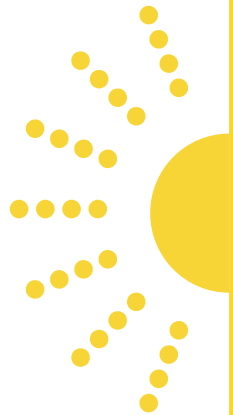




SPRING/SUMMER 2023 SCHEDULE



AQUATIC ACTIVITIES



DAY CAMPS



SPORTS ACTIVITIES



CULTURAL ACTIVITIES



**RECREATIONAL AND
COMMUNITY ACTIVITIES**



EVENTS

! Information as of **July 6, 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



AQUATIC ACTIVITIES



ONE SESSION OF EIGHT LESSONS – ONE LESSON/WEEK		JUNE 27 TO AUGUST 18
Swimming lessons - Parent and child Levels 1 & 2: from 4 to 12 months and from 12 to 24 months Level 3: from 2 to 3 years old	\$	(4 months to 3 y/o)
Swimming lessons for children - Preschool Levels 1 to 4: from 3 to 5 years old	\$	(from 3 to 5 y/o)
Swimming lessons for children - Junior Levels 1 to 6: from 5 to 12 years old	\$	(from 5 to 12 y/o)
Swimming lessons - Young lifeguard Levels 7 to 9: from 8 to 12 years old	\$	(from 8 to 12 y/o)

ONE SESSION OF EIGHT LESSONS – ONE LESSON/WEEK		JUNE 27 TO AUGUST 19
Swimming style adult - Adult 1 to 3	\$	(from 16+ y/o)
Aquafitness - Fitness classes	\$	(from 18+ y/o)
Aquajogging - Fitness classes	\$	(from 18+ y/o)

SWIMMING	DATES TO COME	
Swimming laps	Free	(from 14+ y/o)
Swimming for adults - Free time (in the shallow end)	Free	
Swimming and free activity	Free	
Water games (May to September)	Free	

Adults and Seniors Teens (13+ y/o) Young people (6 to 12 y/o) Children (0 to 5 y/o)

REGISTER!

ERRATUM: Online registrations **Tuesday May 2** at 1:30 p.m. for residents of Sutton and May 9 at 1:30 p.m. for non-residents.

All the information and necessary links can be found in the [procedure](#).

All aquactic activities held at Goyette-Hill park pool, Western St. **NO MAKEUP CLASSES.**

Tuesday	Wednesday	Thursday	Friday
			(3) 8:30 a.m. - 9 a.m. (1-2) 9:15 a.m. - 9:45 a.m.
		(1-2) 8:30 a.m.- 9 a.m.	(3-4) 10 a.m. - 10:30 a.m.
(1-2) 9:45 a.m. - 10:15 a.m.	(3) 8:30 a.m. - 9:15 a.m. (4) 9:45 a.m. - 10:30 a.m. (5-6) 11 a.m. - 11:45 a.m.		
(7-8) 8:30 a.m. - 9:30 a.m.	(9) 8:30 a.m. - 9:30 a.m.		

Tuesday	Wednesday	Thursday	Friday	Saturday
11 a.m. - 12 p.m.	5:30 p.m. - 6:30 p.m.			
11 a.m. - 12 p.m.	5:30 p.m. - 6:30 p.m.			11 a.m. - 12 p.m.
	4:15 p.m. - 5:15 p.m.	11 a.m. - 12 p.m.	12 p.m. - 1 p.m.	

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

7 a.m. - 8 p.m.

\$ Fee-based activities

Registration required

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.lvc@sutton.ca.

DAY CAMPS



TOWN OF SUTTON - GOYETTE-HILL PARK

Sutton Day Camp		
Sutton Day Camp With Daycare Service	\$	(from 4 to 12 y/o)
Sutton Day Camp <i>Support program for children with special needs*</i>		

PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)

Camp nature des 4 sommets	\$	(from 6 to 12 y/o)
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SUTTON ART SCHOOL

Sutton Art School Camp	\$	(from 6 to 17 y/o)
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Teens (13 to 17 y/o) Young people (6 to 12 y/o) Children (0 to 5 y/o)

JUNE 27 TO AUGUST 19

Monday to Thursday
9 a.m. - 4 p.m.

Monday to Thursday
From 7:30 a.m. to 9 a.m. and from 4 p.m. to 5:30 p.m.

Monday to Thursday
9 a.m. - 4 p.m.

JULY 3 TO AUGUST 19

Monday to Friday
8:30 a.m. - 4:30 p.m.

JUNE 26 TO AUGUST 18

Monday to Friday
9 a.m. - 3 p.m.

\$ Fee-based activities Registration required

REGISTER !

Town of Sutton

Registrations **April 18 at 1:30 p.m.** for residents of Sutton.
All the information and necessary links can be found in the [procedure](#).

For more information about day camp or day camp with daycare service, visit the [Sports and Recreation](#) section of the Living Sutton section of the Town's website or contact us by email at camp.lvc@sutton.ca.

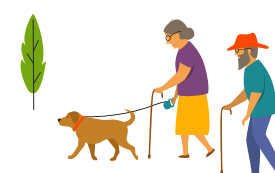
Parc d'environnement naturel de Sutton (PENS)

Online registration on <https://www.parcsutton.com/en/activities/4-summits-day-camp>
450 538-2121 or camp@parcsutton.com

Sutton Art School

Information: allo@ecoleartsutton.ca or 450 330-3021
Online registration on ecoleartsutton.ca

SPORTS ACTIVITIES



PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)			
Club des Godasses PENS trails	Members of the PENS	(from 50+ y/o)	From April 1 st to September 30
Bird watching tours in Sutton	Suggested \$15 + access to PENS	(from 13+ y/o)	From May 6 to June 18
Hiking in the Moonlight Round Top	Member: \$5 Non-Member: \$15		From June 3 to October 28
Spring clean-up	Free		June 3
Mushroom workshop	\$60 Free (12 and under)	All	From early summer to autumn
Poetry in the wilderness	Free		August 19 to 20
HOCKEY COSUM			
Hockey cosum	\$5 / evening \$40 for the session		From April 12 to May 10
BADMINTON			
Badminton	\$8 / evening \$40 for the session		From April 11 to May 9
ISABELLE GIASSON ACADEMY			
Gymnastic classes - 10 lessons	\$225	(from 6 to 12 y/o)	From March 21 to June 4
SUTTON YOUTH SOFTBALL LEAGUE			
Softball league	\$90 for the season	(from 6 to 17 y/o)	End of May to mid-August

Wednesday	Saturday/Sunday
4 p.m. - 6 p.m.	
	Saturday and Sunday 7 a.m. - 10 a.m.
	Saturday Variable - once per month
	Saturday 9 a.m. - 4 p.m.
	Saturday 9:30 a.m. - 4 p.m.
	Saturday and Sunday Twice per day
Wednesday	
7:45 p.m. - 9:30 p.m.	
Tuesday	
7 p.m. - 9 p.m.	
Sunday	
3:30 p.m. - 5 p.m.	
Monday	Tuesday
6:30 p.m. - 9:30 p.m.	6:30 p.m. - 9:30 p.m.

Adults and Seniors Teens (13 to 17 y/o) Young people (6 to 12 y/o) Children (0 to 5 y/o)

REGISTER !

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.

Isabelle Giasson Academy: 450 919-1095 or academieisabellegiasson@hotmail.com

[Facebook Page](#)

Registration for the full session required and no trial classes.

Parc d'environnement naturel de Sutton (PENS)

900 Real Rd. (altitude 520) | parcsutton.com/en

450 538-4085 or info@parcsutton.com

Registration on site for Le club des Godasses.

Online registration for all other activities:

active@parcsutton.com

Registration for mushroom workshops:

paulion153@gmail.com or 450-538-3469

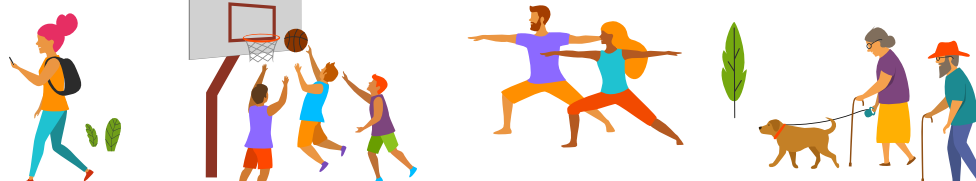
Sutton youth softball league

Goyette-Hill Park

info@suttonsoftball.com or 450 330-0131

The child will receive a league shirt. Please note that batting helmets are mandatory and not supplied by the league.

SPORTS ACTIVITIES



COOP GYM SANTÉ SUTTON			
Boxing	FULL SESSION (ONE DAY/WEEK) MEMBERS: \$98 NON-MEMBERS: \$118		From April 24 to June 12 (weekly)
Posture Toning	À LA CARTE (PER DAY) Members: \$18 Non-members: \$21	 	Session 1 From April 24 to June 16 Session 2 From June 19 to August 18
Pilates all levels			
Pilates Intermediate			
Gentle Yoga			
Circuit Training 2 classes per week			
Walking 2 times per week	Free	 	From April 25 to June 15
FADOQ LES DEUX-MONTS			
Osteoporosis prevention exercises (EPO)	\$10 / session (4 MONTHS)	 (50+ y/o)	From May 1 st to August 17
PLEIN AIR SUTTON / MTB			
Mountain biking	\$	 	From May 20 to mid-November (depending on the weather)
	Free		

Adults and Seniors Teens (13 to 17 y/o) Young people (6 to 14 y/o) Children (0 to 5 y/o)

REGISTER !

Coop Gym Santé Sutton

50 Principale N. Street, 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 Facebook page.

Boxing

Registration for the full session required.
 Registration deadline: April 24, 2023
 Plan to purchase boxing gloves.
 Bandages available at the gym.

Pilates Intermediate

Pilates experience required

Monday	Tuesday	Wednesday	Thursday	Friday
5:30 p.m. - 6:30 p.m.				
	(1-2) 10:30 a.m. - 11:30 a.m.		(1) 10:30 a.m. - 11:30 a.m.	
	(1) 5:30 p.m. - 6:30 p.m.			(1-2) 10:30 a.m. - 11:30 a.m.
(1) 10:30 a.m. - 11:30 a.m.				
(1) 9:15 a.m. - 10:15 a.m.				(1-2) 9:15 a.m. - 10:15 a.m.
8 a.m. - 9 a.m.		8 a.m. - 9 a.m.		
	1:30 p.m. - 2:30 p.m.		1:30 p.m. - 2:30 p.m.	
Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m. - 10:15 a.m. 10:20 a.m. - 11 a.m.	9 a.m. - 10:15 a.m. 10:20 a.m. - 11 a.m.	9 a.m. - 10:15 a.m. 10:20 a.m. - 11 a.m.	9 a.m. - 10:15 a.m. 10:20 a.m. - 11 a.m.	
Daily (7 days)				
9 a.m. - 5 p.m. (at sunset)				

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.

Online registration required before arriving at <https://coopgymsantesutton.com/en/courses>

FADOQ Les Deux-Monts

Sutton Town Hall - Council room
 11 Principale S. Street, Sutton
 450 538-3458 or denisepoca@yahoo.ca

Plein Air Sutton / MTB

Starting point: 671 Maple Street, Sutton
 1 866 538-2545 or info@pleinairsutton.ca
 Online or on-site registration.
 Details on <https://www.pleinairsutton.ca>

CULTURAL ACTIVITIES



SUTTON MUSEUM OF COMMUNICATIONS AND HISTORY			
EXHIBITION AU FIL DES SAISONS - UNE EXPO À CUEILLIR Tickets to be purchased on site. Last admission 4:30 p.m.	5\$ (18+ y/o) Free (17 y/o and under)	All	From June 23 to October 9
SUTTON ENCORE			
DJ MILES OF SMILES + DJ TONY Tickets to be purchased on site.	\$10	(18+ y/o)	April 22
INDICEDOKTANE-DÉPOSÉ ET SES ENFANTS DE COEUR-CHIRE Tickets on site and online	\$20	(18+ y/o)	May 5
CHRIS VELAN AND GUEST Tickets on site and online	\$25	All	June 3
BIBLIOTHÈQUE SUTTON LIBRARY			
USED BOOK SALE John-Sleeth Centre Park		All	July 15
ÉCOLE D'ART DE SUTTON			
FESTIVAL LES NOCTURNES Outdoor cinema and indoors in case of rain Bring your chair. Tickets on site and online.	\$10 Free (12 y/o and under)	All	From June 23 to September 22
WEEK-ENDS AT SUTTON ART SCHOOL Registration on site and online	\$10	All	From June 24 to October 3 (except 26-27 August)

Adults and Seniors

REGISTER !

Sutton Museum of Communications and History

32 Principale S. Street | museedesutton.com
 514 891-9560 or info@museedesutton.com

Sutton Art School

79 Principale S. Street, Sutton
 Festival des nocturnes: 450 330-3021 or nocturnes@ecoleartsutton.ca
 Week-ends at the Sutton Art School:
 450 330-3021 or allo@ecoleartsutton.ca

Monday	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. - 5 p.m.
Monday	Thursday	Friday	Saturday	Sunday
			8 p.m. - 2 a.m.	
		8 p.m. - 11 p.m.		
			8 p.m. - 11 p.m.	
Monday	Thursday	Friday	Saturday	Sunday
				9 h - 3 p.m.
Monday	Thursday	Friday	Saturday	Sunday
		7 p.m. - 11 p.m.		
			10 a.m. - 4 p.m.	10 a.m. - 4 p.m.

Bibliothèque Sutton Library

7 Academy Street, Sutton
 Hélène Laporte at 450 538-0244 or biblio.sutton@gmail.com

Sutton Encore

La Sag
 4c Maple Street, Sutton
 450 538-0486 or info@salleagpeltier.com

CULTURAL ACTIVITIES



ARTS SUTTON			
EXHIBITION THE GAME OF APPEARANCES WITH JACINTHE BARIBEAU	Free	All	Until 30 April
DIGITAL WORK PROJECTION - OUTDOOR WALL			From April 1 st to April 30
COLLECTIVE EXHIBITION ELSEWHERE			From May 4 to May 28
EXHIBITION LA POÉSIE DES NAUFRAGES WITH SÉBASTIEN GAUDETTE			From June 4 to July 9
EXHIBITION WITH FRANÇOIS VINCENT			From July 27 to September 17
LA SOCIÉTÉ DE CONCERT VIVARTÉ			
CLASSICAL GUITAR CONCERT WITH THIERRY B-LAMONTAGNE	\$40	All	July 15
BLEU OUVERT, CONCERT JAZZ AVEC LE GROUPE JONCTION			July 22
Ticket online			
Ticket online			
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.	By donation	All	April 28 and May 26
ESPACE SUTTON			
PUBLIC PIANO Opening show on June 10	Free	All	From June to September
WATERCOLOUR COURSE FOR BEGINNERS			
WITH JOCELYNE MUNGER 10-week session	\$325		From March 28 to May 30

REGISTER !

Galerie Arts Sutton

7 Academy Street, Sutton
450 538-2563 or info@artssutton.com
See the [Program](#)

Watercolour course for beginners

450 242-2998 or jocelynemunger@gmail.com

La société de concert Vivarté

Glen Sutton Historic Church
1458 Vallée-Missisquoi Rd, Sutton
514 266-1089 or gegrenier18@hotmail.com



Monday	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.
Saturday				
5:30 p.m. - 7 p.m.				
7 p.m. - 8:30 p.m.				
Friday				
7 p.m. - 9 p.m.				
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. - 5 p.m.
Tuesday				
1:30 p.m. - 4:30 p.m.				

Adults and Seniors

Boîte à chansons acoustique





Sutton Jonction community room
128 Mont Echo Rd., Sutton
579 488-7839 or agnes.boisvert@gmail.com


Espace Sutton

Balcony of 1 Principale S. Street, Sutton
450 538-8062 or espacesutton@gmail.com
Serge-André Jones at 450 330-0832 or sergeandrejones@proton.me

RECREATIONAL AND COMMUNITY ACTIVITIES



SUTTON VOLUNTEER CENTRE - CAB			
BABY DROP-IN Parents' circle, conferences, workshops	Free	 (Parents/babies 0 - 5 y/o)	Weekly (continuous)
TOY LIBRARY Game loan		 Families (0 - 5 y/o)	
CAFÉ 50+ Thematic activities, board games, conferences, creative workshops		 (50+ y/o)	
PRENATAL AND VACCINATION SERVICES		 (0 - 5 y/o)	
FOOD BANK Distribution of food baskets		All	
TABLE ANTI-GASPILLAGE Food sharing		All	

 Adults and Seniors  Children (0 to 5 y/o)

REGISTER !

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 RessourcefamilleSutton](https://www.facebook.com/RessourcefamilleSutton)

Toy Library

Free entrance and possibility to make an appointment at another moment.

Prenatal and Vaccination Services

Registration by phone with the CLSC at 450 266-4342 ext. 4.

Monday	Tuesday	Wednesday	Thursday	Friday
				9 a.m. - 11:30 a.m.
			2:30 p.m. - 4:30 p.m.	
		2:30 p.m. - 4 p.m.		
				3 rd Friday of the month 8:30 a.m. - 11:30 a.m.
3 rd Monday of the month 1 p.m.- 4 p.m.				
	4 p.m. - 4:30 p.m.			

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](https://www.facebook.com/RessourcefamilleSutton)

RECREATIONAL AND COMMUNITY ACTIVITIES



UNIVERSITY OF THE THIRD AGE, BROME-MISSISQUOI BRANCH

REGISTRATION FALL 2023 SESSION

Registration on site and online

Classes available (in French only):

- La construction de l'Union européenne;
- Un art de vivre pour aujourd'hui;
- Avant et après l'art déco: 250 ans d'architecture à New York;
- Des femmes qui ont marqué l'histoire du Québec;
- Plus de 100 ans de cinéma québécois;
- L'histoire coloniale des Cantons-de-l'Est.

\$
Depending on
the classe

(50+ y/o)

August 24

SUTTON CURLING CLUB

Fundraising: flea market

May 20

SOLIDARITÉ POUR L'ENVIRONNEMENT À SUTTON - SES

Annual general meeting

Free

All

April 25

Adults and Seniors

REGISTER !

University of the Third Age, Brome-Missisquoi branch

uta.brome.missisquoi@gmail.com

Registration Fall 2023 session

Cowansville Library

Pauline Martel Room

608 Sud Street, Cowansville

(Entrance through the rear parking lot)

Online: www.usherbrooke.ca/uta/prog/estrie

All courses are in French only.

Thursday

10 a.m. - 11:30 a.m.

Saturday

9 a.m. - 3 p.m.

Tuesday

7 p.m. - 8:30 p.m.

Sutton Curling Club

26 Pleasant Street, Sutton

Louise Hawley: 579 534-8484 or

jolo.hawley@gmail.com

Solidarité pour l'Environnement à Sutton - SES

Sutton Town Hall

Council room

11 Principale S. Street, Sutton

Free admission

Linda Boisclair: 450 538-0765 or by email at infosutton@gmail.com

EVENTS



TOWN OF SUTTON

GENERATION PARTY

<p>SUTTON SCHOOL 19 Highland Street, Sutton</p> <p>☎ 450 538-2290 or agloisirs.lvc@sutton.ca</p>	<p>May 13 11 a.m. - 3 p.m.</p>	<p>Free</p> <p>👤 For families</p>
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PARTICIP'ACTION

<p>More details to come</p>	<p>The whole month of June</p>	<p>Free</p> <p>👤 All</p>
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FÊTE NATIONALE

<p>GOYETTE-HILL PARK</p> <p>☎ 450 538-2290 or agculture.lvc@sutton.ca</p>	<p>June 24</p>	<p>Free</p> <p>👤 All</p>
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MARCHÉ SUTTON MARKET

<p>ESPACE LÉGION SUTTON 2 Curley Street, Sutton</p> <p>✉ marchesuttonmarket@gmail.com</p>	<p>Every Saturday 9 a.m. - 1 p.m.</p> <p>May 20 to October 28</p>	<p>Free</p> <p>👤 All</p>
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OTHER ACTIVITIES

34th TOUR DES ARTS

<p>Visit the studios of the artists and artisans in the beautiful Eastern Townships of Quebec.</p>	<p>Daily</p> <p>From July 15 to July 23 10 a.m. - 5 p.m.</p>	<p>Free</p> <p>👤 All</p>
<p>SUTTON AND SURROUNDINGS</p> <p>🌐 tourdesarts.com</p> <p>✉ mail@tourdesarts.com</p> <p>Group exhibition of the Tour des Arts 2023</p>	<p>July 13 - 14 1 p.m. - 5 p.m.</p> <p>July 15 - 23 10 a.m. - 5 p.m.</p>	
<p>ARTS SUTTON 7 Academy Street, Sutton</p> <p>🌐 artssutton.com</p>		

SUTTON JAZZ FESTIVAL

<p>Eight free concerts of jazz music offered by local and regional musicians.</p>	<p>Every Saturday</p> <p>From July 8 to September 2 4 p.m. - 6 p.m. (except August 19)</p>	<p>Free</p> <p>👤 All</p>
<p>🌐 suttonjazz.com</p> <p>✉ info@suttonjazz.com</p> <p>ESPACE LÉGION SUTTON 2 Curley Street, Sutton</p>		
<p>JOHN-SLEETH PARK 7 Academy Street, Sutton</p>	<p>Every Saturday</p> <p>From July 8 to September 2 11 a.m. - 1 p.m. (except August 19)</p>	<p>Free</p> <p>👤 All</p>

TRADITIONAL FIDDLE FESTIVAL

<p>Festival of traditional music dedicated to a flagship instrument: the violin. A series of outdoor concerts, training workshops, master classes.</p>	<p>Every Saturday</p> <p>From August 17 to August 20 (varied schedule)</p>	<p>Online and onsite ticket sales</p> <p>👤 All</p>
<p>📍 To come</p> <p>🌐 violontradsutton.com</p> <p>✉ info@violontradsutton.com</p>		