



GETTING TO KNOW EACH OTHER!!!
15th Annual Naturist Festival – August 2-5, 2018
Club naturiste Loisirs Air Soleil **PRELIMINARY PROGRAM**

Time	Activities
Thursday, August 2, 2018	
8:00 a.m.	Walk in Mindfulness (starting at the marquee)
10:30 a.m.-11:15 a.m.	Aqua Fit by L.A.S. (when pool is open)
11:00 a.m.-2:00 p.m.	OKA Beach – Leaving at 9:00 a.m. (returning from 2:00 p.m. to 4:30 p.m.)
5:00 p.m.	Welcome Cocktail (at the marquee)
6:00 p.m.	Official Opening (Ron, François, Rachel and Jocelyn) (at the marquee)
8:00 p.m.	Karaoke Evening (“Open Mic”) (salle 1225)
Friday, August 3, 2018	
8:00 a.m.	Walk in Mindfulness (starting at the marquee)
8:00 a.m. to noon	Breakfast (restaurant available)
9:00 a.m.-4:30 p.m.	Groupe Naturiste de Québec’s Rallye (at your own pace)
9:00 a.m.-9:45 a.m.	Slideshow by Vittorio Buono: <i>Naturist Articles and Photography</i> (salle Air Soleil)
10:00 a.m.-10:45 a.m.	Workshop by Manuel Robert: <i>Naturist Trips</i> (near salle Air Soleil)
10:30 a.m.-11:15 a.m.	Aqua Fit by L.A.S. (when pool is open)
11:00 a.m.to noon.	Topics of the 2 federations presidents (Ron and François) (near salle Air Soleil)
11:00	Figure Drawing by Eda Reganaz (at the marquee)
Starting at noon	Lunch (restaurant available)
1:00 p.m.-4:00 p.m.	Body Painting with « Michelangelo » (at the marquee)
3:00 p.m.	Roundtable Discussion: Raising Children in a Naturist Environment
4:00 p.m.	Hiro Takeda’s Apero-Talk (BYOB) (plateau near the river) <i>Naturism in Academic Publications, a Literature Review</i>
6:00 p.m.	Spaghetti Supper (at the restaurant) ***Please note the restaurant closes at 9:00 p.m.
<i>Evening</i>	<i>Activity to be confirmed</i>
Saturday, August 4, 2018	
8:00 a.m.	Walk in Mindfulness (starting at the marquee)
8:00 a.m.	Registration for the Tennis Tournament (doubles, random draw): \$5/pers.
8:00 a.m. to noon	Breakfast (restaurant available)
9:00 a.m.-4:30 p.m.	Groupe Naturiste de Québec’s Rallye (at your own pace)
10:30 a.m.-11:15 a.m.	Aqua Fit by L.A.S. (when pool is open)
Noon-1:00 p.m.	Hot-Dog Party (free) (at the marquee) <i>(Please note that the restaurant will be preparing the mechoui as of 2:00 p.m., therefore there will be no meal service after 2:00 p.m.)</i>
12:45 p.m.-1:15 p.m.	Registration for the Pétanque Tournament: \$5/pers. (tournament starts at 1:30 p.m.)
1:00 p.m.	Volleyball Tournament: \$5/pers.
1:00 p.m.	Water Balloons Fight (near the pool)
1:00 p.m.-2:00 p.m.	Line Dancing Lesson by L.A.S. (salle Air Soleil)
1:30 p.m.	Horseshoe Tournament: \$5/pers.
2:00 p.m.	Come and Make your Banana Split (at the marquee)
3:00 p.m.	Discussion Workshop by Michel Vaïs (near salle Air Soleil): <i>Naturist Centers and nudity in the city and on free beaches. The Federations Role.</i>
4:30 p.m.	FCN/FQN Festival Group Photo (near the river or at the pool)
6:30 p.m.	Festival Mechoui Supper (\$20/pers.) (at the restaurant)
8:00 p.m.	Rallye’s Awards and Door Prizes (at the restaurant)
8:00 p.m.	Dance Party with Mario Langis Live (music from 70s to nowadays)
Sunday, August 5, 2018	
8:00 a.m.	Walk in Mindfulness (starting at the marquee)
8:00 a.m. to noon	Breakfast (restaurant available)
9:00 a.m. to noon	Federation of Canadian Naturists AGM Meeting (salle Air Soleil)
10:30 a.m.-11:15 a.m.	Aqua Fit by L.A.S. (when pool is open)
1:00 p.m.-2:00 p.m.	Zumba Lesson by L.A.S. (salle Air Soleil)