



# 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](mailto: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](mailto:francebrien2@gmail.com)

### Sutton Curling Club

26, Pleasant Street, Sutton  
Registration on site.  
[www.curlingsuttonquebec.ca/en](http://www.curlingsuttonquebec.ca/en)  
Preferable to register before January 8 in order to be placed in a team.  
[info@curlingsuttonquebec.ca](mailto: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

<b>CIRCUIT TRAINING</b>	<b>Member</b> \$18 / 1 class \$145 / 10 classes \$210 / 15 classes \$270 / 20 classes  <b>Non-member</b> \$21 / 1 class \$175 / 10 classes \$225 / 15 classes \$330 / 20 classes  +tx		From January 8 to March 29
<b>GENTLE YOGA</b>			
<b>SELF-MASSAGE AND MOBILITY</b>			From January 10 to march 27
<b>POSTURE TONING</b>			From January 9 to March 26
<b>LET'S MOVE CIRCUIT!</b>			From January 8 to March 25
<b>PILATES ALL LEVELS</b>			From January 9 to March 29
<b>GENTLE GYM 50 +</b>			
<b>SPINNING EXPRESS</b>			From January 10 to March 27
<b>SPINNING</b>			From January 9 to March 28
<b>BOXING TRAINING</b>	 <b>Member \$84 • Non-member \$120</b> <b>Student \$66</b> Purchase glove (\$50) and bandages (\$15).	From January 8 to February 12	
		From February 19 to March 25	
<b>PRE-GOLF</b>	<b>Member \$145</b> <b>Non-member \$165</b> payable on first class		From February 26 to April 17
<b>PRE-GOLF</b>			

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](mailto: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

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

## GYMNASSE DE L'ÉCOLE DE SUTTON

<b>VOLLEYBALL</b>	\$25 / session		From February 1 to avril 4
<b>BADMINTON</b>	\$8 /evening or \$40 for the season. Free for 16 and under	All	From January 30 to April 2
<b>BASKETBALL</b>	\$5 / session	All	From January 4 to April 7
<b>HOCKEY COSOM</b>	\$40 / session		From January 31 to April 3
<b>BABY GYM</b>	Free		From February 3 to April 06
<b>GYMNASTICS</b> (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](mailto:billetterie@pleinairsutton.ca)  
[www.pleinairsutton.ca](http://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](mailto:sam.gagne11@gmail.com)  
450 531-6020

**VOLLEYBALL**  
Registration on site or by email.  
[claudemarcel53@bell.net](mailto:claudemarcel53@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](mailto:gestion.jardin.sutton@gmail.com)  
438 936-1677  
**BADMINTON**  
Registration on site.  
[blainmarcandre@gmail.com](mailto:blainmarcandre@gmail.com)  
- 16 years old accompanied an adult.







**BASKETBALL**  
Registration on site.  
[ahoulefruitlegume@gmail.com](mailto:ahoulefruitlegume@gmail.com)  
**GYMNASTICS**  
Académie Isabelle Giasson  
Registration by phone or email.  
[academieisabellegiasson@hotmail.com](mailto: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			
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

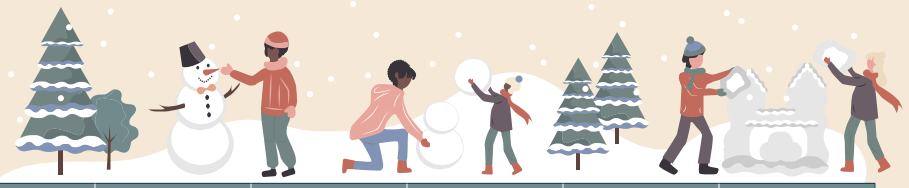
Senior Adults 13 to 17 y/o 6 to 12 y/o 0 to 5 y/o

## REGISTER!

Online registration  
from January 7  
[balletsutton.com](http://balletsutton.com)

**Ballet-Théâtre Sutton**  
50, Principale Street North, Sutton  
[info.balletsutton@gmail.com](mailto: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

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

## SUTTON MUNICIPAL LIBRARY

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

<b>ACOUSTIC OPEN STAGE</b>	Donation	All	Until June
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## SUTTON ENCORE

<b>LAURENCE JALBERT</b>	\$48,16	All	February 2
<b>LA SÉCURITÉ + TOTALEMENT SUBLIME</b>	\$20 + tx and services		February 23
<b>VANILLE + VELOURS VELOURS</b>		All	March 8
<b>LE COULEUR + SUPER PLAGE</b>			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](mailto: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](mailto:agnes.boisvert@gmail.com)

or 579 488-7839

#### CALLIGRAPHY WORKSHOP

Registration by Email.

[bibliotheque@sutton.ca](mailto: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](mailto: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](mailto: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](mailto:direction@suttonencore.com)

450 538-0486

# RECREATIONAL AND COMMUNITY ACTIVITIES



FADOQ LES DEUX-MONTS			
<b>TIC WORKSHOP</b> Computer workshops on tablets and phones	\$15		January 8 to February 26
SOLIDARITÉ POUR L'ENVIRONNEMENT À SUTTON (SES)			
<b>REGULAR MEETINGS</b>	Free	All	January 16 February 20 March 26
<b>GENERAL ASSEMBLY</b>			April 30
SUTTON VOLUNTEER CENTRE			
<b>BABY DROP-IN</b>	Free		January 5 to march 22
<b>JOUJOUGENERATION</b>		All	January 4 to march 21
<b>PRENATAL AND VACCINATION SERVICES</b>			January 19 to march 15
<b>MEALS ON WHEELS</b>	5\$ / Meal		Continuous
<b>CAFÉ 50+</b>	Free		From January 10
<b>COLLECTIVE KITCHEN</b>	Participants share cost of ingredients per serving	All	Continuous
<b>FOOD BANK</b>	Free		

 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](mailto:info@cabsutton.com)

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

**PRENATAL AND VACCINATION SERVICES**  
Registration by phone.  
450 266-4342 poste 4  
[info@cabsutton.com](mailto:info@cabsutton.com)

Monday	Tuesday	Wednesday	Thursday	Friday
2 p.m. - 4 p.m.				
	7 p.m. - 9 p.m.			
				9 a.m. - 12 p.m.
			2 p.m. - 4:30 p.m.	
				8:30 a.m. - 12 p.m. (Third Friday of every month)
11:30 a.m. - 12:30 p.m.		11:30 a.m. - 12:30 p.m.		11:30 a.m. - 12:30 p.m.
		2 p.m. - 4:30 p.m.		
	9 a.m. - 12 p.m. (Third Tuesday of every month)			
1 p.m. - 5 p.m. (Third Monday of every month)				

**JOUJOUGENERATION CAFÉ 50+**  
450 538-1919  
[info@cabsutton.com](mailto:info@cabsutton.com)

**MEALS ON WHEELS COLLECTIVE KITCHEN FOOD BANK**  
Registration by phone.  
450 538-1919  
[info@cabsutton.com](mailto: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](mailto:infosutton@gmail.com)

**FADOQ les Deux-Monts**  
Sutton Municipal and School Library  
19, Highland Street, Sutton  
Registration online.  
[ggravel2015@gmail.com](mailto:ggravel2015@gmail.com)

## EVENTS



### TOWN OF SUTTON

#### WINTER'S PLEASURE

📍 **PARC GOYETTE-HILL**  
450 538-2290 ou [loisirs@sutton.ca](mailto: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](http://sutton.ca/gold23)

Free  
All

November 29  
February 4



# Experience Sutton Winter

with family or friends.

