

# SUMMER SCHEDULE 2021



**PHYSICAL AND  
SPORTING ACTIVITIES**

**AQUATIC ACTIVITIES**




















**DAY CAMPS**


**RATES**

**RECREATIONAL,  
CULTURAL AND  
COMMUNITY ACTIVITIES**

**!** Version June 30 - This schedule may be subject to last minute changes due to alterations in COVID-19 health measures. Check with activity organizers to confirm activity and schedule.

# PHYSICAL AND SPORTING ACTIVITIES

<b>COOP GYM SANTÉ SUTTON</b> Gentle Yoga	\$		Eight sessions from June 21 to August 13
Pilates	\$		
Healthy Heart	\$		
TRX Body Weight Training	\$		
<b>PENS</b> Bird Watching Hikes		 	May 8 to July 3
Hiking Under the Moon	\$	 	Saturdays closest to the full moon: May 29, June 26, July 24, August 21, Septem- ber 6, October 23
<b>ONLINE - YOGA SUBLIME</b> Relaxation Workshop: Breathe better... live better!	\$		Three sessions: April 3, May 1, May 30
<b>GOYETTE-HILL PARK</b> Skateboarding: introduction with parents present	\$	 (from 3 to 5 years old)	Four sessions: June 1, 8, 15 and 22
Beginner / Intermediate Skateboarding	\$	 (from 6 to 9 years old)	
Beginner / Intermediate Skateboarding	\$	  (10 years old and +)	
Advanced Skateboarding	\$	  (8 years old and +)	
Soccer	\$	   (5 years old and +)	Once a week: Mid-May to mid-August

 Adults and Seniors  Teens (15 to 17 years old)  Young people (6 to 14 years old)  Children (0 to 5 years old)

## Coop Gym Santé Sutton

<https://coopgymsantesutton.com>

(450) 538-0313

Classes held outdoors if weather permits,  
otherwise indoors.

## Yoga sublime

Sonia Baillon

[sonia.yogasublime@gmail.com](mailto:sonia.yogasublime@gmail.com)



## Skateboard

Naomie Mariné

[ecoledeskateboardnm@yahoo.com](mailto:ecoledeskateboardnm@yahoo.com)

(450) 502-3836

<http://www.ecoledeskateboard.com>

The loaning of skateboards is possible, but not  
of protective equipment for health reasons. So,  
participants must provide their own protective  
equipment. Helmet is mandatory.



Mon	Tue	Wed	Thu	Fri	Sat
9:15am - 10:15am			9:15am - 10:15am		
	9:15am - 10:15am			8am - 9am	
		9:15am - 10:15am			
	8am - 9am		8am - 9am		
					7am - 10am
					10am - 10:30am
	4pm - 4:45pm				
	5pm - 6pm				
	6:15pm - 7:15pm				
	7:30pm - 8:30pm				
7pm - 8pm or 7pm - 8:30pm	7pm - 8pm	7pm - 8:30pm	7pm - 8:30pm		

\$ Fee-based activities

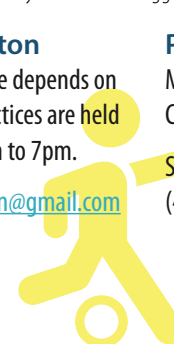
 Voluntary contribution suggested

## Soccer Association of Sutton

The exact schedule of soccer practice depends on  
the team and level of the child. Practices are held  
from Monday to Thursday from 6pm to 7pm.

Registration: [inscriptionssoccersutton@gmail.com](mailto:inscriptionssoccersutton@gmail.com)

Information: Frédéric Tremblay,  
[president.soccersutton@gmail.com](mailto:president.soccersutton@gmail.com)



## PENS

Mandatory registration

















Canceled in case of bad weather





See details at [www.parcstutton.com](http://www.parcstutton.com)


(450) 538-4085 or [info@parcstutton.com](mailto:info@parcstutton.com)



# AQUATIC ACTIVITIES – GOYETTE-HILL PARK POOL

ONE SESSION OF EIGHT LESSONS – ONE LESSON PER WEEK - FROM JUNE 28 TO AUGUST 20		
Parent and child swimming lessons - Preschool	\$ 	 (4 months to 3 years old)
Swimming lessons for children - Preschool	\$ 	 (from 3 to 6 years old)
Children's swimming lessons - Junior	\$ 	
Swimming lessons - Swimming styles	\$ 	
Aquafitness	\$ 	
Aquajogging	\$ 	
Swimming laps		 (from 14 years old and +)
Swimming for adults - Free time		
Swimming and free activity		
Water games (May to September)		

 Adults and Seniors  
  Teens (15 to 17 years old)  
  Young people (6 to 14 years old)  
  Children (0 to 5 years old)








\$ Fee-based activities  
  Voluntary contribution suggested




## REGISTER !




**In person** at the Town Hall council room  
**MAY 10 JUNE 7 from 4:30 pm to 7:30 pm** for residents and non-residents.

**NO MAKEUP CLASSES.**  
 We favor residents.



Mon	Tue	Wed	Thu	Fri	Sat/Sun
				 10:45am - 11:15am  10:45am - 11:15am  11:20am - 11:50am	
 9:45am - 10:15am		 9:45am - 10:15am  10:30am - 11am  11:15am - 11:45am			
1A 10:30am - 11am 2 11:15am - 11:45am 4A 9:45am - 10:30am	5A 9:45am - 10:30am 7-8 9:45am - 10:45am	6A 9:45am - 10:30am	3A 9:45am - 10:30am 9-10 9:45am - 10:45am		
	12pm - 1pm		12pm - 1pm	12pm - 1pm	
	10:45am - 11:45am		10:45am - 11:45am		
10:45am - 11:45am		10:45am - 11:45am		10:45am - 11:45am	
12pm - 1pm					
5:30pm - 6:30pm		5:30pm - 6:30pm			
3:15pm - 5:30pm	3:15pm - 6:30pm	3:15pm - 5:30pm	3:15pm - 6:30pm	3:15pm - 6:30pm	1pm - 6:30pm
7am - 10pm					

 Starfish (4 to 12 months)  
  Duck (12 to 24 months)  
  Sea turtle (24 to 36 months)

 Sea otter  
  Moon Fish  
  Salamander

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 [piscine.loisirs@sutton.ca](mailto:piscine.loisirs@sutton.ca).



# AQUATIC ACTIVITIES – GOYETTE-HILL PARK POOL

INTENSIVE LESSONS EIGHT LESSONS OVER TWO WEEKS - ONE LESSON PER DAY		FROM JUNE 28 TO JULY 1 AND FROM JULY 5 TO JULY 8
Children - Preschool	\$ 	 (From 3 to 6 years)
Children - Junior	\$ 	
		FROM JULY 12 TO JULY 15 AND FROM JULY 19 TO JULY 22
Children - Preschool	\$ 	 (From 3 to 6 years)
Children - Junior	\$ 	
		FROM JULY 26 TO JULY 29 AND FROM AUGUST 2 TO AUGUST 5
Children - Preschool	\$ 	 (From 3 to 6 years)
Children - Junior	\$ 	
		FROM AUGUST 9 TO AUGUST 12 AND FROM AUGUST 16 TO AUGUST 19
Children - Junior	\$ 	

 Young people (6 to 14 years old)  Children (0 to 5 years old)  
 \$ Fee-based activities  Voluntary contribution suggested

## REGISTER !

**In person** at the Town Hall council room  
**MAY 10 JUNE 7 from 4:30 pm to 7:30 pm** for residents and non-residents.

**NO MAKEUP CLASSES.**  
 We favor residents.



















Mon	Tue	Wed	Thu
	 B 8:30am - 9am  C 9:05am - 9:35am		
	1B 8:30am - 9am 2B 9:05am - 9:35		
Mon	Tue	Wed	Thu
	 B 8:30am - 9am		
	3B 9:05am - 9:35am 6B 8:30am - 9:15am 7-8B 8:30am - 9:30am		
Mon	Tue	Wed	Thu
	 C 8:30am - 9am		
	4B 9:05am - 9:35am 5B 8:30am - 9:15am 7-8C 8:30am - 9:30am		
Mon	Tue	Wed	Thu
	1C 8:30am - 9am 3C 9:05am - 9:35am 6C 8:30am - 9:15am 9-10B 8:30am - 9:30am		

 Sea otter  Moon Fish  Salamander

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 [piscine.loisirs@sutton.ca](mailto:piscine.loisirs@sutton.ca).



# DAY CAMPS

Town of Sutton - Goyette-Hill Park			FROM JUNE 28 TO AUGUST 20
Sutton Day Camp	\$   (From 5 to 12 years)		Monday to Friday From 9am to 4pm
Sutton Day Camp plus after-camp care	\$   (From 5 to 12 years)		Monday to Friday From 7:30am to 9am and from 4pm to 5:30pm
Sutton Day Camp Support program for children with special needs *	  (From 5 to 12 years)		Monday to Friday From 9am to 4pm
PENS - Parc d'environnement naturel de Sutton			FROM JULY 5 TO AUGUST 13
4 Summits Nature Camp	\$   (From 6 to 12 years)		Monday to Friday From 9am to 4pm
Sutton School of Art			FROM JUNE 28 TO AUGUST 20
Art Camp	\$    		Monday to Friday From 9am to 3pm
Espace Sutton			FROM JULY 19 TO AUGUST 6
Performing Arts Camp	\$   (From 7 to 12 years)		Monday to Friday From 9:30am to 3:30pm
Isabelle Giasson Academy			FROM AUGUST 16 TO AUGUST 20
Gymnastics Summer Camp	\$   (From 5 to 11 years)		Monday to Friday From 8:30am to 4:30pm

 Adults and Seniors  Teens (15 to 17 years old)  Young people (6 to 14 years old)  Children (0 to 5 years old)

\$ Fee-based activities  Voluntary contribution suggested

## REGISTER !

### Town of Sutton

**In person** at the Town Hall council room **APRIL 12 from 4:30 pm to 7:30 pm** for residents of Sutton and Abercorn and **APRIL 19 from 4:30 pm to 7:30 pm** for non-residents.

\*\* This program is offered exclusively to children who are residents of Sutton and who have registered beforehand for the Sutton Daycamp. Complete the [Support Program Registration Form](#) and send it to [camp.loisirs@sutton.ca](mailto:camp.loisirs@sutton.ca) no later than May 25, 2021.

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.loisirs@sutton.ca](mailto:camp.loisirs@sutton.ca).

### Isabelle Giasson Academy

[academieisabellegiasson@yahoo.ca](mailto:academieisabellegiasson@yahoo.ca) or (450) 919-1095

### PENS - Parc d'environnement naturel de Sutton

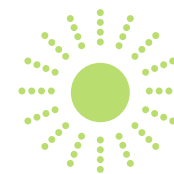
Registration **in person** from **MARCH 1** for residents of Sutton, Lac-Brome, Dunham, Cowansville and Frelighsburg and from **APRIL 1** for residents of other towns  
(450) 538-4085 or [info@parcsutton.com](mailto:info@parcsutton.com)

### Sutton School of Art

<https://ecoleartsutton.ca>

### Espace Sutton

Eaudrey Camirand to [campdesarts@hotmail.ca](mailto:campdesarts@hotmail.ca) or Gabriela Asselin to (450) 538-4026



Rates for summer aquatic activities		Residents and property owners	Abercorn Residents	Non-Residents
<b>1 session (8 lessons)</b> <sup>Note 1</sup> 30-minute lesson 45-minute lesson 1-hour lesson	Child (under 15)	\$ 55	\$ 85	\$ 115
		\$ 60	\$ 90	\$ 120
		\$ 65	\$ 95	\$ 125
<b>1 lesson per week</b> <sup>Note 1</sup> 15 to 59 years old 60 to 69 years old 70 years old and older	Adults and Teens (from 15 years old and older)	\$ 90	\$ 125	\$ 160
		\$ 55	\$ 125	\$ 160
		Free	\$ 125	\$ 160
<b>Each additional class</b> <sup>Note 2</sup> 15 to 59 years old 60 to 69 years old 70 years old and older	Adults and Teens (from 15 years old and older)	\$ 65	\$ 100	\$ 125
		\$ 35	\$ 100	\$ 125
		Free	\$ 100	\$ 125
Rates for day camp and daycare services		Residents and property owners	Abercorn Residents	Non-Residents
<b>Price for the whole summer</b> <sup>Note 5</sup>	Monday to Friday From 9am to 4pm	\$ 490	\$ 720	\$ 905
<b>Weekly prices</b> <sup>Note 6</sup> 1 <sup>st</sup> child 2 <sup>nd</sup> child Any other additional child	Monday to Friday From 9am to 4pm	\$ 70	\$ 105	\$ 130
		\$ 65	\$ 105	\$ 130
		\$ 60	\$ 105	\$ 130
<b>Daycare services - weekly rate</b> <sup>Note 6</sup> From 7:30 am to 9 am From 4 pm to 5:30 pm	Monday to Friday	\$ 16	\$ 25	\$ 30
		\$ 16	\$ 25	\$ 30

Note 1 : The fees for the registration are payable no later than June 14, 2021 or on any other date determined by the Town in the event of that this by-law is applied in subsequent years. Anyone who has not previously paid the registration fee cannot receive the service for which the fee applies.

Note 2 : The fees for the registration are payable no later than 2 days before the activity. Anyone who has not previously paid the registration fee cannot receive the service for which the fee applies.

Note 5 : The fees for the registration are payable no later than June 14, 2021 or on any other date determined by the Town in the event that this by-law is applied in subsequent years. Anyone who has not previously paid the registration fee cannot receive the service for which the fee applies.

Note 6 : The fees for the registration are payable according to the following payment schedule or on any other date determined by the Town in the event that this by-law is applied in subsequent years.: a) For the weeks from June 28 to July 23, 2021, payment must be made no later than June 14, 2021; b) For the weeks of July 26 to August 20, 2021, payment must be made no later than July 12, 2021; c) Any additional activity after July 19, 2021 must be paid in cash at the time of registration. Anyone who has not previously paid the registration fee cannot receive the service for which the fee applies.



# RECREATIONAL, CULTURAL AND COMMUNITY ACTIVITIES

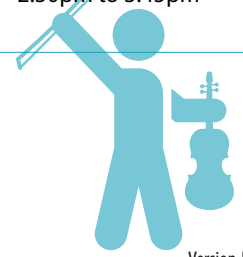
<b>Bibliothèque Sutton Library</b>	
<b>THE ART OF BRIDGE FOR ADULTS</b> (450) 538-0244	One session in April
<b>ANNUAL BOOK SALE</b> (450) 538-0244	July or August (date to be determined)
<b>Municipal &amp; School Library of Sutton</b>	
<b>USED BOOK SALE</b> (450) 538-5843 or <a href="http://www.mabibliotheque.ca/sutton">www.mabibliotheque.ca/sutton</a> 19 Highland Street	Saturday June 19 8am to 2pm
<b>Tour des Arts</b>	
<b>VISIT ARTISTS AND ARTISANS WORKSHOPS</b> <a href="https://tourdesarts.com">https://tourdesarts.com</a>	July 10-18 10am to 5pm
<b>D'arts et de rêves</b>	
<b>SATURDAY DAR</b> <a href="https://dartsetdereves.org">https://dartsetdereves.org</a>	Every Saturday in July
<b>Sutton School of Art</b> 	
<b>WEEKEND PROGRAM</b> <b>Exhibitions, parent-child activities</b> <a href="https://ecoleartsutton.ca">https://ecoleartsutton.ca</a>	14 Saturdays and Sundays Mid-June to the end of September 10am to 4pm
<b>CDES (Coopérative de développement économique de Sutton)</b>	
<b>RÉGUINES ET FANTÔMES</b> Theatre in the outdoors - Veterans Park <a href="https://www.chemindescantons.qc.ca/en/reguines-et-fantomes">https://www.chemindescantons.qc.ca/en/reguines-et-fantomes</a>	In French : July 4 and September 12 11 am In English: dates to be determined

\$ Fee-based activities

 Voluntary contribution suggested



<b>Sutton Museum</b>	
<b>MONIQUE LEYRAC EXHIBITION</b> <i>C'est ici que je veux vivre!</i> <a href="https://museedesutton.com">https://museedesutton.com</a>	July 15 to September 5 (Mon to Thu: 12pm to 5pm) Sept. 6 to October 11 (Sat and Sun: 12pm to 5pm)
<b>Musique et traditions</b> 	
<b>TRADITIONAL FIDDLE FESTIVAL</b> <a href="https://violontraditionnelsutton.com">https://violontraditionnelsutton.com</a>	August 20 (evening), August 21 (all day & evening), August 22 (all day)
<b>Nicolas Luppens</b>	
<b>TAM-TAM</b> For everyone at Goyette-Hill Park Bring your own percussion instrument <a href="mailto:tonton.nic@gmail.com">tonton.nic@gmail.com</a>	First Sunday of the month. May 2, June 6, July 4, August 1, September 5, October 3 1:30pm to 4:30pm
<b>Sutton Jazz Festival</b>	
<b>JAZZ IN THE PARK</b> Free jazz music concerts <a href="https://suttonjazz.com/">https://suttonjazz.com/</a> Sutton Market, 2 Curley Street In case of bad weather on Saturday, each concert is postponed to the next day - Sunday at the same time;	Every Saturday from July 3 to August 28 (except August 21) and September 4 & 5 from 5pm to 7pm
<b>JAZZ MUSIC CLASSES</b> Nine free thematic workshops – Sutton School of Art for children aged six to twelve and adults <a href="https://suttonjazz.com/">https://suttonjazz.com/</a>	Every Saturday in July and August 1 pm to 3pm
<b>Espace Sutton</b> 	
<b>BALADE &amp; MÉLODIE</b> Classical song recitals in the outdoors Contact Monique Picard at (450) 538-0045 or by email at <a href="mailto:espacesutton@gmail.com">espacesutton@gmail.com</a> <a href="http://www.espacesutton.com">http://www.espacesutton.com</a>	May 15, 16, 22, 23 September 11, 12, 25, 26 11am to 12:15pm and 1:30pm to 3:45pm



# RECREATIONAL, CULTURAL AND COMMUNITY ACTIVITIES

## CAB (Centre d'action bénévole de Sutton)

(450) 538-1919

[benevole.sutton@gmail.com](mailto:benevole.sutton@gmail.com)

[ressource.famille.sutton@gmail.com](mailto:ressource.famille.sutton@gmail.com)

<b>MEALS ON WHEELS</b> For seniors, convalescents, etc.	Monday, Wednesday and Saturday 12pm to 1pm
<b>COLLECTIVE KITCHEN</b> For adults and seniors (On break due to current health constraints)	Every first Monday of the month
<b>FOOD BANK</b> For everyone	Every third Monday of the month 1pm to 4pm
<b>BABY DROP-IN</b> For parents and young children	Every Friday 10am to 12pm
<b>JOUJOUTHÈQUE (TOYS)</b> For parents and children from 0 to 5 years old	Every Wednesday 1pm to 4pm
<b>CAFÉ 50+</b> For seniors	Every Wednesday 2pm to 4pm

## PENS - Parc d'environnement naturel de Sutton

(450) 538-4085

[info@parcsutton.com](mailto:info@parcsutton.com)

<https://www.parcsutton.com/>

<b>TRAIL-CLEANUP HELP</b> For adults and motivated young people	Bi-monthly from May 15
--	------------------------