

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 1st to 9th (from 8 am to 8 pm).
 Children under 10 must be supervised by a parent.

The **FUN CLUB** will be supervised from Saturday March 1st 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



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 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
- ~ Le Relais alpine ski center 1 km from the hotel** skirelais.com
- ~ **Parcours Défi Évasion**® available from the lobby. Ask at reception.
- ~ 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

THE WEATHER IS NOT VERY NICE?

Défi-Évasion MC
At Home

Have fun with online riddle games from **DÉFI-ÉVASION AT HOME**

Get 25% off with **promo code: entourage25**



This schedule is subject to change.

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

** **FOR ALL ACTIVITIES: RESERVATION REQUIRED** please book before 9 pm the day before on our LoungeUp app.

