

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, AUGUST 1ST

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

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

TUESDAY, AUGUST 2

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, AUGUST 3

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, AUGUST 4

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

20:00
Perseids presentation and observation
Meeting on the outdoor terrace

FRIDAY, AUGUST 5

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, AUGUST 6

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, AUGUST 7

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, AUGUST 8

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

TUESDAY, AUGUST 9

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

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

WEDNESDAY, AUGUST 10

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, AUGUST 11

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, AUGUST 12

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, AUGUST 13

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

SUNDAY, AUGUST 14

Activities description

- * **RESERVATION REQUIRED** please book before 21 pm the day before.
- ** Forest bathing: Prepare yourself to walk 5 km in the forest.
- *** In case of rain, meet at the banquet halls.

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

This calendar is subject to change.

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- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
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MONDAY, AUGUST 15

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

TUESDAY, AUGUST 16

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

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

WEDNESDAY, AUGUST 17

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, AUGUST 18

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

20:00
 Perseids presentation
 and observation
 Meeting on the
 outdoor terrace

FRIDAY, AUGUST 19

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, AUGUST 20

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, AUGUST 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

MONDAY, AUGUST 22

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, AUGUST 23

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, AUGUST 24

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, AUGUST 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

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, AUGUST 26

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, AUGUST 27

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, AUGUST 28

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.
- *** In case of rain, meet at the banquet halls.

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