



Ville de  
Town of **Sutton**

# FALL Schedule

2024



# WOULD YOU LIKE TO GET INVOLVED IN THE COMMUNITY?

Would you like to meet new people?

Do you have time to dedicate to Sutton organizations?

Click [here](#) or scan the QR code to find out about volunteer opportunities.



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Information as of August 26, 2024. 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](mailto:agculture.lvc@sutton.ca) or 450 538-2290.

# SPORTS AND PHYSICAL ACTIVITIES



## COOP GYM SANTÉ SUTTON

<b>LET'S MOVE CIRCUIT!</b>				
<b>CIRCUIT TRAINING</b>	<p><b>One class</b> Member : \$18 Non-Member : \$21</p> <p><b>Acces card</b> <b>10 classes</b> Member : 145 Non-Member : \$175</p> <p><b>15 classes</b> Member : \$210 Non-Member : \$255</p> <p><b>20 classes</b> Member : \$270 Non-Member : \$330</p>		From september 9 to december 22	
<b>CARDIO BIKE 45</b>				
<b>CARDIO BIKE 45</b>				
<b>CARDIO BIKE 60</b>				
<b>CARDIO BIKE 60</b>				
<b>GENTLE YOGA</b>				
<b>POSTURE TONING</b>				
<b>PILATES</b>				
<b>GENTLE GYM 50 +</b>				
<b>PILATES WITH DOMINIQUE C.</b>				
<b>WALKS</b>	Free			
<b>PRE-SKI</b>	Member : \$168 Non-Member : \$204		From september 30 to december 9	
<b>INTRODUCTION TO HYBRID TRAINING</b>	Member : \$14 Non-Member : \$17		From october 1 to december 3	
<b>BOXING</b>	Member : \$84 Non-Member : \$102 Student : \$66		From september 16 to october 28	
	Boxing gloves : \$50 Bandages : \$15		From november 4 to december 16	

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

## REGISTER!

**Coop Gym Santé Sutton**  
50, Principale Street North, Sutton  
[www.coopgymsantesutton.com/en](http://www.coopgymsantesutton.com/en)  
The prices indicated do not include tax.

Register online, by phone, on the Fliip app,  
by e-mail or onsite  
[allo@coopgymsantesutton.com](mailto:allo@coopgymsantesutton.com)  
450 538-0313



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

# SPORTS AND PHYSICAL ACTIVITIES



## SUTTON ELEMENTARY SCHOOL GYMNASIUM

<b>GYMNASTICS CLASSES</b>	\$230 / session *taxes included	+ 5 y/o	From september 29 to december 1
<b>BABYGYM</b>	Gratuit		From october 26 to november 30
<b>BADMINTON</b>	16 y/o and - : free Adult : \$8 / evening \$40 / session		From september 24 to november 26
<b>HOCKEY COSUM</b>	\$40 / session		From september 25 to november 27
<b>VOLLEYBALL</b>	\$30 / session		From september 26 to november 28
<b>SUTTON CURLING CLUB</b>			
<b>OPEN HOUSE</b>	Free	9 y/o and +	October 19 and 20
<b>CURLING</b>	The annual fee is for the season from October to April, and includes taxes.  New member : \$245 Regular member : \$345 Couple : \$625 Half-season : \$200 Social member : \$80 Student member (8 - 18 y/o) : \$75 Student member (19 and +) : \$135		From october 21 to April 2025

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

## REGISTER!

**Sutton Elementary School gymnasium**  
19, Highland Street, Sutton

**GYMNASTICS CLASSES**  
Registration by e-mail  
[academieisabellegiasson@hotmail.com](mailto:academieisabellegiasson@hotmail.com)

**BABYGYM**  
Registration onsite, by becoming a member of the organization

**BADMINTON**  
Registration onsite or by e-mail  
[blainmarcandre@gmail.com](mailto:blainmarcandre@gmail.com)

**HOCKEY COSUM**  
Registration onsite, by becoming a member of the organization

**VOLLEYBALL**  
Registration onsite or by e-mail  
[claudescharest53@bell.net](mailto:claudescharest53@bell.net)

**Sutton Curling Club**  
26, Pleasant Street, Sutton  
  
Registration onsite  
[www.curlingsuttonquebec.ca](http://www.curlingsuttonquebec.ca)  
  
Members can curl in one or more weekly leagues.

















Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						3:30 p.m. - 5 p.m.
					9:30 a.m. - 12 p.m.	
	6 p.m. - 7 p.m. (16 y/o and - with an adult) 7 p.m. - 9 p.m. adult					
		7:45 p.m. - 9:30 p.m.				
			7 p.m. - 9 p.m.			
					10 a.m. - 2 p.m.	10 a.m. - 2 p.m.
Consult the schedule on the website : <a href="http://www.curlingsuttonquebec.ca">www.curlingsuttonquebec.ca</a>						



# SPORTS AND PHYSICAL ACTIVITIES








## PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)

<b>PAS PRESSÉS MOONLIGHT HIKE AT SPRUCE LAKE</b>	Member : \$7 Non-member : \$15	 	From september 14 to november 9
<b>WALKING WITH THE CLUB LES GODASSES</b>	Member : free Non-member : \$8	55 and +	From september 4 to december 18
<b>CLAIR DE LUNE ROUND TOP HIKE</b>	Member : \$7 Non-member : \$15	 	September 14 and October 19
<b>PAS PRESSÉS HIKES</b>	Free	 	From september 2 to december 16
<b>NATURE WALKS</b>	Voluntary contribution	 	From september 14 to november 9
<b>MUSHROOM HIKES</b>	12 and - : free 13 and + : \$60	   	September 14 and 28
<b>LA GRANDE TRAVERSÉE</b>	Member : \$7 Non-member : \$15	 	September 28

## PLEIN AIR SUTTON / MTB

<b>MOUNTAIN BIKING</b>	<b>Membership</b> 0-6 y/o : free 7-17 y/o : \$130 adult : \$185 family : \$463	<b>Daily pass</b> 0-6 y/o : free 7-17 y/o : \$14 Adult : \$20 Family : \$50	From september 1 to november 17
<b>LES MARDIS DIGS (volunteer work on trails)</b>	Free		From september 1 to october 8
<b>CROSS-COUNTRY SKIING</b>	<b>Daily pass</b> 14 and - : free 15 - 17 y/o : \$14,35 Adult : \$17,39		From december 1 to december 31
<b>WINTER WALKS</b>	<b>Daily pass</b> 14 and - : free 15 - 17 y/o : \$4,36 Adult : \$6,09		
<b>FATBIKE</b>	<b>Daily pass</b> 14 and - : free 15 - 17 y/o : \$10,44 Adult : \$13,05		

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

## REGISTER!

### Parc d'environnement naturel de Sutton (PENS)

900, Réal Rd, Sutton  
[www.parcstutton.com](http://www.parcstutton.com)  
[activites@parcstutton.com](mailto:activites@parcstutton.com)  
450 538-2121

Proof of Sutton or Abercorn residency requested at the park reception desk.

### MUSHROOM HIKES

Registration by phone or e-mail  
Paul Dorion  
Champignons des Cantons  
450 538-3469  
[paulion153@gmail.com](mailto:paulion153@gmail.com)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Once a month 6:30 p.m. - 9:30 p.m.	
		4 p.m. - 6 p.m.				
					6:30 p.m. - 9:30 p.m.	
9 a.m. - 11 a.m.						
					Once a month 9:30 a.m. - 11:30 a.m.	
					9:30 a.m. - 4 p.m.	
					8:30 a.m. - 4 p.m.	
Bicycle paths are accessible at all times. The lift will be in operation on weekends until October 14th.						
	4 p.m. - 8 p.m.					
9 a.m. - 4:30 p.m. Equipment rental available onsite.						

### Plein air Sutton / MTB

429, Maple Street, Sutton  
[info@pleinairsutton.ca](mailto:info@pleinairsutton.ca)  
450 538-6464  
[www.pleinairsutton.ca/en](http://www.pleinairsutton.ca/en)

### MOUNTAIN BIKING

At the Mont Sutton, entrance  
671, Maple Street, Sutton  
Registration onsite or online  
450 538-2545  
(pre-sale online only)

### LES MARDIS DIGS

Registration onsite

### CROSS-COUNTRY SKIING WINTER WALKS

Registration onsite or online

### FATBIKE

Registration at the Mont Sutton ticket office

# CULTURAL ACTIVITIES



ART SUTTON ART CENTER			
François Morelli - LONGING TO TELL (Reconstructed Memories)	Free, donations accepted.		From July 25 to September 8
Exhibition Nathalie Cloutier — ABYSSES			From July 25 to September 8
Exhibition Éric Daudelin — TRAMES			From September 12 to October 20
Espace Claire-Léger — artists members of artists members			From September 12 to October 20
EXPO-CONCOURS 2024 — Collective			November 14 to December 20

SUTTON MUNICIPAL AND SCHOOL LIBRARY			
CLOSING THE VEGETABLE GARDEN	Free		September 19
CONFERENCE BY PETER MCAUSLAN			September 26
UKULELE LESSONS 1	\$100 / session	14 and +	From September 11 to November 13
UKULELE LESSONS 4	\$100 / session		From September 9 to November 18
SPECIAL EFFECTS MAKE-UP WORKSHOP	Free	10 - 17 y/o with a parent	October 26

LA SOCIÉTÉ DE CONCERT VIVARTÉ			
APÉRO JAZZ AVEC LA PIANISTE LORRAINE DESMARAIS	Regular ticket : \$40 Benefactor ticket : \$100 0 - 12 y/o : \$10		September 1
PIANO CONCERT WITH MATHIEU GAUDET			October 27
BIODANZA SUTTON TO BRING MORE LIFE INTO YOUR LIFE!	\$25 / class \$150 / session of 8 weeks		From September 23 to November 11
TRADITIONAL CHRISTMAS DANCE with live musicians	13 y/o and + : \$25 0 - 12 y/o : free		December 21

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

## REGISTER!

**Art Sutton Art Center**  
7, Academy Street, Sutton  
450 538-2563  
[info@artssutton.com](mailto:info@artssutton.com)

**Sutton Municipal and School Library**  
19, Highland Street, Sutton  
Register by e-mail or by phone  
450 538-5843  
[bibliotheque@sutton.ca](mailto:bibliotheque@sutton.ca)

**UKULELE LESSONS 1 AND 4**  
Register by e-mail or by phone  
[agnes.boisvert@gmail.com](mailto:agnes.boisvert@gmail.com)

**SPECIAL EFFECTS MAKE-UP WORKSHOP**  
Register by e-mail or by phone



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 p.m. - 5 p.m.	1 p.m. - 5 p.m.	1 p.m. - 5 p.m.	1 p.m. - 5 p.m.
			1 p.m. - 4 p.m.			
			1 p.m. - 4 p.m.			
		6:30 p.m. - 8 p.m.				
6:30 p.m. - 8 p.m.						
					1 p.m. - 3 p.m.	
						3 p.m. - 5 p.m.
						3 p.m. - 5 p.m.
7 p.m. - 9 p.m.						
					7:30 p.m. - 11 p.m.	

**La société de concert Vivarté**  
Glen Sutton Historical Church  
1458, Vallée-Missisquoi Rd, Sutton  
Registration by phone or online  
[www.vivarte.ca](http://www.vivarte.ca)  
[gegrenier18@hotmail.com](mailto:gegrenier18@hotmail.com)  
514 266-1089



# CULTURAL ACTIVITIES



## BIBLIOTHÈQUE SUTTON LIBRARY

MOTS DITS - WORD CAFE	Free		From september 29 to june 22
LITERARY PUB QUIZ			November 23
THE ART OF BRIDGE	\$25		December 1

## BALLET-THÉÂTRE SUTTON

CREATIVE DANCE	\$115 / session		From september 21 to november 16
FUNDAMENTALS OF DANCE	\$145 / session		
BALLET I	\$225 / session		From september 14 to december 7
BALLET II (wednesday or saturday)			
BALLET II INTENSIVE	\$380 / session		
BALLET III	TUESDAY : \$225 SATURDAY : \$275		
BALLET III INTENSIVE	\$425 / session		
BALLET IV	TUESDAY : \$275 SATURDAY : \$325		
BALLET IV INTENSIVE	\$525 / session		
CONTEMPORARY DANCE	\$275 / session		From september 18 to december 4

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

### REGISTER!

**Bibliothèque Sutton Library**  
7, Academy Street, Sutton  
[biblio.sutton@gmail.com](mailto:biblio.sutton@gmail.com)

**MOTS DITS - WORD CAFÉ**  
John-Sleeth Community Centre  
7, Academy Street, Sutton  
Registration on site

**LITERARY PUB QUIZ**  
Bibliothèque Sutton Library  
7, Academy Street, Sutton  
Registration by e-mail

**THE ART OF BRIDGE**  
Club de Curling de Sutton  
26, Pleasant Street, Sutton  
Registration by phone  
450 538-0888

**Ballet-théâtre sutton**  
**CREATIVE DANCE AND FUNDAMENTALS OF DANCE**  
Town Hall - Community Room  
11, Principale Street South, Sutton

**BALLET AND CONTEMPORARY DANCE**  
50, Principale Street North, Sutton  
438 738-2558  
[info.balletsutton@gmail.com](mailto:info.balletsutton@gmail.com)  
Resgristration online before september 21  
[www.balletsutton.com](http://www.balletsutton.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Once a month 3 p.m. - 4:30 p.m.
					5 p.m. - 7 p.m.	
						1:30 p.m. - 3:30 p.m.
					10 a.m. - 10:45 a.m.	
					11 a.m. - 12 p.m.	
					11:30 a.m. - 12:30 p.m.	
		3:45 p.m. - 4:45 p.m.			12:45 p.m. - 1:45 p.m.	
		3:45 p.m. - 4:45 p.m.			12:45 p.m. - 1:45 p.m.	
	3:30 p.m. - 4:30 p.m.				2 p.m. - 15:15 p.m.	
	3:30 p.m. - 4:30 p.m.				2 p.m. - 15:15 p.m.	
	4:30 p.m. - 5:45 p.m.				3:30 p.m. - 5 p.m.	
	4:30 p.m. - 5:45 p.m.				3:30 p.m. - 5 p.m.	
		4:45 p.m. - 6 p.m.				



# RECREATIONAL AND COMMUNITY ACTIVITIES



## SUTTON VOLUNTEER CENTRE (SVC)

THE NEST (BABY DROP-IN)	Free		From september 6 to december 20
FOOD BANK			From september 16 to december 16
JOUJOUGENERATIONS			From september 5 to december 19
CAFÉS 50+			From september 4 to december 18
MEALS ON WHEELS	\$5 / meal one a week Registration required.		From september 2 to december 20

## FADOQ LES DEUX MONTS

EPO (exercises to prevent osteoporosis)	\$15 / 14 weeks	 (55 y/o and +)	From september 9 to december 12
	\$15 / 14 weeks		
FADOQ LINE DANCING	\$25 / session		From september 23 to december 9

## SUTTON VOLUNTEER CENTRE (SVC)

MEETING OF MEMBERS AND SUPPORTERS	Free		September 17
			October 22
			November 26
			December 10

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

### REGISTER!

**Sutton Volunteer Centre (SVC)**  
7, Maple Street, Sutton  
<https://cabsutton.com>  
450 538-1919 or  
[info@cabsutton.com](mailto:info@cabsutton.com)

**Sutton Volunteer centre (SVC)**  
**BABY DROP-IN**  
[ressourcefamille@cabsutton.com](mailto:ressourcefamille@cabsutton.com)  
[Facebook Baby Drop-in Sutton](#)  
Registration on site

**FOOD BANK**  
Registration by phone or on site

**JOUJOUGENERATIONS**  
**CAFÉS 50+**  
Registration on site

**MEALS ON WHEELS**  
Registration by phone

### FADOQ les Deux Monts

**ALL ACTIVITIES**  
Reserved for members of club FADOQ les Deux Monts Town Hall - Council Room 11, Principale Street South, Sutton  
Registration by e-mail before september 3  
[francebrien2@gmail.com](mailto:francebrien2@gmail.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9 a.m. - 11:30 a.m.	
Once a month 11 a.m. - 4:30 p.m.					
			2 p.m. - 4:30 p.m.		
		2 p.m. - 4:30 p.m.			
12 p.m. (delivery)		12 p.m. (delivery)		12 p.m. (delivery)	
9 a.m. - 10:15 a.m.		9 a.m. - 10:15 a.m.			
	9 a.m. - 10:15 a.m. or shorter session 10:50 a.m. - 11:20 a.m.		9 a.m. - 10:15 a.m. or shorter session 10:50 a.m. - 11:20 a.m.		
2 p.m - 3:30 p.m.					
	7 p.m. - 9 p.m.				



### Solidarité Environnement Sutton

**MEETING OF MEMBERS AND SUPPORTERS**  
Town Hall - Council Room  
11, Principale Street South, Sutton  
[infosutton@gmail.com](mailto:infosutton@gmail.com)  
[www.sesutton.com](http://www.sesutton.com)



## EVENTS

Free



## Les journées de la culture

Sunday  
**September 29**  
8:45 a.m. - 1:30 p.m.

FADOQ les Deux-Monts

### Intergenerational Heritage rally

Registration :  
[vice.presidence.fadoq.2monts@gmail.com](mailto:vice.presidence.fadoq.2monts@gmail.com)  
579 488-7812

Starting from  
Sutton Junction Community Hall  
132, du Mont-Écho Rd, Sutton

La société de concert Vivarté

Sunday  
**Septembre 29**  
3 p.m. - 4:30 p.m.

### Concert of ondes Martenot and Bösendorfer piano with Gen'viève Grenier and Joanne Bégin

Glen Sutton Historical Church  
1458, Vallée-Missisquoi Rd, Sutton

Sutton School of Art

Friday to Sunday  
**September 27-28-29**  
12 p.m. - 4 p.m.

### Open House

79, Principale Street South, Sutton

Corporation de développement économique de Sutton et D'Arts et de rêves

Saturday and Sunday  
**September 28-29**  
1 p.m. - 3 p.m.

### Project Showcase : Sutton, Taking care of our destination together

Registration on site  
Starting from D'Arts et de rêves, 57, Principale Street North, Sutton

More informations :  
Janna Hubacek, chargée de projet  
[janna.projets@gmail.com](mailto:janna.projets@gmail.com)

D'Arts et de rêves

Friday to Sunday  
**September 1-2**  
2 p.m. - 9 p.m.

Free

### Pour la suite du monde

D'Art et de rêves  
57, Principale Street North, Sutton  
[www.dartsetdereves.org](http://www.dartsetdereves.org)  
<https://www.facebook.com>

In collaboration with Art Sutton Art Center  
Exhibition of François Morelli  
From 1 p.m. to 5 p.m.  
7, Academy Street, Sutton



Art Sutton Art Center

Saturday and Sunday  
**September 21-22**  
10 a.m. - 5 p.m.

Free

### Les Rendez-vous Arts Sutton

John-Sleeth Cultural and Community Centre  
7, Academy Street, Sutton

Sutton School of Art

**The Little Book Fair**  
Saturday and Sunday  
**December 7-8 and 14-15**

Free

79, Principale Street South, Sutton  
[www.ecoleartsutton.ca](http://www.ecoleartsutton.ca)  
[allo@ecoleartsutton.ca](mailto:allo@ecoleartsutton.ca)  
450 931-3277



# EVENTS

Ville de Sutton

Thursday

**October 31**

4 p.m. - 6 p.m.

Free

## Trick-or-treating for Halloween

Sutton Town Hall  
11, Principale Street South, Sutton  
[www.sutton.ca](http://www.sutton.ca)



## Sutton Christmas Market

Saturday and Sunday

**November 23-24-30  
and December 1**

10 a.m. - 4 p.m.

Corporation de développement  
économique de Sutton

Site of the former Filtex Factory  
14, Dépôt Street, Sutton

Free