



WINTER-SPRING 2024 SCHEDULE

Sports and Physical Activities

Cultural Activities

Recreationals and Community Activities

Events

Version of decembre 18 - The schedule may be subject to last minute changes. 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



FADOQ LES DEUX-MONTS

EXERCISES OPE

Osteoporosis prevention exercises (OPE)

\$10 / session

The activity is reserved for members of the Deux-Monts FADOQ club.



From January 15 to April 22

SUTTON CURLING CLUB

CURLING

New member

\$235

Half-season

\$195



From January 8 to April 20

PARC D'ENVIRONNEMENT NATUEL DE SUTTON (PENS)

FREE USE OF PENS TRAILS FOR SUTTON AND ABERCORN RESIDENTS

Free

All

From February 5 to February 10

RANDOS DU CLUB DES GODASSES

Free for PENS member or \$8 / daily access fee



From January 10 to March 20

FAMILY OUTING TO IDENTIFY TREES IN WINTER

Free

All

February 10

MOONLIGHT HIKE

Members \$10
Non-members \$15
Free for children under 18 y/o



January 27
February 24
March 23

Senior Adults 13 to 17 y/o 6 to 12 y/o 0 to 5 y/o

INSCRIVEZ-VOUS!

FADOQ les Deux-Monts

Sutton Town Hall - Council room
11, Principale Street South, Sutton
Registration before January 1.
francebrien2@gmail.com

Sutton Curling Club

26, Pleasant Street, Sutton
Registration on site.
www.curlingsuttonquebec.ca/en
Preferable to register before January 8 in order to be placed in a team.
info@curlingsuttonquebec.ca
579 534-8484

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 a.m. - 10:15 a.m.	9 a.m. - 10:15 a.m. 10:20 a.m. - 11:05 a.m.	9 a.m. - 10:15 a.m.	9 a.m. - 10:15 a.m. 10:20 a.m. - 11:05 a.m.		
There are morning (9 a.m.) and afternoon (1 p.m.) leagues most days of the week and evening leagues (7 p.m.) five days a week, with occasional weekend tournaments. You can play as often as you like in the day or evening leagues.					
9 a.m. - 4 p.m.					9 a.m. - 4 p.m.
8:30 a.m. - 12 p.m. (every two weeks)		4 p.m. - 6 p.m. (every weeks)			
					10 a.m. - 12 p.m.
Samedi					
Once a month : January 27 : 5:30 p.m. / February 24 : 6 p.m. / March 23 : 7:30 p.m.					

Parc d'environnement natuel de Sutton (PENS)

800, Real Road, (altitude 520), Sutton
<https://www.parc Sutton.com/en/michelle@parcsutton.com>
450 538-2121
Proof of Sutton or Abercorn residency required at park reception desk.

FAMILY OUTING TO IDENTIFY TREES IN WINTER

Start at the Village-Montagne trailhead on Highland Street.

RANDO CLAIR DE LUNE

Online register
<https://form.jotform.com/220954170574255>

CLUB DES GODASSES

Registration by email
For the activity, go to the location indicated in the email sent before the activity.



SPORTS AND PHYSICAL ACTIVITIES



COOP GYM SANTÉ SUTTON

Activity	Member / Non-member Pricing	Age Group / Level	Start Date
CIRCUIT TRAINING	Member \$18 / 1 class \$145 / 10 classes \$210 / 15 classes \$270 / 20 classes Non-member \$21 / 1 class \$175 / 10 classes \$225 / 15 classes \$330 / 20 classes +tx	1 Adult	From January 8 to March 29
GENTLE YOGA		2 Adults	
SELF-MASSAGE AND MOBILITY		3 Adults	From January 10 to March 27
POSTURE TONING		2 Adults	From January 9 to March 26
LET'S MOVE CIRCUIT!		2 Adults	From January 8 to March 25
PILATES ALL LEVELS		2 Adults	From January 9 to March 29
GENTLE GYM 50 +		50 +	
SPINNING EXPRESS		2 Adults	From January 10 to March 27
SPINNING		2 Adults	From January 9 to March 28
BOXING TRAINING		Member \$84 • Non-member \$120 Student \$66 Purchase glove (\$50) and bandages (\$15).	2 Adults
PRE-GOLF	Member \$145 Non-member \$165 payable on first class	1 Adult	From February 26 to April 17
PRE-GOLF			

👤 Senior
👤 Adults
👤 13 to 17 y/o
👤 6 to 12 y/o
👤 0 to 5 y/o

REGISTER!

Coop Gym Santé Sutton

50, Principale Street Nord, Sutton

<https://coopgymsantesutton.com/en/courses/>

Prices are before tx.

Online, by phone, by email and in person if space is available.

allo@coopgymsantesutton.com

450 538-0313

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



SPORTS AND PHYSICAL ACTIVITIES



PLEIN AIR SUTTON Season passes also available

CROSS-COUNTRY SKIING	Adult \$17,39 14-17 y/o \$14,35 0-13 y/o Free	All	From December 1
FATBIKE	Adult \$13,05 14-17 y/o \$10,44 0-13 y/o Free		*Depending on snowfall
WINTER HIKING	Adultes \$6,09 14-17 ans y \$4,36 0-13 y/o Free		From December 1

GYMNASSE DE L'ÉCOLE DE SUTTON

VOLLEYBALL	\$25 / session		From February 1 to avril 4
BADMINTON	\$8 /evening or \$40 for the season. Free for 16 and under	All	From January 30 to April 2
BASKETBALL	\$5 / session	All	From January 4 to April 7
HOCKEY COSOM	\$40 / session		From January 31 to April 3
BABY GYM	Free		From February 3 to April 06
GYMNASTICS (Académie Isabelle Giasson)	\$230 / 10 classes of 1h30		From March 17 to May 10

Senior Adults 13 to 17 y/o 6 to 12 y/o 0 to 5 y/o

REGISTER!

Plein Sir Sutton,
429, Maple Street, Sutton
Online or on site ticketing.
billetterie@pleinairsutton.ca
www.pleinairsutton.ca
450-538-6464

Gymnasium of Sutton School
19, Highland Street, Sutton
HOCKEY COSOM
Registration by phone or email.
sam.gagne11@gmail.com
450 531-6020

VOLLEYBALL
Registration on site or by email.
claud.charest53@bell.net

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Dimanche
9 a.m. - 4:30 p.m.						
			7 p.m. - 9 p.m.			
	 6 p.m. - 7 p.m. 7 p.m. - 9 p.m.					
						10 a.m. - 12 p.m.
		7:45 p.m. - 9:30 p.m.				
					9:30 a.m. - 12 p.m.	
						3:30 p.m. - 5 p.m.

BABY GYM
Free entry for members of our organization.
gestion.jardin.sutton@gmail.com
438 936-1677
BADMINTON
Registration on site.
blainmarcandre@gmail.com
- 16 years old accompanied an adult.

BASKETBALL
Registration on site.
ahoulefruitlegume@gmail.com
GYMNASTICS
Académie Isabelle Giasson
Registration by phone or email.
academieisabellegiasson@hotmail.com
450 919-1095



CULTURAL ACTIVITIES



BALLET-THÉÂTRE SUTTON

CREATIVE DANSE	\$130 / 10 weeks	👤	From February 4 to April 21
FUNDAMENTALS OF DANCE I	\$165 / 10 weeks		
BALLET I - Saturday	\$120 / 6 weeks	👤👤	From January 16 to February 24
BALLET I - Tuesday			
BALLET II			
BALLET II/III			
BALLET III	\$150 / 6 weeks	👤	
BALLET IV - Tuesday			
BALLET IV - Saturday			
BALLET V - Thursday	\$175 / 6 weeks	👤	
BALLET V - Saturday			
THEATER CLASS	\$195 / 14 weeks	👤	From February 6 to June 3

👤 Senior 👤 Adults 👤 13 to 17 y/o 👤 6 to 12 y/o 👤 0 to 5 y/o

✍ REGISTER!

Online registration from January 7
balletsutton.com

Ballet-Théâtre Sutton
50, Principale Street North, Sutton
info.balletsutton@gmail.com
BALLET I TUESDAY

Gymnasium of Sutton School
19, Highland Street, Sutton
THEATER CLASS

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

Town Hall

11, Principale Street South, Sutton

- CREATIVE DANSE**
- FUNDAMENTALS OF DANCE I**
- BALLET I**
- BALLET II**
- BALLET II/III**
- BALLET III**
- BALLET IV**
- BALLET V**



CULTURAL ACTIVITIES



SUTTON MUNICIPAL AND SCHOOL LIBRARY

SOPRANO UKULELE LESSONS LEVEL 1 (BEGINNERS)	\$50 / 8 weeks		From January 15 to March 11
UNCIAL CALLIGRAPHY WORKSHOP	Free		April 13
BARITONE UKULELE LESSONS LEVEL 2	\$50 / 8 weeks		From January 17 to March 13

SUTTON MUNICIPAL LIBRARY

WORD CAFÉ	\$200 / session		From January 28 to September 29
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SUTTON JUNCTION COMMUNITY HALL

ACOUSTIC OPEN STAGE	Donation	All	Until June
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SUTTON ENCORE

LAURENCE JALBERT	\$48,16	All	February 2
LA SÉCURITÉ + TOTALEMENT SUBLIME	\$20 + tx and services		February 23
VANILLE + VELOURS VELOURS		All	March 8
LE COULEUR + SUPER PLAGE			March 22

Senior Adults 13 to 17 y/o 6 to 12 y/o 0 to 5 y/o

REGISTER!

Sutton Municipal and School Library

19, Highland Street, Sutton
UKULÉLÉ SOPRANO, LEVEL 1
 Purchase a soprano ukulele before the first lesson.
 Registration by phone or email.
agnes.boisvert@gmail.com
 579 488-7839

BARITONE UKULELE, LEVEL 2
 Have your own ukulele. No classes on Wednesday March 6 due to school break.
 Informations : agnes.boisvert@gmail.com
 or 579 488-7839
CALLIGRAPHY WORKSHOP
 Registration by Email.
bibliotheque@sutton.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 p.m. - 8 p.m.					
					1 p.m. - 4 p.m.
		6:30 p.m. - 8 p.m.			
Last Sunday of each month 3 p.m. - 4:30 p.m.					
Once a month: always the last Friday Prepare your best song. You can do 2, depending on the number of participants.					
				8 p.m. - 10 p.m.	
				8:30 p.m. - 11 p.m.	

Sutton Municipal Library
 7, Academy Street, Sutton
jolo.hawley@gmail.com
 450 538-5452

Sutton Junction Community Hall
 128, Mont Echo Road, Sutton
 For musicians, registration on site the evening of the activity.
agnes.boisvert@gmail.com
 579 488-7839

Sutton Encore
 La Sag
 4-C, Maple Street, Sutton
 Online.
<https://lepointdevente.com/billets/sag240126001>
direction@suttonencore.com
 450 538-0486

RECREATIONAL AND COMMUNITY ACTIVITIES



FADOQ LES DEUX-MONTS				Monday	Tuesday	Wednesday	Thursday	Friday
TIC WORKSHOP Computer workshops on tablets and phones	\$15		January 8 to February 26	2 p.m. - 4 p.m.				
SOLIDARITÉ POUR L'ENVIRONNEMENT À SUTTON (SES)								
REGULAR MEETINGS	Free	All	January 16 February 20 March 26		7 p.m. - 9 p.m.			
GENERAL ASSEMBLY			April 30					
SUTTON VOLUNTEER CENTRE								
BABY DROP-IN	Free		January 5 to march 22					9 a.m. - 12 p.m.
JOUJOUGENERATION		All	January 4 to march 21				2 p.m. - 4:30 p.m.	
PRENATAL AND VACCINATION SERVICES			January 19 to march 15					8:30 a.m. - 12 p.m. (Third Friday of every month)
MEALS ON WHEELS	5\$ / Meal		Continuous	11:30 a.m. - 12:30 p.m.		11:30 a.m. - 12:30 p.m.		11:30 a.m. - 12:30 p.m.
CAFÉ 50+	Free		From January 10			2 p.m. - 4:30 p.m.		
COLLECTIVE KITCHEN	Participants share cost of ingredients per serving	All	Continuous		9 a.m. - 12 p.m. (Third Tuesday of every month)			
FOOD BANK	Free				1 p.m. - 5 p.m. (Third Monday of every month)			

Senior Adults 13 to 17 y/o 6 to 12 y/o 0 to 5 y/o

REGISTER!

Sutton Volunteer Centre
7, rue Maple, Sutton
<https://cabsutton.com/en/>
450 538-1919 or info@cabsutton.com

BABY DROP-IN
ressourcefamille@cabsutton.com
[Facebook Baby Drop-in Sutton](#)

PRENATAL AND VACCINATION SERVICES
Registration by phone.
450 266-4342 poste 4
info@cabsutton.com

JOUJOUGENERATION CAFÉ 50+
450 538-1919
info@cabsutton.com

MEALS ON WHEELS COLLECTIVE KITCHEN FOOD BANK
Registration by phone.
450 538-1919
info@cabsutton.com

Solidarité pour l'Environnement à Sutton (SES)
Town Hall Council Room
11, Principale Street, South Sutton
Free admission.
Linda Boisclair : 450 538-0765 ou
infosutton@gmail.com

FADOQ les Deux-Monts
Sutton Municipal and School Library
19, Highland Street, Sutton
Registration online.
ggravel2015@gmail.com

EVENTS



TOWN OF SUTTON

WINTER'S PLEASURE

📍 **PARC GOYETTE-HILL**
450 538-2290 ou loisirs@sutton.ca

Free
All

February 10
To come
Fireworks in the evening

THE GOLDEN SNOWFLAKE

📍 **START AT : 14, DU DÉPÔT
STREET, SUTTON**
sutton.ca/gold23

Free
All

November 29
February 4



Experience Sutton Winter

with family or friends.

