




WINTER 2023 SCHEDULE

-  **SPORTS AND
PHYSICAL ACTIVITIES**
-  **CULTURAL ACTIVITIES**
-  **RECREATIONAL AND
COMMUNITY ACTIVITIES**
-  **EVENTS**

 Information as of January 17, 2023 - 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 Department:
agculture.lvc@sutton.ca or 450 538-2290



SPORTS AND PHYSICAL ACTIVITIES



COOP GYM SANTÉ SUTTON

Boxing	FULL SESSION (ONE DAY/WEEK) MEMBERS: \$195 NON-MEMBERS: \$235		From January 9 to April 17 (weekly)
Pre-Golf	FULL SESSION (ONE DAY/WEEK) MEMBERS: \$145 NON-MEMBERS: \$165		From February 20 to April 12 (weekly)
Nordic Walking	FULL SESSION (ONE DAY/WEEK) MEMBERS: \$35 NON-MEMBERS: \$50		From March 6 to May 15
Posture Toning	À LA CARTE (PER DAY) Members: \$18 Non-members: \$21	 	From January 9 to April 21
Pilates all levels			
Pilates Intermediate			
Gentle Yoga			
Circuit Training			
Walking	Free	 	From January 10 to April 18

FADOQ LES DEUX-MONTS

Osteoporosis prevention exercises (EPO)	\$10 / session (4 MONTHS)	 (50+ y/o)	From January 9 to April 13
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Adults and seniors Online registration required before arriving at <https://coopgymsantesutton.com/en/courses>

REGISTER NOW !

Coop Gym Santé Sutton

50 Principale Street North, Sutton

<https://coopgymsantesutton.com/en>

450 538-0313 or allo@coopgymsantesutton.com

Walking

The meeting place will be posted the morning of the activity on the website <https://coopgymsantesutton.com/en> and the [Coop Gym Santé Sutton](#) Facebook page.

Boxing

Registration for the full session required

Registration deadline: January 9, 2023

Plan to purchase boxing gloves

Bandages available at the gym

Nordic Walking

Registration deadline: March 6, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
5:30 p.m. - 6:30 p.m.				
2 p.m. - 3:15 p.m.		2 p.m. - 3:15 p.m.		
1 p.m. - 2 p.m.				
	10:30 a.m. - 11:30 a.m.		10:30 a.m. - 11:30 a.m.	
	5:30 p.m. - 6:30 p.m.			10:30 a.m. - 11:30 a.m.
10:30 a.m. - 11:30 a.m.				
9:15 a.m. - 10:15 a.m.				9:15 a.m. - 10:15 a.m.
8 a.m. - 9 a.m.		8 a.m. - 9 a.m.		
	1 p.m. - 2 p.m.		1 p.m. - 2 p.m.	
Monday	Tuesday	Wednesday	Thursday	Friday
8:45 a.m. - 10:30 a.m.	8:45 a.m. - 11:15 a.m.	8:45 a.m. - 10:30 a.m.	8:45 a.m. - 11:15 a.m.	

Cards available : 10 classes (member: \$145, non-member: \$175) / 15 classes (member: \$210, non-member: \$255) / 20 classes (member: \$270, non-member: \$330) / 30 classes (member: \$400, non-member: \$490), plus taxes

Pilates Intermediate

Pilates experience required

Pre-Golf

Registration deadline: February 20, 2023

All other classes

Registration on site

FADOQ Les Deux-Monts

Sutton Town Hall - Council room

450 538-3458 or denisepoca@yahoo.ca

SPORTS AND PHYSICAL ACTIVITIES



SUTTON CURLING CLUB			
Evening Leagues	New member: \$225 Regular: \$325 Couple: \$605	(members)	Weekly From January 2 to April 2
Monday Afternoon League			
Morning Leagues			
Thursday Afternoon League			
Open Practice	\$	(members and visitors)	From January 2 to April 2

PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)			
Club des Godasses PENS trails	Free	(50+ y/o)	All year long, weekly
Moonlight Hike Round Top	Member: \$5 Non-member: \$10	(in good shape)	January 7
Sommet des Hollandais			February 4
Les aménagistes Point of view NEW!			March 4

GYMNASIUM OF SUTTON SCHOOL			
Badminton (Under 16 years old accompanied by an adult*)	\$8 / evening \$40 for the session Free (16 y/o and under)	(16 y/o and under)	From January 24 to March 19
Badminton	\$8 / evening \$40 for the session	(16+ y/o)	
Basketball	\$5 / game	(14+ y/o)	
Hockey cosum	\$40 / session		
Pickleball	\$		

Adults and seniors Teens (13-17 y/o) Young people (7-15 y/o) Fee-based activities

REGISTER NOW !

Sutton Curling Club

26 Pleasant Street, Sutton

Registration: Contact Bill Taylor at billandliette@hotmail.com

Matches generally last two hours. Members may curl as often as they like in various weekly leagues (subject to space limitations).

Rink rental to the public on request (for all, members and visitors) from October 24 to April 2.

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

Parc d'environnement naturel de Sutton (PENS)

900 Real Road, Sutton

<https://www.parsutton.com/en>

450 538-4085 or info@parsutton.com

Club des Godasses: registration by email

Rando in the moonlight: registration on the [website](#)

Gymnasium of Sutton School

19 Highland Street, Sutton

Hockey cosum: 450 531-6020

Registration by email at sam.gagne11@hotmail.com

Badminton: registration at blainmarcandre@gmail.com

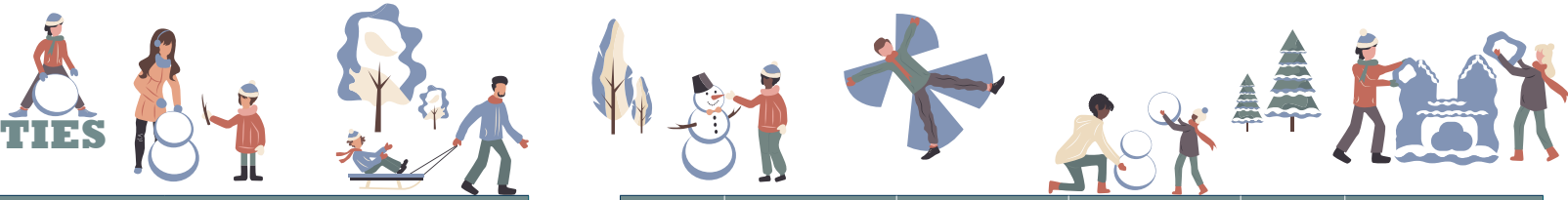
The person in charge will provide the shuttlecocks.

* The accompanying adult can play until 9 p.m.

Basketball: Registration on-site

Pickleball: pickleballsutton@gmail.com

CULTURAL ACTIVITIES



BALLET-THÉÂTRE SUTTON			
CREATIVE DANCE I Introduction to dancing	\$185 / 14 classes	(4-5 y/o)	From January 29 to May 14
FUNDA.M.ENTALS OF DANCE I Work on coordination, expression and musicality	\$245 / 14 classes	(5-6 y/o)	
FUNDA.M.ENTALS OF DANCE II Work on coordination, expression and musicality		(6-7 y/o)	
BOYS DANCE Coordination, expression and musicality for boys only!	\$275 / 15 classes and show	(6-12 y/o)	From January 15 to June 3
BALLET I Introduction to the classical technique	\$315 / 17 classes and show	(7-8 y/o)	
BALLET II Advanced beginner level		(8-10 y/o)	
BALLET III Intermediate level	\$475 / 17 classes and show	(11 y/o and +) by placement	
CONTEMPORARY DANCE Exploration of movement and expression; beginner and advanced beginner level	\$395 / 17 classes and show	(5 th and +)	
THEATER I Theater class exploring movement, voice and improvisation	\$275 / 15 classes and show	(2 nd , 3 rd & 4 th)	From January 29 to June 3
THEATER II Acting techniques explorations through ga.m.es, improvisation and preparation of a presentation	\$345 / 15 classes and show	(5 th and +)	
BALLET FOR ADULTS With or without experience	\$195 / 8 classes		From January 19 to March 16
PIANO CLASSES Private lessons for all levels	\$ depending on the length of the lesson	(7+ y/o)	From January 16 (dates to be confirmed)

Adults and seniors Children (by age or by elementary school year)

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

Ballet-Théâtre Sutton

50 Principale Street North, Sutton







438 738-2558 or info.balletsutton@gmail.com

Registration online at <https://www.balletsutton.com>

REGISTER NOW !

RECREATIONAL AND COMMUNITY ACTIVITIES



SUTTON VOLUNTEER CENTRE - CAB			
BABY DROP-IN New parents, babies	Free	 (Parents/babies 0 - 2 y/0)	Weekly (continuous)
TOY LIBRARY		 Families (0 - 5 y/o)	
PRENATAL AND VACCINATION SERVICES (By appointment only)		 (0 - 4 y/o)	
STIMULATION WORKSHOP Awakening to reading and global stimulation activities (Registration mandatory)		 (0 - 5 y/o)	
CAFÉ 50+		 (50+ y/o)	
FOOD BANK On registration only		ALL	
MEALS ON WHEELS Home delivery (Registration mandatory)	\$5/meal	 (Seniors)	
SOLIDARITÉ POUR L'ENVIRONNEMENT À SUTTON - SES			
FRIENDLY MEETING Informative meeting on SES activities and snack (short meeting)	Free	ALL	January 31 (Community room on the 2nd floor)
REGULAR MEETING			March 14 (Council room)

 Adults and seniors  Children (0 - 5 y/o)

REGISTER NOW !

Sutton Volunteer Centre - CAB

7 Academy Street, Sutton

<https://cabsutton.com/en>

450 538-1919 or info@cabsutton.com

Baby Drop-in

Free entry. Schedule on: ressourcefamille@cabsutton.com

or [Facebook Baby Drop-in Sutton](#)

Toy Library

By appointment only

Prenatal and Vaccination Services

Registration by phone with the CLSC at

450 266-4342 ext. 4.

Stimulation Workshop

Registration by phone at 450 538-1919

or by email at ressourcefamille@cabsutton.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9 a.m. - 11:30 a.m.	
			2:30 p.m. - 4:30 p.m.		
				3 rd Friday morning of the month from 8:30 a.m.	
	9 a.m. - 11 a.m.				
		2:30 p.m. - 4:30 p.m.			
3 rd Monday of the month 1:30 p.m. - 4:30 p.m.					
 11:30 a.m. to 12:30 p.m.		 11:30 a.m. to 12:30 p.m.			 11:30 a.m. to 12:30 p.m.
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4 p.m. - 6 p.m.				
	7 p.m. - 8:30 p.m.				

Meals on Wheels

Registration by phone at 450 538-1919

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 RessourcefamilleSutton](#)

Solidarité pour l'Environnement à Sutton - SES

Sutton Town Hall

11 Principale Sud Street, Sutton

Free admission

Linda Boisclair: 450 538-0765 or by email at

infosutton@gmail.com

EVENTS



TOWN OF SUTTON

WINTER PLEASURES

📍 **GOYETTE-HILL PARK**
450 538-2290 or loisirs@sutton.ca
<https://sutton.ca/hiver>

Free
👤 All

Saturday, February 18
10:30 a.m. to 4 p.m.
(in case of bad weather,
postponed to February 25)
Evening fireworks

SKATING RING AND ICE PATH

📌 Check the OPEN/CLOSE buttons on the home page of the Town's website at <https://sutton.ca/en>

📍 **GOYETTE-HILL PARK**
450 538-2290 or loisirs@sutton.ca
<https://sutton.ca/en>

Free
👤 All

Every day from 8 a.m. to 10 p.m.
From December 19 to March 5
(depending on the weather)



OTHER ACTIVITIES



BOÎTE À CHANSONS

With Agnès Boisvert and Trisha Pope
Prepare a presentation (max. 5 minutes). Possibility of a second presentation depending on the number of participants.

📍 **SUTTON JUNCTION
COMMUNITY ROOM**
128 Mont Echo Road., Sutton
Agnès Boisvert: 579 488-7839 or
agnes.boisvert@gmail.com

\$ By donation

👤 All

January 27
and February 24
7 p.m. to 9 p.m.



LES BEAUX LUNDIS

With Anne Haché
Friendly meetings of a group of artists, amateurs or professionals, to exchange and transmit their knowledge in turn according to a schedule established in advance (ex: painting on stained glass, clay, soluble fabric, watercolour, etc.).

📍 **SUTTON TOWN HALL
COMMUNITY ROOM**
11 Principale Sud Street, Sutton
Registration: ahache5@live.fr

\$

👤 Adults and
Seniors

Mondays
from January 23
to March 27, 2023
1 p.m. to 4 p.m.

