

ACTIVITY CALENDAR

Summer 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
- ~ 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

Activities description

* Reservation required please book before 9:00 pm the day before.

This calendar is subject to change.

SATURDAY, JUNE 24

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SUNDAY, JUNE 25



MONDAY, JUNE 26

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

TUESDAY, JUNE 27

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop with Claudine
Meet us at the beach

WED., JUNE 28

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

9:00 am to 9:45 am & 10:15 am to 11:00 am
DIY with Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURSDAY, JUNE 29

2:00 pm to 3:00 pm
Painting workshop with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop with Claudine
Meet us at the beach



FRIDAY, JUNE 30

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

SATURDAY, JULY 1

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SUNDAY, JULY 2

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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



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

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- ~ 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

Activities description

* Reservation required please book before 9:00 pm the day before.

This calendar is subject to change.

MONDAY, JULY 3

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

7:30 pm
FULL MOON PARTY

TUESDAY, JULY 4

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

WED., JULY 5

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURSDAY, JULY 6

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

Astronomy Evening
8:00 pm - Conference
9:00 pm - Observation
Meet us at
Salle Légendaire

FRIDAY, JULY 7

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

SATURDAY, JULY 8

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SUNDAY, JULY 9

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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



MONDAY, JULY 10

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, JULY 11

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

WED., JULY 12

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURSDAY, JULY 13

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

Astronomy Evening
8:00 pm - Conference
9:00 pm - Observation
Meet us at Salle Légendaire

FRIDAY, JULY 14

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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



SATURDAY, JULY 15

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SUNDAY, JULY 16

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

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

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- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application
- ~ Privileged departure at Golf La Tempête

Activities description

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This calendar is subject to change.

MONDAY, JULY 17

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

2:00 pm to 3:00 pm
Painting workshop with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop with Claudine
Meet us at the beach

4:00 pm to 5:00 pm
Paddle board ride with Cathy
Meet us at the beach

TUESDAY, JULY 18

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop with Claudine
Meet us at the beach

WED., JULY 19

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

9:00 am to 9:45 am & 10:15 am to 11:00 am
DIY with Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURSDAY, JULY 20

9:00 am to 10:00 am
Introduction paddle-board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride with Cathy
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop with Claudine
Meet us at the beach

FRIDAY, JULY 21



SATURDAY, JULY 22



SUNDAY, JULY 23

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

MONDAY, JULY 24

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

2:00 pm to 3:00 pm
Painting workshop with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop with Claudine
Meet us at the beach

4:00 pm to 5:00 pm
Paddle board ride with Cathy
Meet us at the beach

TUESDAY, JULY 25

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop with Claudine
Meet us at the beach

WED., JULY 26

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

9:00 am to 9:45 am & 10:15 am to 11:00 am
DIY with Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURSDAY, JULY 27

9:00 am to 10:00 am
Introduction paddle-board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride with Cathy
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop with Claudine
Meet us at the beach

FRIDAY, JULY 28

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SATURDAY, JULY 29

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SUNDAY, JULY 30



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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

Activities description

* Reservation required please book before 9:00 pm the day before.

This calendar is subject to change.

MONDAY, JULY 31

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, AUGUST 1

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

7:30 pm
FULL MOON PARTY



WED., AUGUST 2

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

9:00 am to 9:45 am & 10:15 am to 11:00 am
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm & 3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURS., AUGUST 3

9:00 am to 10:00 am
Introduction paddle-board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

2:00 pm to 3:00 pm & 3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

Astronomy Evening
8:00 pm - Conference
9:00 pm - Observation
Meet us at
Salle Légendaire

FRIDAY, AUGUST 4

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SAT., AUGUST 5

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SUNDAY, AUGUST 6



MONDAY, AUGUST 7

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, AUGUST 8

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

WED., AUGUST 9

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

9:00 am to 9:45 am & 10:15 am to 11:00 am
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURS., AUGUST 10

9:00 am to 10:00 am
Introduction paddle-board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

Astronomy Evening
8:00 pm - Conference
9:00 pm - Observation
Meet us at
Salle Légendaire

FRIDAY, AUGUST 11

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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



SAT., AUGUST 12

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SUNDAY, AUGUST 13

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

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- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application
- ~ Privileged departure at Golf La Tempête

Activities description

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This calendar is subject to change.

MONDAY, AUGUST 14

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUES., AUGUST 15

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach



WED., AUGUST 16

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

9:00 am to 9:45 am & 10:15 am to 11:00 am
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURS., AUGUST 17

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

FRIDAY, AUGUST 18

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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



SAT., AUGUST 19

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SUNDAY, AUGUST 20

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

MONDAY, AUGUST 21

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUES., AUGUST 22

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

WED., AUGUST 23

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

9:00 am to 9:45 am & 10:15 am to 11:00 am
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURS., AUGUST 24

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

3:30 pm to 4:30 pm
Painting workshop
with Claudine
Meet us at the beach

FRIDAY, AUGUST 25

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SAT., AUGUST 26

9:00 am to 10:00 am
Yoga with Élie
Meet us at the beach

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

SUNDAY, AUGUST 27

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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



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- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application
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Activities description

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This calendar is subject to change.

MONDAY, AUGUST 28

- 9:00 am to 10:00 am**
Yoga with Véronique
Meet us at the beach
- 10:15 am to 11:15 am**
Paddle yoga with Véronique
Meet us at the beach
- 2:00 pm to 3:00 pm**
Painting workshop with Claudine
Meet us at the beach
- 3:30 pm to 4:30 pm**
Painting workshop with Claudine
Meet us at the beach
- 4:00 pm to 5:00 pm**
Paddle board ride with Cathy
Meet us at the beach

FRIDAY, SEPT. 1

- 9:00 am to 10:00 am**
Yoga with Élie
Meet us at the beach
- 10:15 am to 11:15 am**
Paddle yoga with Élie
Meet us at the beach

TUES., AUGUST 29

- 9:00 am to 10:00 am**
Yoga with Josiane
Meet us at the beach
- 10:15 am to 11:15 am**
Fit Yoga with Josiane
Meet us at the beach
- 2:00 pm to 3:00 pm**
Painting workshop with Claudine
Meet us at the beach
- 3:30 pm to 4:30 pm**
Painting workshop with Claudine
Meet us at the beach

SAT. SEPTEMBER 2

- 9:00 am to 10:00 am**
Yoga with Élie
Meet us at the beach
- 10:15 am to 11:15 am**
Paddle yoga with Élie
Meet us at the beach



WED., AUGUST 30

- 9:00 am to 10:00 am**
Yoga with Josiane
Meet us at the beach
- 9:00 am to 9:45 am & 10:15 am to 11:00 am**
DIY with Thérèse & Monique
Meet us at Fun Club
- 10:15 am to 11:15 am**
Fit Yoga with Josiane
Meet us at the beach
- 4:00 pm - Happy Mix**
Meet at L'Îlot's bar
- 7:30 pm**
FULL MOON PARTY

SUN. SEPTEMBER 3

- 9:00 am to 10:00 am**
Yoga with Véronique
Meet us at the beach
- 10:15 am to 11:15 am**
Paddle yoga with Véronique
Meet us at the beach

THURS., AUGUST 31

- 9:00 am to 10:00 am**
Introduction paddle-board with Cathy
Meet us at the beach
- 10:15 am to 11:15 am**
Paddle board ride with Cathy
Meet us at the beach
- 2:00 pm to 3:00 pm**
Painting workshop with Claudine
Meet us at the beach
- 3:30 pm to 4:30 pm**
Painting workshop with Claudine
Meet us at the beach

MONDAY, SEPT. 4

- 9:00 am to 10:00 am**
Yoga with Véronique
Meet us at the beach
- 10:15 am to 11:15 am**
Paddle yoga with Véronique
Meet us at the beach
- 2:00 pm to 3:00 pm**
Painting workshop with Claudine
Meet us at the beach
- 3:30 pm to 4:30 pm**
Painting workshop with Claudine
Meet us at the beach
- 4:00 pm to 5:00 pm**
Paddle board ride with Cathy
Meet us at the beach

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