

ACTIVITY CALENDAR | SUMMER 2026

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 am - 10 pm) (adults only after 8 pm)
- ~ Jacuzzi and Sauna (open 7 am- 11 pm)
- ~ Water activities: Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ Preferred tee times at Golf La Tempête
- ~ Défi-Évasion® riddle trail for the whole family - departure from the library near the reception
- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
- ~ High-speed Internet

WEDNESDAY, JUNE 24

8 am to 8:30 am
 Meditation
 with Edith mEDITHe
 Meet us at the left of the beach

8:45 am to 9:45 am
 Morning yoga
 with Sabrina
 Meet us at the left of the beach

10 am to 10:45 am
 Parent-child yoga
 with Sabrina
 Meet us at the left of the beach

1:30 pm to 2:15 pm
 Bracelet making
 with Claudine
 (teens only)
 Meet us at the banquet terrace

2:30 pm to 3:30 pm
 Canvas and pebble painting
 (family) with Claudine
 Meet us at the banquet terrace

6:30 pm to 7:30 pm
 Open water swimming*
 with OPUS Triathlon
 Meet us at the left of the beach

**FÊTE NATIONALE
 DU QUÉBEC**



THURSDAY, JUNE 25

8 am to 9 am
 Morning yoga
 with Mélanie
 Meet us at the left of the beach

9:30 am to 10:30 am
 Guided paddle board ride
 with Cathy
 Meet us at the left of the beach

2 pm to 5 pm
 Makeup
 with Sica
 Meet us at the banquet terrace

4:30 pm to 5:30 pm
 Paddle yoga
 with Mélanie
 Meet us at the left of the beach

6 pm to 7 pm
 Open water swimming*
 with OPUS Triathlon
 Meet us at the left of the beach

FRIDAY, JUNE 26

8:45 am to 9:45 am
 Morning yoga
 with Élie
 Meet us at the left of the beach

10 am to 11 am
 Paddle yoga
 with Élie
 Meet us at the left of the beach

1:30 pm to 2:15 pm
 Bracelet making
 with Claudine
 (teens only)
 Meet us at the banquet terrace

2:30 pm to 3:30 pm
 Canvas and pebble painting
 (family)
 with Claudine
 Meet us at the banquet terrace

4 pm to 5 pm
 Painting class
 with Claudine
 (cocktail included, adults only)
 Meet us at the left of the beach

SATURDAY, JUNE 27

7 am to 9 am
 Open water swimming*
 with OPUS Triathlon
 Meet us at the left of the beach

8:45 am to 9:45 am
 Morning yoga
 with Élie
 Meet us at the left of the beach

10 am to 11 am
 Paddle yoga
 with Élie
 Meet us at the left of the beach

1:30 pm to 3:30 pm
 Sky and astronomy
 Meet us at St. James Room



In case of rain: activities will take place in the St. James Room

* Open water swimming:
 Distance: 1,500 to 2,500 m per session,
 structured as interval training and supervised
 by coaches/lifeguards. Swimming buoy
 required, can be borrowed from reception.

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- ~ Hybrid bikes
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SUNDAY, JUNE 28	MONDAY, JUNE 29	TUESDAY, JUNE 30	WEDNESDAY, JULY 1
<p>8 am to 8:30 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Children's craft workshop with Claudine Meet us at the banquet terrace</p> <p>10 am to 11 am Paddle yoga with Véro Meet us at the left of the beach</p>	<p>8 am to 8:30 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Pilates with Véro Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>1:30 pm to 2:15 pm Bracelet making with Claudine (teens only) Meet us at the banquet terrace</p> <p>2:30 pm to 3:30 pm Canvas and pebble painting (family) with Claudine Meet us at the banquet terrace</p> <p>4 pm to 5 pm Painting class with Claudine (cocktail included, adults only) Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>1:30 pm to 3:30 pm Children's craft workshop with Claudine Meet us at the banquet terrace</p> <p>6:30 pm to 7:30 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>



THURSDAY, JULY 2 **FRIDAY, JULY 3** **SATURDAY, JULY 4**

<p>8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>1:30 pm to 2:15 pm "Percusceau & percussions" workshop (musical awakening) with Renée-Claude Meet us at St. James Room</p> <p>2 pm to 5 pm Balloon sculpting with Sica Meet us at the banquet terrace</p> <p>4:30 pm to 5:30 pm Paddle yoga with Mélanie Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>1:30 pm to 2:15 pm Bracelet making with Claudine (teens only) Meet us at the banquet terrace</p> <p>2:30 pm to 3:30 pm Canvas and pebble painting (family) with Claudine Meet us at the banquet terrace</p> <p>4 pm to 5 pm Painting class with Claudine (cocktail included, adults only) Meet us at the left of the beach</p>	<p>7 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Mélanie Meet us at the left of the beach</p>
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SUNDAY, JULY 5	MONDAY, JULY 6	TUESDAY, JULY 7	WEDNESDAY, JULY 8
<p>8 am to 8:30 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Katag Meet us at the ballroom</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Guillaume Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach</p> <p>9:15 am to 10 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>6 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6:30 pm to 7:30 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	

THURSDAY, JULY 9 **FRIDAY, JULY 10** **SATURDAY, JULY 11**

<p>8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>9:15 am to 10 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>9 am to 12 pm Henna with Sica Meet us at the banquet terrace</p> <p>4:30 pm to 5:30 pm Paddle yoga with Mélanie Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p> <p>10 am to 12 pm Creative workshop Create your own tarot card Meet us at the banquet terrace</p> <p>10:15 am to 11 am "Percusceau & percussions" workshop (musical awakening) with Renée-Claude Meet us at St. James Room</p> <p>12:30 pm to 3:30 pm Astrology reading with William By appointment, individual consultation \$80. Registration at reception, Nautical Room</p>	<p>7 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8 am to 8:30 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p>
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SUNDAY, JULY 12	MONDAY, JULY 13	TUESDAY, JULY 14	WEDNESDAY, JULY 15
<p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Véro Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Pilates with Véro Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach</p> <p>9:15 am to 10 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>3 pm to 5 pm Katag Meet us at the ballroom</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>6 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6:30 pm to 7:30 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>
THURSDAY, JULY 16	FRIDAY, JULY 17	SATURDAY, JULY 18	
<p>8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>9:15 am to 10 am Méditation Edith mEDITHe Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>9 am to 12 pm Balloon sculpting with Sica Meet us at the banquet terrace</p> <p>1:30 pm to 2:15 pm "Percusceau & percussions" workshop (musical awakening) with Renée-Claude Meet us at St. James Room</p> <p>4:30 pm to 5:30 pm Paddle yoga with Mélanie Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>3 pm to 6 pm Mixology with Heureux mélange Meet us at the Îlot terrace</p>	<p>7 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8 am to 8:30 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p>	



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SUNDAY, JULY 19	MONDAY, JULY 20	TUESDAY, JULY 21	WEDNESDAY, JULY 22
<p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p>	<p>8 am to 8:30 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>10 am to 11 am Pilates with Mélanie Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Guillaume Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>2 pm to 5 pm Bubble workshop with Robin Meet us at the banquet terrace (Circus if it rains)</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>6 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8 am to 8:30 am Méditation Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>3 pm to 5 pm Katag – Meet us at the ballroom</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6:30 pm to 7:30 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>
THURSDAY, JULY 23	FRIDAY, JULY 24	SATURDAY, JULY 25	
<p>8 am to 9 am Morning yoga with Mélanie RDV à gauche de la plage</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>2 pm to 5 pm Makeup with Sica Meet us at the banquet terrace</p> <p>4:30 pm to 5:30 pm Paddle yoga with Mélanie Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p> <p>10:15 am to 11 am "Percusceau & percussions" workshop (musical awakening) with Renée-Claude Meet us at St. James Room</p> <p>1:30 pm to 3:30 pm Sky and astronomy Meet us at St. James Room</p> <p>3 pm to 6 pm Mixology with Heureux mélange Meet us at the Îlot terrace</p>	<p>7 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8 am to 8:30 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p>	



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<p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>2 pm to 4 pm Tea conference and tasting with Camellia Sinensis Meet us at St. James Room</p>	<p>8:45 am to 9:45 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>10 am to 11 am Pilates with Mélanie Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach</p> <p>9:15 am to 10 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>2 pm to 5 pm Circus workshop with Robin Meet us at the banquet terrace</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>6 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>3 pm to 5 pm Katag – Meet us at the ballroom</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6:30 pm to 7:30 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>
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<p>8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>10:15 am to 11 am "Percusceau & percussions" workshop (musical awakening) with Renée-Claude Meet us at St. James Room</p> <p>2 pm to 5 pm Balloon sculpting with Sica Meet us at the banquet terrace</p> <p>4:30 pm to 5:30 pm Paddle yoga with Mélanie Meet us at the left of the beach</p>	<p>8 am to 8:30 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p> <p>10 am to 12 pm Creative workshop Create your own tarot card Meet us at the banquet terrace</p> <p>12:30 pm to 3:30 pm Astrology reading with William By appointment, individual consultation \$80. Registration at reception, Nautical Room</p> <p>3 pm to 6 pm Mixology with Heureux mélange Meet us at the Îlot terrace</p>	<p>7 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p>	



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ACTIVITY CALENDAR | SUMMER 2026

SUNDAY, AUGUST 2	MONDAY, AUGUST 3	TUESDAY, AUGUST 4	WEDNESDAY, AUGUST 5
<p>8 am to 8:30 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Sabrina Meet us at the left of the beach</p> <p>2 pm to 4 pm Tea conference and tasting with Camellia Sinensis Meet us at St. James Room</p>	<p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Pilates with Véro Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>3 pm to 5 pm Katag Meet us at the ballroom</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>6 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8 am to 8:30 am Méditation Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>3 pm to 5 pm Katag – Meet us at the ballroom</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6:30 pm to 7:30 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>

THURSDAY, AUGUST 6 FRIDAY, AUGUST 7 SATURDAY, AUGUST 8

<p>8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>1:30 pm to 2:15 pm "Percusceau & percussions" workshop (musical awakening) with Renée-Claude Meet us at St. James Room</p> <p>2 pm to 5 pm Makeup with Sica Meet us at the banquet terrace</p> <p>4:30 pm to 5:30 pm Paddle yoga with Mélanie Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p> <p>3 pm to 6 pm Mixology with Heureux mélange Meet us at the Îlot terrace</p>	<p>7 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8 am to 12:30 pm <i>Défi nage ton lac Beauport</i> See details on Facebook Meet us at Centre nautique Georges-Delisle</p> <p>8:45 am to 9:45 am Morning yoga with Élie RDV à gauche de la plage</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p>
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In case of rain: activities will take place in the St. James Room

* Open water swimming: Distance: 1,500 to 2,500 m per session, structured as interval training and supervised by coaches/lifeguards. Swimming buoy required, can be borrowed from reception.

This schedule is subject to change.

**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 am - 10 pm) (adults only after 8 pm)
- ~ Jacuzzi and Sauna (open 7 am- 11 pm)
- ~ Water activities: Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ Preferred tee times at Golf La Tempête
- ~ Défi-Évasion® riddle trail for the whole family - departure from the library near the reception
- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
- ~ High-speed Internet

ACTIVITY CALENDAR | SUMMER 2026

SUNDAY, AUGUST 9	MONDAY, AUGUST 10	TUESDAY, AUGUST 11	WEDNESDAY, AUGUST 12
<p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Véro Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Pilates with Véro Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>6 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>12 pm to 3 pm Observation of the partial solar eclipse with Denis Meet us at the banquet terrace</p> <p>3 pm to 5 pm Katag – Meet us at the ballroom</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6:30 pm to 7:30 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8 pm Conference, followed by observation of the Perseid meteor shower Meet us in the St. James Room</p>

THURSDAY, AUGUST 13 **FRIDAY, AUGUST 14** **SATURDAY, AUGUST 15**

<p>8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>2 pm to 5 pm Henna with Sica Meet us at the banquet terrace</p> <p>4:30 pm to 5:30 pm Paddle yoga with Mélanie Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p>	<p>7 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p>
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- ~ Outdoor pool (open 8 am - 10 pm) (adults only after 8 pm)
- ~ Jacuzzi and Sauna (open 7 am- 11 pm)
- ~ Water activities: Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ Preferred tee times at Golf La Tempête
- ~ Défi-Évasion® riddle trail for the whole family - departure from the library near the reception
- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
- ~ High-speed Internet

ACTIVITY CALENDAR | SUMMER 2026

SUNDAY, AUGUST 16	MONDAY, AUGUST 17	TUESDAY, AUGUST 18	WEDNESDAY, AUGUST 19
<p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Véro Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Pilates with Véro Meet us at the left of the beach</p> <p>10:15 am to 11 am "Percusceau & percussions" workshop (musical awakening) with Renée-Claude Meet us at St. James Room</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Guillaume Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach</p> <p>9:15 am to 10 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>3 pm to 5 pm Katag Meet us at the ballroom</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>6 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>3 pm to 5 pm Katag – Meet us at the ballroom</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6:30 pm to 7:30 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>
THURSDAY, AUGUST 20	FRIDAY, AUGUST 21	SATURDAY, AUGUST 22	
<p>8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>9:15 am to 10 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>2 pm to 5 pm Balloon sculpting with Sica Meet us at the banquet terrace</p> <p>4:30 pm to 5:30 pm Paddle yoga with Mélanie Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Sabrina Meet us at the left of the beach</p>	<p>7 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie RDV à gauche de la plage</p> <p>1:30 pm to 3:30 pm Sky and astronomy Meet us at St. James Room</p>	



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- ~ Jacuzzi and Sauna (open 7 am- 11 pm)
- ~ Water activities: Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ Preferred tee times at Golf La Tempête
- ~ Défi-Évasion® riddle trail for the whole family - departure from the library near the reception
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ACTIVITY CALENDAR | SUMMER 2026

SUNDAY, AUGUST 23	MONDAY, AUGUST 24	TUESDAY, AUGUST 25	WEDNESDAY, AUGUST 26
<p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Véro Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Pilates with Véro Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach</p> <p>9:15 am to 10 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>3 pm to 5 pm Canvas and pebble painting with Claudine Meet us at the banquet terrace</p> <p>6 pm to 7 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>	<p>6 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach</p> <p>10 am to 10:45 am Parent-child yoga with Sabrina Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>6:30 pm to 7:30 pm Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p>
THURSDAY, AUGUST 27	FRIDAY, AUGUST 28	SATURDAY, AUGUST 29	SUNDAY, AUGUST 30
<p>8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach</p> <p>9:15 am to 10 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>9:30 am to 10:30 am Guided paddle board ride with Cathy Meet us at the left of the beach</p> <p>4:30 pm to 5:30 pm Paddle yoga with Mélanie Meet us at the left of the beach</p>	<p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p>	<p>7 am to 9 am Open water swimming* with OPUS Triathlon Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Élie Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Élie Meet us at the left of the beach</p>	<p>8 am to 8:30 am Meditation with Edith mEDITHe Meet us at the left of the beach</p> <p>8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach</p> <p>10 am to 11 am Paddle yoga with Véro Meet us at the left of the beach</p>



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