

SPRING BREAK 2024 ACTIVITIES



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 am - 11 am)
- ~ Pool table
- ~ Ping-pong
- ~ 3 km natural ice rink
- ~ Fatbikes, snowshoes, ice skates, hockey, walking sticks
- ~ High-speed Internet
- ~ Enomatic

FRIDAY, MARCH 1st

8 am to 9 am
Yoga with Élie
Meet us at St. James

SATURDAY, MARCH 2

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

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

SUNDAY, MARCH 3

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

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

MONDAY, MARCH 4

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

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

2:30 pm to 3:30 pm & 4 pm to 5 pm
Painting with Claudine
Meet us at St. James

TUESDAY, MARCH 5

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

9:30 am to 11:30 am
DIY with Lili and Thérèse
Meet us at Fun Club

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

2:30 pm to 3:30 pm
Painting with Claudine
Meet us at St. James

AVAILABLE ACTIVITIES FROM FRIDAY, MARCH 2 TO SUNDAY, MARCH 17, 2024 AT OUR BALLROOM:

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



WEDNESDAY, MARCH 6

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

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

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

THURSDAY, MARCH 7

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

9:30 am to 11:30 am
DIY with Lili and Thérèse
Meet us at Fun Club

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

2:30 pm to 3:30 pm
Painting with Claudine
Meet us at St. James

8 pm
Astronomy evening and conference
Meet us at Légendaire

FRIDAY, MARCH 8

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

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

2:30 pm to 3:30 pm & 4 pm to 5 pm
Painting with Claudine
Meet us at St. James

SATURDAY, MARCH 9

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

9:30 am to 11:30 am
DIY with Lili and Thérèse
Meet us at Fun Club

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

1:30 pm to 2:30 pm & 4 pm to 5 pm
Painting with Claudine
Meet us at St. James

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 am to 8 pm from March 3 to 10.
Children under 10 must be supervised by a parent.

The **FUN CLUB** will be supervised from Saturday, March 2 to Saturday, March 9 every evening from 4 pm to 8 pm.

* Limited quantity, reservation required
This calendar is subject to change.

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

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- ~ Pool table
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- ~ 3 km natural ice rink
- ~ Fatbikes, snowshoes, ice skates, hockey, walking sticks
- ~ High-speed Internet
- ~ Enomatic
- ~ Access to the Pressreader application

SUNDAY, MARCH 10

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

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

MONDAY, MARCH 11

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

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

TUESDAY, MARCH 12

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

9:30 am to 11:30 am
DIY with Lili and Thérèse
Meet us at Fun Club

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

WEDNESDAY, MARCH 13

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

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

THURSDAY, MARCH 14

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

9:30 am to 11:30 am
DIY with Lili and Thérèse
Meet us at Fun Club

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

FRIDAY, MARCH 15

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

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

SATURDAY, MARCH 16

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

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

SUNDAY, MARCH 17

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

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

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