



FALL Schedule



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2025



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.



Information as of August 19, 2025. 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, option 4.

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SPORTS AND PHYSICAL ACTIVITIES



COOP GYM SANTÉ SUTTON

FREE TRAINING 5 times a week	Access card 1, 10, or 15 visits		September 2 to December 31
FREE TRAINING 4 times a week			September 6 to December 31
FREE TRAINING Once a week			
OPEN HOUSE DAY	Free		September 6
CLUB DE COURSE À PIED Les Terrapins - 3 times a week	Free		September 3 to December 19
CLUB DE MARCHÉ RAPIDE Twice a week	Free		September 16 to December 18
LA TOTALE	One class Member : \$18 Non-member : \$21		September 9 to December 16
50 + GENTLE GYM Twice a week			September 16 to December 18
PILATES			September 9 to December 16
YOGA			September 17 to December 18
TRX - BODYWEIGHT WORKOUT			September 11 to December 18
POSTURE TONUS			September 16 to December 16
CARDIO BIKE		October 20 to December 15	

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

REGISTER!

Coop Gym Santé Sutton
50, Principale North Street, Sutton
www.coopgymsantesutton.com/en/

Registration online, by phone, by e-mail, or on the Fliip app
allo@coopgymsantesutton.com
450 538-0313



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



SPORTS AND PHYSICAL ACTIVITIES



SUTTON ELEMENTARY SCHOOL GYMNASIUM

BADMINTON	13 - 17 y/o : Free		September 9 to December 9
	Evening : \$8 Session : \$40		
HOCKEY COSOM	Session : \$45		September 10 to December 10
VOLLEYBALL	Evening : \$5		September 11 to December 11
SOCCER FUTSAL	Session : \$20 9 - 12 y/o		September 15 to December 8
	Session : \$20		
GYMNASTICS	Session : \$225 *taxes includes		September 28 to December 7
BABYGYM	Free for members		October 18 to November 22
SUTTON CURLING CLUB			
CURLING	All year : \$355 Half season : \$190		October 20 to December 19

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

REGISTER!

Sutton Elementary School gymnasium
19, Highland Street, Sutton

GYMNASTICS
Registration by e-mail
academieisabellejiasson@hotmail.com

BABYGYM
Registration online for members.
Membership : \$10 by family for a year
bit.ly/4hioDn4

BADMINTON
Registration by e-mail
blainmarcandre@gmail.com

VOLLEYBALL
Registration by e-mail
sherrymorley75@gmail.com

SOCCER FUTSAL
Registration by e-mail
registrationsoccersutton@gmail.com

HOCKEY COSOM
Registration by phone or e-mail
450 531-6020
sam.gagne.11@gmail.com

Sutton Curling Club
26, Pleasant Street, Sutton

Registration online
www.curlingsuttonquebec.ca/en

Members can curl in one or more weekly leagues.

579 534-8484
info@curlingsuttonquebec.ca



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 p.m. - 7 p.m.					
	7 p.m. - 9 p.m.					
		7:45 p.m. - 9:30 p.m.				
			6:30 p.m. - 9 p.m.			
6:30 p.m. - 7:30 p.m.						
7:45 p.m. - 9:30 p.m.						
						3:30 p.m. - 5 p.m.
					9:30 a.m. - 12 p.m.	
Check the schedule on the website : www.curlingsuttonquebec.ca						



SPORTS AND PHYSICAL ACTIVITIES



PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)

THE GREAT FALL HIKE	Member : \$7 Non-Member : \$15		September 13
SNAIL TRAIL: Forest adventures for families with children	Free		September 14 to November 9
NATURE NERDING	Social pricing between \$20 and \$40		October 4
NIGHT HIKE	Member : \$7 Non-Member : \$15		October 4
FOREST LIVING : Pedagogical Day	Social pricing between \$20 and \$40		October 10
THANKS TO NATURE	Free		October 11 to 13
AUTUMN TRAIL CLEANUP	Free		October 25

PLEIN AIR SUTTON / MTB

MONTAIN BIKE Equipment rental available	Daily rates and season passes available. Check the website for prices. A pre-sale for the winter season will take place between November 1 and 30.		September 1 to November 17
CROSS-COUNTRY SKIING			December 1 to December 31
WINTER HIKING			
FATBIKE			

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

REGISTER!

Parc d'environnement naturel de Sutton (PENS)

800, Réal Road, Sutton
www.parcsutton.com/en
activite@parcsutton.com
 450 538-2121

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

ONLINE REGISTRATION

THE GREAT FALL HIKE
www.form.jotform.com/242064242952251

RANDO NOCTURNE
www.parcsutton.com/activites/randonnees-au-clair-de-lune

NATURE NERDING
www.parcsutton.com/activites/balades-nature

FOREST LIVING
www.parcsutton.com/activites/nature-et-decouvertes

AUTUMN TRAIL CLEANUP
www.parcsutton.com/activites/corvee-d-automne



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:30 a.m. - 4 p.m.	
		First Wednesday of each month 10 a.m. - 12 p.m.				
					9:30 a.m. - 11:30 a.m.	
					6:30 p.m. - 10:30 p.m.	
				9 a.m. - 4 p.m.		
From Saturday to Monday 9 a.m. - 5 p.m.						
					10 a.m. - 3 p.m.	
Bicycle paths are accessible at all times. The lift will be in operation on weekends until October 14th.						
9 a.m. - 4:30 p.m. Equipment rental available onsite.						

Plein air Sutton / MTB

429, Maple Street, Sutton
info@pleinairsutton.ca
 450 538-6464
www.pleinairsutton.ca/en/

CROSS-COUNTRY SKIING

WINTER HIKING
 Registration onsite or online

FATBIKE

Registration onsite or online

MONTAIN BIKE

At the Mont Sutton entrance
 671, Maple Street, Sutton

CULTURAL ACTIVITIES



ARTS SUTTON ART CENTER

CHARITY AUCTION			September 7
JE SUIS UN ARBRE Exhibition by the artist Catherine Magnan	Free		September 11 to October 16 Opening September 14
ENCHEVÊTREMENTS DU VIVANT Exhibition by Francine Potvin			November 16 to 19 Opening November 19
MEMBER'S EXHIBITION - Espace Claire-Léger			October 16 to 19 Opening October 19
D'ARTS ET DE RÊVES			
TARTARE, PIÈCE DE CIRQUE POUR INTROVERTI.E.S By the artist Adrien Malette	Free		September 12
QUE VAIS-JE DONC MOULER ? By the artist François Mathieu			September 27
JE SUIS UNE GRAINE With Patrice Fortier - La société des plantes			September 28
ANTILOPE By the artist Mathilde Heuzé			November 7

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

REGISTER!

Centre d'art Art Sutton
7, Academy Street, Sutton
450 538-2563
info@artssutton.com
www.artssutton.com/en/

ENCAN BÉNÉFICE
Registration onsite,
online ou by phone

D'Arts et de rêves
57, Principale North Street, Sutton
450 531-5707
info@dartsetdereves.org
www.dartsetdereves.org/en/

**JE SUIS UNE GRAINE -
WITH PATRICE FORTIER**
Registration by e-mail
info@dartsetdereves.org



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						2 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. - 5 p.m.
						2 p.m. - 5 p.m.
			1 p.m. - 5 p.m.	1 p.m. - 5 p.m.	1 p.m. - 5 p.m.	2 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. - 5 p.m.	1 p.m. - 5 p.m.
						1 p.m. - 5 p.m.
				5 p.m.		
					2 p.m.	
						2 p.m.
				5 p.m.		



CULTURAL ACTIVITIES



BALLET-THÉÂTRE SUTTON → Kids and teenagers			
CREATIVE DANCE	\$115 / session	👤	September 20 to November 15
FUNDAMENTALS OF DANCE	\$145 / session		
CONTEMPORARY DANCE I	\$235 / session	👤	September 18 to December 13
CONTEMPORARY DANCE II	\$295 / session		
THEATER TROUPE	Free	👤	September 24 to December 13
BALLET I (Tuesday or Saturday)	\$235 / session		
INTENSIVE BALLET I (2 classes per week)	\$395 / session	👤	September 13 to December 13
BALLET II	\$235 / session		
BALLET II ET III (Wednesday or Saturday)	\$235 / session	👤	September 17 to December 13
INTENSIVE BALLET II (2 classes per week)	\$395 / session		
BALLET III	\$235 / session	👤	September 13 to December 13
INTENSIVE BALLET III (2 classes per week)	\$395 / session		
BALLET IV	\$295 / session	👤	September 17 to December 13
BALLET IV ET V (Wednesday or Saturday)	\$295 / session		
INTENSIVE BALLET IV (2 classes per week)	\$495 / session	👤	September 13 to December 13
BALLET V	\$350 / session		
INTENSIVE BALLET V (2 classes per week)	\$545 / session	👤	September 13 to December 13
POINTE CLASS	\$105 / session		
			September 17 to December 13

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

📝 REGISTER!

Ballet-théâtre Sutton
 Community Hall, Sutton Town Hall
 11, Principale South Street, Sutton
 and 50, Principale North Street, Sutton
 438 738-2558
info.balletsutton@gmail.com

Registration online
www.balletsutton.com




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




CULTURAL ACTIVITIES



BALLET-THÉÂTRE SUTTON → Adults






BALLET FIT : CORPS DE BALLET	Acces card available for all classes offered* 6 classes: \$180 12 classes: \$325 18 classes: \$450 *Valid for the fall semester		September 16 to December 4
CONTEMPORARY DANCE			
DANCE WITH BABY			
INTRODUCTION TO BALLET			
BALLET LEVEL I			
BALLET LEVEL II			
INTRODUCTION TO BALLET / BALLET LEVEL I (mixed group)			

BALLET-THÉÂTRE SUTTON → Adapted / Seniors

BALLET FIT : BARRE 60 Y/O +	Acces card available for all classes offered* 6 classes: \$150 12 classes: \$270 18 classes: \$375 *Valid for the fall semester		September 16 to December 4
BALLET FIT: ADAPTED / ON A CHAIR			
GENTLE DANCE			

BIBLIOTHÈQUE SUTTON LIBRARY

WORD CAFE	Free		September 7 to November 2
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 Senior
  Adults
  13 - 17 y/o
  6 - 12 y/o
  0 - 5 y/o

REGISTER!

Ballet-théâtre Sutton
 ADULTE, ADAPTÉ ET AÎNÉ
 50, Principale North Street, Sutton
 438 738-2558
info.balletsutton@gmail.com

Registration online
www.balletsutton.com

Bibliothèque Sutton Library
 7, Academy Street, Sutton
biblio.sutton@gmail.com

MOTS DITS - WORD CAFÉ
 No registration needed



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30 a.m. - 9:30 a.m.					
	9:30 a.m. - 10:45 a.m.					
	8:30 a.m. - 9:30 a.m.					
		10:15 a.m. - 11:15 a.m.				
			8:30 a.m. - 10 a.m.			
		8:30 a.m. - 10 a.m.				
	6:30 p.m. - 8 p.m.					
	9:30 a.m. - 10:45 a.m.					
		11:45 a.m. - 12:45 p.m.				
			10:15 a.m. - 11:15 a.m.			
						Once a month 3 p.m. - 4:30 p.m.

CULTURAL ACTIVITIES



SUTTON SCHOOL OF ART			
LABO D'ART	\$10		September 6 to 28
OPEN HOUSE	Free		September 26 to 28
THE GREAT AUTUMN EXHIBITION	Voluntary contribution of \$10 suggested		October 10 to November 16

SUTTON MUNICIPAL AND SCHOOL LIBRARY				
UKULELE LESSON 6	Resident : \$100 Non-resident : \$150		September 8 to November 17	
UKULELE SESSION "Club Format"				
CONFERENCE : La fraude ça n'arrive pas qu'aux autres (Éducaloi)	Resident : Free Non-resident : \$10		September 20	
WRITING WORKSHOP : À la belle aventure	Resident : \$100 Non-resident : \$150		October 1 to December 3	
CONFERENCE : Des outils juridiques pour aider les personnes (Éducaloi)	Resident : Free Non-resident : \$10		October 22	
ZINE AND EXHIBITION WORKSHOP with Faustine Escoffier			15 y/o +	September 27
CONFERENCE : Des poules dans sa cour				October 3
ATELIER DE PHOTOGRAPHIE AVEC LE CELLULAIRE : Escapade créative dans le village				December 1
CONFERENCE : La composition des photos avec votre cellulaire				
WORKSHOP : Braided Christmas Ornament		15 y/o +	December 4	

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

REGISTER!

Sutton School of Art
79, Principale South Street, Sutton
450 330-3021
allo@ecoleartsutton.ca
www.ecoleartsutton.ca/en/

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

Registration by e-mail, by phone
or on ACLoisirs platform
<https://mon.accescite.net/46058/en-ca/Home/Index>



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



Tristan Corbett, Lapointe

RECREATIONNAL AND COMMUNITY ACTIVITES



SUTTON VOLUNTEER CENTER

COLLECTIVE KITCHEN	Varies according to serving size (about \$4 / serving)		September 1 to December 1
MEALS ON WHEELS	\$5 / meal		September 1 to December 22
TUESDAYS IN THE GARDEN	Free		September 2 to October 29
CAFÉ 50 ANS +			September 3 to December 3
THE NEST (BABY DROP-IN)			September 5 to December 19
FOOD BANK			September 15 to December 15

LA FADOQ LES DEUX MONTS

EXERCICES EPO - two classes per week (to prevent osteoporosis)	Session : \$15 (the classes are full)		September 15 to December 18
LINE DANCING	Session price Member : \$25 Non-Member : \$40		September 23 to December 8

MAISON DES JEUNES DE SUTTON

ACTIVITY OF THE DAY (variable)	Free		September 1 st to December 19
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SOLIDARITÉ ENVIRONNEMENT SUTTON

MEETING OF MEMBERS AND SUPPORTERS	Free		September 30
CONFERENCE			November 25
			September 19
			October 3
			October 17
			November 7
			November 21
			December 5

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

REGISTER!

Sutton Volunteer Center (SVC)

7, Maple Street, Sutton
www.cabsutton.com/en/
 450 538-1919 or
info@cabsutton.com

FOOD BANK

Registration by phone before the activity
 450 538-1919

MEALS ON WHEELS COLLECTIVE KITCHEN

Registration by phone
 450 538-1919



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
First Monday of the month 9 a.m. - 12 p.m.					
12 p.m. - 1 p.m. (delivery)		12 p.m. - 1 p.m. (delivery)		12 p.m. - 1 p.m. (delivery)	
	2 p.m. - 4:30 p.m.				
		2 p.m. - 4:30 p.m.			
First Monday of the month 11 a.m. - 4:30 p.m.				2 p.m. - 4:30 p.m.	
9:30 a.m. - 10:45 a.m.		9:30 a.m. - 10:45 a.m.			
	9:30 a.m. - 10:30 a.m.		9:30 a.m. - 10:30 a.m.		
	10:40 a.m. - 11:30 a.m.		10:40 a.m. - 11:30 a.m.		
2 p.m. - 3:30 p.m.					
3 p.m. - 8 p.m.	3 p.m. - 8 p.m.	3 p.m. - 8 p.m.	3 p.m. - 8 p.m.	3 p.m. - 8 p.m.	
	7 p.m. - 9 p.m.				
				7 p.m. - 9 p.m.	

FADOQ les Deux Monts

EXERCICES EPO

Reserved for members of club FADOQ les Deux Monts
 Town Hall - Council Room
 11, Principale South Street, Sutton

LINE DANCING

No registration needed
 Église Grace Church
 52, Principale South Street, Sutton

Solidarité Environnement Sutton

MEETING OF MEMBERS AND SUPPORTERS AND CONFERENCES

No registration needed
 Town Hall - Council Room
 11, Principale South Street, Sutton
infosutton@gmail.com
www.sesutton.com



EVENTS



D'arts et de rêves Pour la suite du monde

Friday to Sunday
**August 29 to
September 1st**
10 a.m. - 5 p.m.

D'Arts et de rêves
57, Principale North Street, Sutton
D'Arts et rêves
info@dartsetdereves.org
450 531-5707

For workshops and ticket office
www.dartsetdereves.org/pour-la-suite-du-monde/

- **Fête des récoltes - La courge en fête**
September 1st
11 a.m. - 4 p.m.
www.dartsetdereves.org/evenement/fete-des-recoltes-la-courge-en-fete/
- **Danser Sutton - Maude Lecours**
September 1st
3 p.m.
www.dartsetdereves.org/evenement/faire-danser-un-village/

Défi Sutton Challenge Popular and family walk or run

Free

Saturday
September 20
8 a.m. - 12 p.m.

Coop Gym Santé Sutton
450 538-0313
allo@coopgymsantesutton.com
www.coopgymsantesutton.com/en/

Departure at the Goyette-Hill Park
91, Western Street, Sutton

EVENTS

Saturday and Sunday
September 20 and 21
10 a.m. - 5 p.m.

Les rendez-vous Arts Sutton - 7th edition

Arts Sutton Art Center
7, Academy Street, Sutton
450 538-2563
info@artsutton.ca
www.artssutton.com/en/

Limited places
Registration online
www.artssutton.com/event/les-rendez-vous-arts-sutton-2/

François Dompière's Requiem Benefit Concert

Sunday
September 28
4 p.m. - 5:30 p.m.

60 \$

Espace Sutton
Église Saint-André
89 A, Principale North Street, Sutton

Tickets are available at the Sutton Tourist Office,
at Nath'Elle, or online :
www.espacesutton.com
Facebook Espace Sutton

Halloween candy distribution

Friday
October 31

Free

www.sutton.ca/evenements-municipaux/#halloween



Sutton's Christmas Market

Saturdays and Sundays
**November 29-30
and December 6-7**
10 a.m. - 4 p.m.

Free

Corporation de développement
économique de Sutton

Former Filtex site,
14, Dépôt Street, Sutton



The Little Book Fair

Saturdays and Fridays
December 6-7 and 12-13-14
10 a.m. - 5 p.m.



Voluntary contribution between \$5 and \$15

Sutton School of Arts
79, Principale South Street, Sutton
www.ecoleartsutton.ca/en/
allo@ecoleartsutton.ca
450 931-3277



Mikael Theimer



Ville de **Sutton**
Town of