



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 or 450 538-2290.

SPORTS AND PHYSICAL ACTIVITIES



COOP GYM SANTÉ SUTTON

LET'S MOVE CIRCUIT!				
CIRCUIT TRAINING	<p>One class Member : \$18 Non-Member : \$21</p> <p>Acces card 10 classes Member : 145 Non-Member : \$175</p> <p>15 classes Member : \$210 Non-Member : \$255</p> <p>20 classes Member : \$270 Non-Member : \$330</p>		From september 9 to december 22	
CARDIO BIKE 45				
CARDIO BIKE 45				
CARDIO BIKE 60				
CARDIO BIKE 60				
GENTLE YOGA				
POSTURE TONING				
PILATES				
GENTLE GYM 50 +				
PILATES WITH DOMINIQUE C.				
WALKS	Free			
PRE-SKI	Member : \$168 Non-Member : \$204		From september 30 to december 9	
INTRODUCTION TO HYBRID TRAINING	Member : \$14 Non-Member : \$17		From october 1 to december 3	
BOXING	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
The prices indicated do not include tax.

Register online, by phone, on the Fliip app,
by e-mail or onsite
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

GYMNASTICS CLASSES	\$230 / session *taxes included	+ 5 y/o	From september 29 to december 1
BABYGYM	Gratuit		From october 26 to november 30
BADMINTON	16 y/o and - : free Adult : \$8 / evening \$40 / session		From september 24 to november 26
HOCKEY COSUM	\$40 / session		From september 25 to november 27
VOLLEYBALL	\$30 / session		From september 26 to november 28

SUTTON CURLING CLUB

OPEN HOUSE	Free	9 y/o and +	October 19 and 20
CURLING	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
academieisabellejiasson@hotmail.com

BABYGYM
Registration onsite, by becoming a member of the organization

BADMINTON
Registration onsite or by e-mail
blainmarcandre@gmail.com

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

VOLLEYBALL
Registration onsite or by e-mail
claudescharest53@bell.net



Sutton Curling Club
26, Pleasant Street, Sutton

Registration onsite
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 : www.curlingsuttonquebec.ca



SPORTS AND PHYSICAL ACTIVITIES



PARC D'ENVIRONNEMENT NATUREL DE SUTTON (PENS)

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

PLEIN AIR SUTTON / MTB

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



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
450 538-6464
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

Sutton Municipal and School Library
19, Highland Street, Sutton
Register by e-mail or by phone
450 538-5843
bibliotheque@sutton.ca

UKULELE LESSONS 1 AND 4
Register by e-mail or by phone
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
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			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			
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

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
Resgristration online before september 21
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

Sutton Volunteer centre (SVC)
BABY DROP-IN
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

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
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
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

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
<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
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



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