

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.

This schedule is subject to change.

ACTIVITY CALENDAR

|

SUMMER 2026

| SUNDAY, AUGUST 9                                                                                                                                                                               | MONDAY, AUGUST 10                                                                                                                                                                                                                                                                                                                                                                                     | TUESDAY, AUGUST 11                                                                                                                                                                                                                                                                                                                                                                                                                             | WEDNESDAY, AUGUST 12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Véro<br/>Meet us at the left of the beach</p> <p><b>10 am to 11 am</b><br/>Paddle yoga** with Véro<br/>Meet us at the left of the beach</p> | <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Véro<br/>Meet us at the left of the beach</p> <p><b>10 am to 11 am</b><br/>Pilates with Véro<br/>Meet us at the left of the beach</p> <p><b>4:30 pm to 5:30 pm</b><br/>Introduction to paddleboarding with Cathy<br/>Meet us at the left of the beach</p> <p><b>6 pm to 7 pm</b><br/>Open water swimming*<br/>Meet us at the left of the beach</p> | <p><b>8:15 am to 9 am</b><br/>Cardiomuscular circuit with Mélanie<br/>Meet us at the left of the beach</p> <p><b>9:30 am to 10:30 am</b><br/>Introduction to paddleboarding with Cathy<br/>Meet us at the left of the beach</p> <p><b>10:45 am to 11:45 am</b><br/>Introduction to paddleboarding with Cathy<br/>Meet us at the left of the beach</p> <p><b>6 pm to 7 pm</b><br/>Open water swimming*<br/>Meet us at the left of the beach</p> | <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Sabrina<br/>Meet us at the left of the beach</p> <p><b>10 am to 10:45 am</b><br/>Parent-child yoga with Sabrina<br/>Meet us at the left of the beach</p> <p><b>10 am to 12 pm</b><br/>Katag<br/>Meet us at the ballroom</p> <p><b>12 pm to 3 pm</b><br/>Observation of the partial solar eclipse with Denis<br/>Meet us at the banquet terrace</p> <p><b>4:30 pm to 5:30 pm</b><br/>Introduction to paddleboarding with Cathy<br/>Meet us at the left of the beach</p> <p><b>8 pm</b><br/>Conference, followed by observation of the Perseid meteor shower<br/>Meet us in the Lobby lounge</p> |

| THURSDAY, AUGUST 13                                                                                                                                                                                                                                                                  | FRIDAY, AUGUST 14                                                                                                                                                                              | SATURDAY, AUGUST 15                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>8 am to 9 am</b><br/>Morning yoga with Mélanie<br/>Meet us at the left of the beach</p> <p><b>2 pm to 5 pm</b><br/>Henna with Sica<br/>Meet us at the banquet terrace</p> <p><b>4:30 pm to 5:30 pm</b><br/>Paddle yoga** with Mélanie<br/>Meet us at the left of the beach</p> | <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Élie<br/>Meet us at the left of the beach</p> <p><b>10 am to 11 am</b><br/>Paddle yoga** with Élie<br/>Meet us at the left of the beach</p> | <p><b>7:30 am to 9:30 am</b><br/>Open water swimming*<br/>Meet us at the left of the beach</p> <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Élie<br/>Meet us at the left of the beach</p> <p><b>10 am to 11 am</b><br/>Paddle yoga** with Élie<br/>Meet us at the left of the beach</p> |



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- ~ Outdoor fire pits
- ~ 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
- ~ 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, 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**  
Introduction to paddleboarding 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**  
Introduction to paddleboarding with Cathy  
Meet us at the left of the beach

**10:45 am to 11:45 am**  
Introduction to paddleboarding 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**  
Introduction to paddleboarding 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

**7:30 am to 9:30 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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ACTIVITY CALENDAR | SUMMER 2026

| SUNDAY, AUGUST 23                                                                                                                                                                                                                                                                                        | MONDAY, AUGUST 24                                                                                                                                                                                                                                                                                                                                                                                     | TUESDAY, AUGUST 25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | WEDNESDAY, AUGUST 26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Karine<br/>Meet us at the left of the beach</p>                                                                                                                                                                                                       | <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Véro<br/>Meet us at the left of the beach</p> <p><b>10 am to 11 am</b><br/>Pilates with Véro<br/>Meet us at the left of the beach</p> <p><b>4:30 pm to 5:30 pm</b><br/>Introduction to paddleboarding with Cathy<br/>Meet us at the left of the beach</p> <p><b>6 pm to 7 pm</b><br/>Open water swimming*<br/>Meet us at the left of the beach</p> | <p><b>8:15 am to 9 am</b><br/>Cardiomuscular circuit with Mélanie<br/>Meet us at the left of the beach</p> <p><b>9:15 am to 10 am</b><br/>Meditation with Edith mEDITHe<br/>Meet us at the left of the beach</p> <p><b>9:30 am to 10:30 am</b><br/>Introduction to paddleboarding with Cathy<br/>Meet us at the left of the beach</p> <p><b>10:45 am to 11:45 am</b><br/>Introduction to paddleboarding with Cathy<br/>Meet us at the left of the beach</p> <p><b>6 pm to 7 pm</b><br/>Open water swimming*<br/>Meet us at the left of the beach</p> | <p><b>6 am to 9 am</b><br/>Open water swimming*<br/>Meet us at the left of the beach</p> <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Sabrina<br/>Meet us at the left of the beach</p> <p><b>10 am to 10:45 am</b><br/>Parent-child yoga with Sabrina<br/>Meet us at the left of the beach</p> <p><b>4:30 pm to 5:30 pm</b><br/>Introduction to paddleboarding with Cathy<br/>Meet us at the left of the beach</p> <p><b>6:30 pm to 7:30 pm</b><br/>Open water swimming*<br/>Meet us at the left of the beach</p> |
| THURSDAY, AUGUST 27                                                                                                                                                                                                                                                                                      | FRIDAY, AUGUST 28                                                                                                                                                                                                                                                                                                                                                                                     | SATURDAY, AUGUST 29                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | SUNDAY, AUGUST 30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p><b>8 am to 9 am</b><br/>Morning yoga with Mélanie<br/>Meet us at the left of the beach</p> <p><b>9:15 am to 10 am</b><br/>Meditation with Edith mEDITHe<br/>Meet us at the left of the beach</p> <p><b>4:30 pm to 5:30 pm</b><br/>Paddle yoga** with Mélanie<br/>Meet us at the left of the beach</p> | <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Élie<br/>Meet us at the left of the beach</p> <p><b>10 am to 11 am</b><br/>Paddle yoga** with Élie<br/>Meet us at the left of the beach</p>                                                                                                                                                                                                        | <p><b>7:30 am to 9:30 am</b><br/>Open water swimming*<br/>Meet us at the left of the beach</p> <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Élie<br/>Meet us at the left of the beach</p> <p><b>10 am to 11 am</b><br/>Paddle yoga** with Élie<br/>Meet us at the left of the beach</p>                                                                                                                                                                                                                                                        | <p><b>8 am to 8:30 am</b><br/>Meditation with Edith mEDITHe<br/>Meet us at the left of the beach</p> <p><b>8:45 am to 9:45 am</b><br/>Morning yoga with Élie<br/>Meet us at the left of the beach</p> <p><b>10 am to 11 am</b><br/>Paddle yoga** with Élie<br/>Meet us at the left of the beach</p>                                                                                                                                                                                                                     |

