

SPRING BREAK ACTIVITIES 2023



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
- ~ Jacuzzi (open 7 A.M. - 11 P.M.)
- ~ Pool table
- ~ Ping-pong
- ~ 3 km natural ice rink
- ~ Fatbikes, snowshoes, ice skates, hockey, walking sticks
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application

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

SATURDAY, FEB. 25

9:00 am to 9:45 am
Parents-children Yoga* with Élie
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga* with Élie
Meet us at St. James

1:30 pm to 3:30 pm
Forest immersion** with Sylvie, naturalist
Meet us at the front desk

SUNDAY, FEB. 26

9:00 am to 9:45 am
Parents-children Yoga* with Véronique
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga* with Véronique
Meet us at St. James

MONDAY, FEB. 27

9:00 am to 9:45 am
Parents-children Yoga* with Véronique
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga* with Véronique
Meet us at St. James

1:30 pm to 3:30 pm
Forest immersion** with Sylvie, naturalist
Meet us at the front desk

2:00 pm to 3:00 pm
Painting with Claudine
Meet us at St. James

TUESDAY, FEB. 28

9:00 am to 9:45 am
Parents-children Yoga* with Véronique
Meet us at La Nautique

10:00 am to 11:00 am
Adult Yoga* with Véronique
Meet us at La Nautique

11:00 am to 11:45 am
DIY with Lili and Thérèse – Fun Club

1:00 pm to 1:45 pm
DIY with Lili and Thérèse – Fun Club

1:30 pm to 3:30 pm
Forest immersion** with Sylvie, naturalist
Meet us at the front desk

2:00 pm to 3:00 pm
Painting with Claudine
Meet us at La Nautique

Astronomy evening
8:00 pm Conference
9:00 pm Observation
Meet us at La Légendaire

WEDNESDAY, MARCH 1st

9:00 am to 9:45 am
Parents-children Yoga* with Andréanne
Meet us at La Nautique

10:00 am to 11:00 am
Adult Yoga* with Andréanne
Meet us at La Nautique

1:30 pm to 3:30 pm
Forest immersion** with Sylvie, naturalist
Meet us at the front desk

2:00 pm to 3:00 pm
Painting with Claudine
Meet us at La Nautique

3:30 pm to 4:30 pm
Painting with Claudine
Meet us at St. James

THURSDAY, MARCH 2

9:00 am to 9:45 am
Parents-children Yoga* with Andréanne
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga* with Andréanne
Meet us at St. James

11:00 am to 11:45 am
DIY with Lili and Thérèse – Fun Club

1:00 pm to 1:45 pm
DIY with Lili and Thérèse – Fun Club

1:30 pm to 3:30 pm
Forest immersion** with Sylvie, naturalist
Meet us at the front desk

Astronomy evening
8:00 pm Conference
9:00 pm Observation
Meet us at St. James

FRIDAY, MARCH 3

9:00 am to 9:45 am
Parents-children Yoga* with Élie
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga* with Élie
Meet us at St. James

1:30 pm to 3:30 pm
Forest immersion** with Sylvie, naturalist
Meet us at the front desk

2:00 pm to 3:00 pm
Painting with Claudine
Meet us at St. James

3:30 pm to 4:30 pm
Painting with Claudine
Meet us at St. James

SATURDAY, MARCH 4

9:00 am to 9:45 am
Parents-children Yoga* with Élie
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga* with Élie
Meet us at St. James

1:30 pm to 3:30 pm
Forest immersion** with Sylvie, naturalist
Meet us at the front desk

2:00 pm to 3:00 pm
Painting with Claudine
Meet us at St. James

Astronomy evening
8:00 pm Conference
9:00 pm Observation
Meet us at St. James

AVAILABLE ACTIVITIES FROM FRIDAY 25 FEBRUARY TO SUNDAY, MARCH 12, 2023

AT OUR BALLROOM:

- ~ Inflatable games
- ~ Mississippi table
- ~ Ping pong table
- ~ Loan of board games at the front desk



OUTDOOR FIRE PITS AND ROASTED MARSHMALLOWS. From 4 pm.

ENOMATIC FOR WINE (\$) Card available at reception.

Opening of the skating rink according to the schedule and recommendations issued by the municipality of Lac-Beauport.

Inflatable games in the ballroom from 8:00 am to 8 pm. Children under 10 must be supervised by a parent.

The **FUN CLUB** will be supervised on Fridays from 17 p.m. to 20 p.m., as well as on Saturdays between 10 a.m. and 20 p.m. No supervision on Sunday.

* Limited quantity, reservation required
** Forest immersion (snowshoeing if it snows)

This calendar is subject to change.

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- ~ Pool table
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- ~ Enomatic
- ~ Access to the Pressreader application

SUNDAY, MARCH 5

9:00 am to 9:45 am
Parents-children Yoga*
with Véronique
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga*
with Véronique
Meet us at St. James

MONDAY, MARCH 6

9:00 am to 9:45 am
Parents-children Yoga*
with Véronique
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga*
with Véronique
Meet us at St. James

1:30 pm to 3:30 pm
Forest immersion**
with Sylvie, naturalist
Meet us at the front desk

2:00 pm to 3:00 pm
Painting with Claudine
Meet us at St. James

3:30 pm to 4:30 pm
Painting with Claudine
Meet us at St. James

TUESDAY, MARCH 7

9:00 am to 9:45 am
Parents-children Yoga*
with Véronique
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga*
with Véronique
Meet us at St. James

11:00 am to 11:45 am
DIY with Lili and
Thérèse – Fun Club

1:00 pm to 1:45 pm
DIY with Lili and
Thérèse – Fun Club

WEDNESDAY, MARCH 8

9:00 am to 9:45 am
Parents-children Yoga*
with Andréanne
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga*
with Andréanne
Meet us at St. James

THURSDAY, MARCH 9

9:00 am to 9:45 am
Parents-children
Yoga*
with Andréanne
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga*
with Andréanne
Meet us at St. James

1:30 pm to 3:30 pm
Forest immersion**
with Sylvie, naturalist
Meet us at the
front desk

FRIDAY, MARCH 10

9:00 am to 9:45 am
Parents-children
Yoga*
with Élie
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga*
with Élie
Meet us at St. James

1:30 pm to 3:30 pm
Forest immersion**
with Sylvie, naturalist
Meet us at the
front desk

SATURDAY, MARCH 11

9:00 am to 9:45 am
Parents-children
Yoga*
with Élie
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga*
with Élie
Meet us at St. James

1:30 pm to 3:30 pm
Forest immersion**
with Sylvie, naturalist
Meet us at the
front desk

SUNDAY, MARCH 12

9:00 am to 9:45 am
Parents-children
Yoga*
with Véronique
Meet us at St. James

10:00 am to 11:00 am
Adult Yoga*
with Véronique
Meet us at St. James

AVAILABLE ACTIVITIES FROM FRIDAY 25 FEBRUARY TO SUNDAY, MARCH 12, 2023



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