

2024 Holiday Schedule

SATURDAY, DECEMBER 21

8:30 am to 9 am

Introduction to meditation with Edith mEDITHe
 Meet us at St. James

9:15 am to 10 am

Parents-children Yoga with Élie
 Meet us at St. James

10:15 am to 11:15 am

Hatha Yoga with Élie
 Meet us at St. James

2 pm to 3 pm

Little gourmets break
 Meet us at Légendaire

SUNDAY, DECEMBER 22

8:30 am to 9 am

Introduction to meditation with Edith mEDITHe
 Meet us at St. James

9:15 am to 10 am

Parents-children Yoga with Élie
 Meet us at St. James

10:15 am to 11:15 am

Vinyasa Yoga with Élie
 Meet us at St. James

Cookie decorating workshop with Jezzz Biscuit

1 pm to 1:45 pm – Parents-children
& 2 pm to 2:45 pm – Teens and adults
 Meet us at St. James

2 pm to 3 pm

Little gourmets break
 Meet us at Légendaire

MONDAY, DECEMBER 23

8:30 am to 9 am

Introduction to meditation with Edith mEDITHe
 Meet us at St. James

9:15 am to 10 am

Parents-children Yoga with Véro
 Meet us at St. James

10:15 am to 11:15 am

Pilates with Véro
 Meet us at St. James

Cookie decorating workshop with Jezzz Biscuit

1 pm to 1:45 pm – Parents-children
& 2 pm to 2:45 pm – Teens and adults
 Meet us at St. James

2 pm to 3 pm

Little gourmets break
 Meet us at Légendaire

TUESDAY, DECEMBER 24

9:15 am to 10 am

Parents-children Yoga with Élie
 Meet us at St. James

10:15 am to 11:15 am

Vinyasa Yoga with Élie
 Meet us at St. James

2 pm to 3 pm

Little gourmets break
 Meet us at Légendaire

WEDNESDAY, DECEMBER 25

2 pm to 3 pm

Little gourmets break
 Meet us at Légendaire

Merry Christmas!

DAILY ACTIVITIES FROM DECEMBER 22 TO JANUARY 4

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. Children under 10 must be supervised by a parent.

THURSDAY, DECEMBER 26

9:15 am to 10 am

Parents-children Yoga with Élie
 Meet us at St. James

10:15 am to 11:15 am

Vinyasa Yoga with Élie
 Meet us at St. James

Cookie decorating workshop with Jezzz Biscuit

1 pm to 1:45 pm – Parents-children
& 2 pm to 2:45 pm – Teens and adults
 Meet us at St. James

2 pm to 3 pm

Little gourmets break
 Meet us at Légendaire

FRIDAY, DECEMBER 27

9:15 am to 10 am

Parents-children Yoga with Véro
 Meet us at St. James

10:15 am to 11:15 am

Pilates Yoga with Véro
 Meet us at St. James

2 pm to 3 pm

Little gourmets break
 Meet us at Légendaire

Christmas ball painting workshop with Claudine

3 pm to 4 pm – Parents-children
4:30 pm to 5:30 pm – Teens and adults
 Meet us at St. James

8 pm – Astronomy Evening: Conference and observation
 Meet us at St. James

SATURDAY, DECEMBER 28

9:15 am to 10 am

Parents-children Yoga with Véro
 Meet us at St. James

9:30 am to 10:15 am & 10:30 am to 11:15 am

DIY workshop with Claudine
 RDV Fun club

10:15 am to 11:15 am

Yin-yang Yoga with Véro
 Meet us at St. James

2 pm to 3 pm

Little gourmets break
 Meet us at Légendaire

2024 Holiday Schedule

SUNDAY, DECEMBER 29

**9:30 am to 10:15 am &
 10:30 am to 11:15 am**
**DIY workshop
 with Claudine**
 RDV Fun club

10 am to 5 pm
Christmas Market
 Meet us at Légendaire



MONDAY, DECEMBER 30

9:15 am to 10 am
**Parents-children Yoga
 with Mélanie**
 Meet us at St. James

10:15 am to 11:15 am
**Hatha Yoga
 with Mélanie**
 Meet us at St. James

2 pm to 3 pm
Little gourmets break
 Meet us at Légendaire

3 pm to 4 pm
**Children's literature with
 the Alfa Rococo team**
 Meet us at Nautique

TUESDAY, DECEMBER 31

9:15 am to 10 am
**Parents-children Yoga
 with Élie**
 Meet us at St. James

10:15 am to 11:15 am
**Hatha Yoga
 with Élie**
 Meet us at St. James

2 pm to 3 pm
Little gourmets break
 Meet us at Légendaire

WEDNESDAY, JANUARY 1

2 pm to 3 pm
**Little gourmets
 break**
 Meet us at
 Légendaire

*Happy
 New Year!*



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
- ~ Training room
- ~ Playroom for children
- ~ Outdoor fire pits, marshmallows
- ~ Pool table
- ~ Artistic workshops
- ~ Loan of games for the room
- ~ Ice skates
- ~ Snowshoes and walking sticks
- ~ Fatbikes
- ~ Snow scooters
- ~ And much more!



THURSDAY, JANUARY 2

9:15 am to 10 am
Parents-children Yoga with Élie
 Meet us at St. James

10:15 am to 11:15 am
Vinyasa Yoga with Élie
 Meet us at St. James

2 pm to 3 pm
Little gourmets break
 Meet us at Légendaire

**Christmas ball painting
 workshop with Claudine**
3 pm to 4 pm – Parents-children
4:30 pm to 5:30 pm – Teens and adults
 Meet us at St. James

FRIDAY, JANUARY 3

9:15 am to 10 am – **Parents-children Yoga with Élie**
 Meet us at St. James

10:15 am to 11:15 am – **Hatha Yoga with Élie**
 Meet us at St. James

Cookie decorating workshop with Jezzz Biscuit
1 pm to 1:45 pm – Parents-children
& 2 pm to 2:45 pm – Teens and adults
 Meet us at St. James

2 pm to 3 pm – **Little gourmets break**
 Meet us at Légendaire

3 pm to 4 pm – **Children's literature with the
 Alfa Rococo team** – Meet us at Nautique

Christmas ball painting workshop with Claudine
3 pm to 4 pm – Parents-children
4:30 pm to 5:30 pm – Teens and adults
 Meet us at St. James

8 pm – **Astronomy Evening:
 Conference & observation** – Meet us at St. James

SATURDAY, JANUARY 4

9:15 am to 10 am
**Parents-children Yoga
 with Élie**
 Meet us at St. James

**9:15 am to 10:15 am &
 10:30 am to 11:15 am**
DIY workshop with Claudine
 RDV Fun club

10:15 am to 11:15 am
Vinyasa Yoga with Élie
 Meet us at St. James

2 pm to 3 pm
Little gourmets break
 Meet us at Légendaire

3 pm to 4 pm
**Children's literature with
 the Alfa Rococo team**
 Meet us at Nautique

SUNDAY, JANUARY 5

9:15 am to 10 am
**Parents-children Yoga
 with Véro**
 Meet us at St. James

**9:15 am to 10:15 am &
 10:30 am to 11:15 am**
**DIY workshop
 with Claudine**
 RDV Fun club

10:15 am to 11:15 am
Pilates Yoga with Véro
 Meet us at St. James

The **FUN CLUB** will be supervised every day from Saturday, December 21 to Sunday, January 5 from 4 pm to 10 pm.

For morning activities, please book before 9 pm the day before. For afternoon and evening activities, you can book before 12pm (noon) of the same day on our LoungeUp app.

