

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, 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



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, AUGUST 23	MONDAY, AUGUST 24	TUESDAY, AUGUST 25	WEDNESDAY, AUGUST 26
8:45 am to 9:45 am Morning yoga with Karine 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 Introduction to paddleboarding 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 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 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 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 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		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 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

