
	4 - 4:30 p.m.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8 a.m - 8 p.m.

Food Bank

Registration on site.

Emergency assistance possible at other times if needed. Call 450 538-1919.

Café 50+

Registration by email at info@cabsutton.com

Schedule on Facebook www.facebook.com/RessourcefamilleSutton

Curling Club

26 Pleasant Street

billandlette@hotmail.com

EVENTS

FAMILY CELEBRATION

Gathering to celebrate the families of Sutton/Abercorn region. 📍 Goyette-Hill Park 🌐 cabsutton.com	May 13 9 a.m. - 1 p.m.	Free 👤 Family with children of 18 y/o and under
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DÉFI SUTTON CHALLENGE

Walk and run open to all! ✍️ Registration on site the day of the event 📍 Goyette-Hill Park 🌐 coopgymsantesutton.com	June 11 8 a.m. - 11 a.m.	Free, voluntary contribution accepted 👤 All
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FÊTE NATIONALE

Several activities are on the menu for these festivities. 📍 Goyette-Hill Park and other places in Sutton	June 24 11 a.m. - 10 p.m.	Free 👤 All
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OPEN AIR CINEMA

Screening of 2 films for families and 1 documentary for adults. 📍 Veterans' Park (Maple/pleasant Street)	3 times between July and August	Free 👤 All
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33rd TOUR DES ARTS

Visit the workshops of the artists and artisans of the Tour des Arts in the beautiful Eastern Townships of Quebec. 📍 Sutton, Lac-Brome, West Bolton, East Bolton, Mansonville, Abercorn, West-Brome 🌐 tourdesarts.com	July 16 to 24 10 a.m. - 5 p.m.	Free 👤 All
Group exhibition of the Tour des Arts. 📍 Arts Sutton Centre 7 Academy Street 🌐 artssutton.com	Thursday July 15 1 - 5 p.m. July 16 to 24 10 a.m. - 5 p.m.	

SUTTON JAZZ FESTIVAL

9 concerts of jazz music offered by local and regional musicians. 📍 Sutton Market, 2 Curley Street 🌐 https://suttonjazz.com	July 2 to September 3 4 p.m. - 6 p.m. (except August 20)	Free 👤 All
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TRADITIONAL FIDDLE FESTIVAL

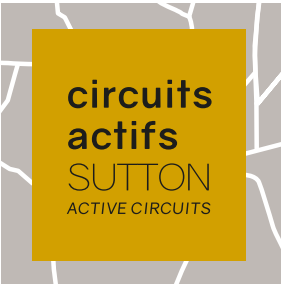












Festival of traditional music dedicated to a flagship instrument: the violin. A series of outdoor concerts, training workshops, master classes. 📍 Veterans' Park (Maple/pleasant Street) 🌐 violontradsutton.com	August 18 to August 21	Online and on-site ticket sales 👤 All
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DOOHICKEYS AND GHOSTS : A TOWNSHIPS TRAIL MYSTERY

Theatrical animation on the road to the townships. 📍 Veterans' Park (Maple/pleasant Street) 📞 Phone reservation at the Sutton tourist office: 1 800 565-8455 or 450 538-8455 🌐 chemindescantons.qc.ca/en/reguines-et-fantomes/	July 30 and September 18 11 a.m. - 12 p.m.	Free 👤 All
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HERITAGE TOURS AND CIRCUITS

ACTIVE CIRCUITS	HERITAGE TOURS	THE BLUE MUSE	PHYSICAL-CULTURE
			<p style="text-align: center;">Sutton Museum of Communications and History, Art Plus Gallery, Art Sutton Centre and parc culturel D'Arts et de rêves</p>
<p>The Town of Sutton offers ten active circuits to allow its citizens and visitors to practice a physical activity (walk, bike, run, etc.) accessible and pleasant from the village.</p> <p>Ten circuits, identified by color and varying from 1.5 to 8.5 km, have been designed to satisfy different levels of physical fitness.</p>	<p>By car or on a hybrid bike, this is a great way to discover one of the distinctive features of our region: the ancient hamlets that shaped Sutton as we know it today.</p> <p>North Sutton, Westover Mill, Sutton Junction, Draper Hill, West Sutton, Glen Sutton, the route highlights the local religious heritage and includes visits to cemeteries and churches, on the trail of the pioneers.</p> <p>There are also places where you can pause to continue your exploration on foot.</p> <p>If you like heritage and cultural discoveries, these circuits are for you!</p>	<p>Explore or rediscover the village of Sutton on a walking tour that takes you through art and time, from past to present.</p> <p>Feel free to stop along the way at shops, parks and art galleries to take a closer look or listen to memories of previous generations and the stories of local artists</p> <p>As you walk along, you will become more familiar with Sutton's cultural, artistic, architectural and natural heritage.</p>	<p>Discover the culture of Sutton on foot or by bike.</p> <p>Everyday from June 1st to June 30th.</p>
<p> A paper map of the active tours is available at the Sutton Tourist Office.</p> <p> To download the map in PDF format: sutton.ca/en/recreation-and-sports/recreation-and-sports-life/active-circuits/</p>	<p> Paper maps of the heritage circuits are available at the Sutton Tourist Office.</p> <p> You can download the audioguided tours for free on the Town of Sutton's website: sutton.ca/en/discover-sutton/heritage/heritage-tours/</p>	<p> Paper map of the Blue Muse tour is available at the Sutton Tourist Office.</p> <p>Free interactive map with the app Ondago (mobile phone or tablet): igloocreations.com/ondago/app/bundles/LaMusebleue/</p>	<p> Coupons available at the Sutton Tourist Office:</p> <p>24A Principale S. Street, Sutton</p>
<p style="text-align: center;">Free</p> <p style="text-align: center;"> All</p>	<p style="text-align: center;">Free</p> <p style="text-align: center;"> All</p>	<p style="text-align: center;">Free</p> <p style="text-align: center;"> All</p>	<p style="text-align: center;">Free</p> <p style="text-align: center;"> All</p>