

# Spring Break Activities 2025

## SATURDAY, MARCH 1

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

**9:30 am to 11:30 am**  
**DIY workshop with Claudine\***  
 Meet us at St-Dunstan

**10 am to 11 am**  
**Hatha yoga with Élie**  
 Meet us at St-James

**1:30 pm to 3 pm**  
**Balloon sculpting with Sica\***  
 Meet us at Légendaire

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

## SUNDAY, MARCH 2

**9 am to 9:45 am**  
**Parents-children yoga with Véro**  
 Meet us at St. James

**10 am to 11 am**  
**Yoga Pilates with Véro**  
 Meet us at St-James

**1:30 pm to 3:30 pm**  
**Axe throwing with Tomahawk Québec**  
 Meet us on the lake

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

## MONDAY, MARCH 3

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

**9:30 am to 11:30 am**  
**DIY workshop with Claudine\***  
 Meet us at St-Dunstan

**10 am to 11 am**  
**Yin Yang yoga with Élie**  
 Meet us at St-James

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

## TUESDAY, MARCH 4

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

**10 am to 11 am**  
**Yin Yang yoga with Élie**  
 Meet us at St-James

**1 pm to 3 pm**  
**Cookie decorating workshop with Jezz Biscuit\***  
 Meet us at St-Dunstan

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

## WEDNESDAY, 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 workshop with Claudine\***  
 Meet us at St-Dunstan

**10 am to 11 am**  
**Hatha yoga with Élie**  
 Meet us at St-James

**1:30 pm to 3:30 pm**  
**Axe throwing with Tomahawk Québec**  
 Meet us on the lake

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

**8 pm – Astronomy Evening**  
 Conference and observation  
 Meet us at St-James

**OUTDOOR FIRE PITS AND ROASTED MARSHMALLOWS** (from 4 pm).

**INFLATABLE GAMES** in the ballroom from March 1<sup>st</sup> to 9<sup>th</sup> (from 8 am to 8 pm).  
 Children under 10 must be supervised by a parent.

The **FUN CLUB** will be supervised from Saturday March 1<sup>st</sup> to Saturday March 8 from 8 am to 10 pm and Sunday March 9 from 8 am to 12 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.

\*Continuous activity, you start when you arrive depending on availability.



# Spring Break Activities 2025

## THURSDAY, MARCH 6

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

**10 am to 11 am**  
**Hatha yoga with Élie**  
 Meet us at St-James

**1 pm to 3 pm**  
**Cookie decorating workshop with Jezz Biscuit\***  
 Meet us at St-Dunstan

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

## FRIDAY, MARCH 7

**9 am to 9:45 am**  
**Parents-children yoga with Véro**  
 Meet us at St-James

**9:30 am to 11:30 am**  
**DIY workshop with Claudine\***  
 Meet us at St-Dunstan

**10 am to 11 am**  
**Yoga Pilates with Véro**  
 Meet us at St-James

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



## GUIDE DE L'EXPÉRIENCE WELLNESS

Entourage sur-le-Lac vous propose de nombreuses activités et une expérience complète axée sur le bien-être et l'art de vivre. Tout au long de votre séjour, vous pourrez bénéficier de commodités et d'activités qui sont rendues possibles grâce aux frais communs de séjour. À vous de profiter de notre grand terrain de jeux bonifié!

- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Jacuzzi (open 7 am-11 pm)
- ~ Fatbikes – available at reception on a first come, first served basis
- ~ 3 km natural ice rink
- ~ Snowshoes, snow scooters, hockey sticks and pucks available at the cabin near the lake on a first come, first served basis
- ~ Cross-country skiing center, fatbike and snowshoe trails 4 km from the hotel\*\* – [sentiersdumoulin.com](http://sentiersdumoulin.com)
- ~ Le Relais alpine ski center 1 km from the hotel\*\* [skirelais.com](http://skirelais.com)
- ~ Pool table
- ~ Ping pong
- ~ Board games available at reception
- ~ High-speed Internet
- ~ Enomatic (\$). Card available at reception.

## SATURDAY, MARCH 8

**9 am to 9:45 am**  
**Parents-children yoga with Mélanie**  
 Meet us at St-James

**10 am to 11 am**  
**Hatha yoga with Mélanie**  
 Meet us at St-James

**10 am to 11:30 am**  
**Balloon sculpting with Sica\***  
 Meet us at Légendaire

**1:30 pm to 3:30 pm**  
**Axe throwing with Tomahawk Québec**  
 Meet us on the lake

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

## SUNDAY, MARCH 9

**9 am to 9:45 am**  
**Parents-children yoga with Véro**  
 Meet us at St-James

**10 am to 11 am**  
**Yoga Pilates with Véro**  
 Meet us at St-James



*This schedule is subject to change.*

\* Continuous activity, you start when you arrive depending on availability.

\*\* For yoga and Pilates activities, **RESERVATION REQUIRED** please book before 9 pm the day before on our LoungeUp app.

