

ACTIVITY CALENDAR

Summer 2022

WELLNESS EXPERIENCE GUIDE

Entourage sur-le-Lac offers many activities and a complete experience focused on well-being and the art of living. Throughout your stay, you will be able to benefit from the amenities and activities that are made possible thanks to the common stay costs. Make the most of our great playground!

- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Outdoor pool (open 8 A.M. - 10 P.M.) (adults only after 8 P.M.) and Jacuzzi (open 7 A.M. - 11 P.M.)
- ~ Water activities such as Paddle board (SUP), Kayak and Canoe (available from 8 A.M. - 8 P.M.)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application
- ~ Privileged departure at Golf La Tempête

MONDAY, JUNE 20

7:00 - 8:00
Yoga*
with Andréanne
Meet us at the gym

TUESDAY, JUNE 21

7:00 - 8:00
Yoga*
with Andréanne
Meet us at the gym

WEDNESDAY, JUNE 22

7:00 - 8:00
Yoga*
with Andréanne
Meet us at the gym

THURSDAY, JUNE 23

7:00 - 8:00
Yoga*
with Andréanne
Meet us at the gym

7:30 - 8:30
Walk-jog*
Meet us at the
front desk

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

FRIDAY, JUNE 24

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga
with Élie
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, JUNE 25

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

10:15 - 11:15
Dragon boat
Meet us on the dock

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, JUNE 26

9:00 - 10:00
Yoga*
with Véronique
Meet us at the beach

10:15 - 11:15
Paddle yoga
with Véronique
Meet us at the beach

MONDAY, JUNE 27

9:00 - 10:00
Yoga*
with Véronique
Meet us at the beach

10:15 - 11:15
Paddle yoga
with Véronique
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

14:30 - 15:30
Painting workshop
Meet us at the beach

TUESDAY, JUNE 28

9:00 - 10:00
Yoga*
with Josiane
Meet us at the beach

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

14:30 - 15:30
Painting workshop
Meet us at the beach

WEDNESDAY, JUNE 29

9:00 - 10:00
Yoga*
with Josiane
Meet us at the beach

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

THURSDAY, JUNE 30

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

FRIDAY, JULY 1

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, JULY 2

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, JULY 3

9:00 - 10:00
Yoga*
with Véronique
Meet us at the beach

10:15 - 11:15
Paddle yoga
with Véronique
Meet us at the beach

Activities description

* RESERVATION REQUIRED please book before 21 pm the day before.

** Forest bathing: Prepare yourself to walk 5 km in the forest.

This calendar is subject to change.

**SLEEP WELL. MOVE WELL.
EAT WELL. DRINK WELL.**

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- ~ Water activities such as Paddle board (SUP), Kayak and Canoe (available from 8 A.M. - 8 P.M.)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application
- ~ Privileged departure at Golf La Tempête

MONDAY, JULY 4

9:00 - 10:00
Yoga*
with Véronique
Meet us at the beach

10:15 - 11:15
Paddle yoga
with Véronique
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

14:30 - 15:30
Painting workshop
Meet us at the beach

TUESDAY, JULY 5

9:00 - 10:00
Yoga*
with Josiane
Meet us at the beach

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

14:30 - 15:30
Painting workshop
Meet us at the beach

WEDNESDAY, JULY 6

9:00 - 10:00
Yoga*
with Josiane
Meet us at the gym

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

THURSDAY, JULY 7

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

14:30 - 15:30
Painting workshop
Meet us at the beach

FRIDAY, JULY 8

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, JULY 9

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, JULY 10

9:00 - 10:00
Yoga*
with Véronique
Meet us at the beach

10:15 - 11:15
Paddle yoga
with Véronique
Meet us at the beach

MONDAY, JULY 11

9:00 - 10:00
Yoga*
with Véronique
Meet us at the beach

10:15 - 11:15
Paddle yoga
with Véronique
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

14:30 - 15:30
Painting workshop
Meet us at the beach

TUESDAY, JULY 12

9:00 - 10:00
Yoga*
with Josiane
Meet us at the beach

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

14:30 - 15:30
Painting workshop
Meet us at the beach

WEDNESDAY, JULY 13

9:00 - 10:00
Yoga*
with Josiane
Meet us at the beach

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

THURSDAY, JULY 14

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

14:30 - 15:30
Painting workshop
Meet us at the beach

FRIDAY, JULY 15

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, JULY 16

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

10:15 - 11:15
Dragon boat
Meet us on the dock

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, JULY 17

9:00 - 10:00
Yoga*
with Véronique
Meet us at the beach

10:15 - 11:15
Paddle yoga
with Véronique
Meet us at the beach

Activities description

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** Forest bathing: Prepare yourself to walk 5 km in the forest.

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- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
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MONDAY, JULY 18

9:00 - 10:00
Yoga*
with Véronique
Meet us at the beach

10:15 - 11:15
Paddle yoga
with Véronique
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

14:30 - 15:30
Painting workshop
Meet us at the beach

TUESDAY, JULY 19

9:00 - 10:00
Yoga*
with Josiane
Meet us at the beach

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

14:30 - 15:30
Painting workshop
Meet us at the beach

WEDNESDAY, JULY 20

9:00 - 10:00
Yoga*
with Josiane
Meet us at the gym

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

THURSDAY, JULY 21

9:00 - 10:00
Yoga* with Véronique
Meet us at the beach

10:15 - 11:15
Paddle yoga
with Véronique
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

14:30 - 15:30
Painting workshop
Meet us at the beach

FRIDAY, JULY 22

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, JULY 23

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

10:15 - 11:15
Dragon boat
Meet us on the dock

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, JULY 24

MONDAY, JULY 25

9:00 - 10:00
Yoga*
with Josiane
Meet us at the beach

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

14:30 - 15:30
Painting workshop
Meet us at the beach

TUESDAY, JULY 26

9:00 - 10:00
Yoga*
with Josiane
Meet us at the beach

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

14:30 - 15:30
Painting workshop
Meet us at the beach

WEDNESDAY, JULY 27

9:00 - 10:00
Yoga*
with Josiane
Meet us at the beach

10:15 - 11:15
Fityoga
with Josiane
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

THURSDAY, JULY 28

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:00 - 14:00
Painting workshop
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

14:30 - 15:30
Painting workshop
Meet us at the beach

FRIDAY, JULY 29

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, JULY 30

9:00 - 10:00
Yoga* with Élie
Meet us at the beach

10:15 - 11:15
Paddle yoga with Élie
Meet us at the beach

10:15 - 11:15
Dragon boat
Meet us on the dock

13:30 - 15:30
Forest bathing**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, JULY 31

Activities description

* RESERVATION REQUIRED please book before 21 pm the day before.

** Forest bathing: Prepare yourself to walk 5 km in the forest.

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