



RESORT
ENTOURAGE
SUR-LE-LAC

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

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.

** Maximum of 8 people for paddle yoga.

This schedule is subject to change.

ACTIVITY CALENDAR | SUMMER 2026

SUNDAY, JULY 12	MONDAY, JULY 13	TUESDAY, JULY 14	WEDNESDAY, JULY 15
8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach 10 am to 11 am Paddle yoga** with Véro Meet us at the left of the beach	8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach 10 am to 11 am Pilates with Véro Meet us at the left of the beach 4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach 6 pm to 7 pm Open water swimming* Meet us at the left of the beach	8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach 9:15 am to 10 am Meditation with Edith mEDITHe 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 10:45 am to 11:45 am Guided paddle board ride with Cathy Meet us at the left of the beach 3 pm to 5 pm Katag – Meet us at the ballroom 6 pm to 7 pm Open water swimming* Meet us at the left of the beach	6 am to 9 am Open water swimming* 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 4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach 6:30 pm to 7:30 pm Open water swimming* Meet us at the left of the beach
THURSDAY, JULY 16	FRIDAY, JULY 17	SATURDAY, JULY 18	
8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach 9:15 am to 10 am Méditation Edith mEDITHe Meet us at the left of the beach 9 am to 12 pm Balloon sculpting with Sica Meet us at the banquet terrace 1:30 pm to 2:15 pm "Percusceau & percussions" workshop (musical awakening) with Renée-Claude Meet us at St. James Room 4:30 pm to 5:30 pm Paddle yoga** with Mélanie 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 3 pm to 6 pm Mixology with Heureux mélange Meet us at the Îlot terrace	7 am to 9 am Open water swimming* Meet us at the left of the beach 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 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	

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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
- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
- ~ High-speed Internet

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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.

** Maximum of 8 people for paddle yoga.

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ACTIVITY CALENDAR

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SUMMER 2026

SUNDAY, JULY 19	MONDAY, JULY 20	TUESDAY, JULY 21	WEDNESDAY, JULY 22
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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

12:30 pm to 2 pm
Ice cream truck (\$)

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 Mélanie
Meet us at the left of the beach

10 am to 11 am
Pilates with Mélanie
Meet us at the left of the beach

4:30 pm to 5:30 pm
Guided paddle board ride
with Guillaume
Meet us at the left of the beach

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

8:15 am to 9 am
Cardiomuscular circuit
with Mélanie
Meet us at the left of the beach

2 pm to 5 pm
Bubble workshop
with Robin
Meet us at the banquet terrace
(Circus if it rains)

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

6 am to 9 am
Open water swimming*
Meet us at the left of the beach

8 am to 8:30 am
Méditation 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

3 pm to 5 pm
Katag
Meet us at the ballroom

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

THURSDAY, JULY 23	FRIDAY, JULY 24	SATURDAY, JULY 25
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8 am to 9 am
Morning yoga
with Mélanie
RDV à gauche de la plage

1:30 pm to 2:15 pm
"Percusceau & percussions" workshop
(musical awakening)
with Renée-Claude
Meet us at St. James Room

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

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

3 pm to 6 pm
Mixology with Heureux mélange
Meet us at the Îlot terrace

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

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 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



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- ~ Outdoor pool (open 8 am - 10 pm)
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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
- ~ Board games are available at reception
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ACTIVITY CALENDAR

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SUMMER 2026

SUNDAY, JULY 26	MONDAY, JULY 27	TUESDAY, JULY 28	WEDNESDAY, JULY 29
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 2 pm to 4 pm Tea conference and tasting with Camellia Sinensis Meet us at St. James Room	8:45 am to 9:45 am Morning yoga with Mélanie Meet us at the left of the beach 10 am to 11 am Pilates with Mélanie Meet us at the left of the beach 4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach 6 pm to 7 pm Open water swimming* Meet us at the left of the beach	8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach 9:15 am to 10 am Meditation with Edith mEDIThe Meet us at the left of the beach 2 pm to 5 pm Circus workshop with Robin Meet us at the banquet terrace 6 pm to 7 pm Open water swimming* Meet us at the left of the beach	6 am to 9 am Open water swimming* 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 3 pm to 5 pm Katag – Meet us at the ballroom 4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach 6:30 pm to 7:30 pm Open water swimming* Meet us at the left of the beach
THURSDAY, JULY 30	FRIDAY, JULY 31	SATURDAY, AUGUST 1	
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 10:15 am to 11 am “Percusceau & percussions” workshop (musical awakening) with Renée-Claude Meet us at St. James Room 10:45 am to 11:45 am Guided paddle board ride with Cathy Meet us at the left of the beach 2 pm to 5 pm Balloon sculpting 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	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 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 10 am to 12 pm Creative workshop Create your own tarot card Meet us at the banquet terrace 12:30 pm to 3:30 pm Tarot reading with William Individual consultation – \$50 for 30 minutes. Sign up at reception. Meet us at the Montagnarde room 3 pm to 6 pm Mixology with Heureux mélange Meet us at the Îlot terrace	7 am to 9 am Open water swimming* 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	



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ACTIVITY CALENDAR

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SUMMER 2026

SUNDAY, AUGUST 2	MONDAY, AUGUST 3	TUESDAY, AUGUST 4	WEDNESDAY, AUGUST 5
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 11 am Paddle yoga** with Sabrina Meet us at the left of the beach 2 pm to 4 pm Tea conference and tasting with Camellia Sinensis Meet us at St. James Room	8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach 10 am to 11 am Pilates with Véro Meet us at the left of the beach 4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach 6 pm to 7 pm Open water swimming* Meet us at the left of the beach	8:15 am to 9 am Cardiomuscular circuit 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 10:45 am to 11:45 am Guided paddle board ride with Cathy Meet us at the left of the beach 3 pm to 5 pm Katag Meet us at the ballroom 6 pm to 7 pm Open water swimming* Meet us at the left of the beach	6 am to 9 am Open water swimming* Meet us at the left of the beach 8 am to 8:30 am Méditation 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 4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach 6:30 pm to 7:30 pm Open water swimming* Meet us at the left of the beach
THURSDAY, AUGUST 6	FRIDAY, AUGUST 7	SATURDAY, AUGUST 8	
8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach 1:30 pm to 2:15 pm "Percusceau & percussions" workshop (musical awakening) with Renée-Claude Meet us at St. James Room 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	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 3 pm to 6 pm Mixology with Heureux mélange Meet us at the Îlot terrace	7 am to 9 am Open water swimming* Meet us at the left of the beach 8 am to 12:30 pm Défi nage ton lac Beauport See details on Facebook Meet us at Centre nautique Georges-Delisle 8:45 am to 9:45 am Morning yoga with Élie RDV à gauche de la plage 10 am to 11 am Paddle yoga** with Élie Meet us at the left of the beach	



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SUMMER 2026

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

THURSDAY, AUGUST 13	FRIDAY, AUGUST 14	SATURDAY, AUGUST 15
8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach 2 pm to 5 pm Henna 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	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	7 am to 9 am Open water swimming* 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



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SUMMER 2026

SUNDAY, AUGUST 16	MONDAY, AUGUST 17	TUESDAY, AUGUST 18	WEDNESDAY, AUGUST 19
8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach 10 am to 11 am Paddle yoga** with Véro Meet us at the left of the beach	8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach 10 am to 11 am Pilates with Véro Meet us at the left of the beach 10:15 am to 11 am "Percusceau & percussions" workshop (musical awakening) with Renée-Claude Meet us at St. James Room 4:30 pm to 5:30 pm Guided paddle board ride with Guillaume Meet us at the left of the beach 6 pm to 7 pm Open water swimming* Meet us at the left of the beach	8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach 9:15 am to 10 am Meditation with Edith mEDITHe 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 10:45 am to 11:45 am Guided paddle board ride with Cathy Meet us at the left of the beach 3 pm to 5 pm Katag – Meet us at the ballroom 6 pm to 7 pm Open water swimming* Meet us at the left of the beach	6 am to 9 am Open water swimming* 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 3 pm to 5 pm Katag – Meet us at the ballroom 4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach 6:30 pm to 7:30 pm Open water swimming* Meet us at the left of the beach

THURSDAY, AUGUST 20	FRIDAY, AUGUST 21	SATURDAY, AUGUST 22
8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach 9:15 am to 10 am Meditation with Edith mEDITHe Meet us at the left of the beach 2 pm to 5 pm Balloon sculpting 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	8:45 am to 9:45 am Morning yoga with Sabrina Meet us at the left of the beach 10 am to 11 am Paddle yoga** with Sabrina Meet us at the left of the beach	7 am to 9 am Open water swimming* 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 RDV à gauche de la plage 1:30 pm to 3:30 pm Sky and astronomy Meet us at St. James Room



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- ~ Pool table
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SUNDAY, AUGUST 23	MONDAY, AUGUST 24	TUESDAY, AUGUST 25	WEDNESDAY, AUGUST 26
8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach 10 am to 11 am Paddle yoga** with Véro Meet us at the left of the beach	8:45 am to 9:45 am Morning yoga with Véro Meet us at the left of the beach 10 am to 11 am Pilates with Véro Meet us at the left of the beach 4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach 6 pm to 7 pm Open water swimming* Meet us at the left of the beach	8:15 am to 9 am Cardiomuscular circuit with Mélanie Meet us at the left of the beach 9:15 am to 10 am Meditation with Edith mEDITHe 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 10:45 am to 11:45 am Guided paddle board ride with Cathy Meet us at the left of the beach 6 pm to 7 pm Open water swimming* Meet us at the left of the beach	6 am to 9 am Open water swimming* 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 4:30 pm to 5:30 pm Guided paddle board ride with Cathy Meet us at the left of the beach 6:30 pm to 7:30 pm Open water swimming* Meet us at the left of the beach
THURSDAY, AUGUST 27	FRIDAY, AUGUST 28	SATURDAY, AUGUST 29	SUNDAY, AUGUST 30
8 am to 9 am Morning yoga with Mélanie Meet us at the left of the beach 9:15 am to 10 am Meditation with Edith mEDITHe Meet us at the left of the beach 4:30 pm to 5:30 pm Paddle yoga** with Mélanie 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	7 am to 9 am Open water swimming* 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	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 Véro Meet us at the left of the beach 10 am to 11 am Paddle yoga** with Véro Meet us at the left of the beach

