

## SPORT & RECREATION AT FRITTON LAKE – May Half Term 2022

| LAKE SWIMMING |               |  |  |
|---------------|---------------|--|--|
| DAY           | TIME          | ACTIVITY   | NOTES  |
| Tues          | 07:00 – 09:00 | <b>Group Open Water Swimming</b>                               | Pre-booking required for safety. 48 Hours' Notice<br>Separate Lessons £40pp – enquire for details/times* |
| Tues          | 09:00 – 10:00 | <b>Introduction to Wild Swimming</b>                           | Pre-booking required for safety. 48 Hours' Notice<br>Separate Lessons £40pp – enquire for details/times* |
| Tues          | 09:00 – 10:00 | <b>Swim Only Proficiency Test</b>                              | £10 pp Pre-booking required for safety. 48 Hours' Notice   |
| Wed           | 14:00 – 15:00 | <b>Introduction to Wild Swimming</b>                           | Pre-booking required for safety. 48 Hours' Notice<br>Separate Lessons £40pp – enquire for details/times* |
| Thurs         | 17:00 – 18:00 | <b>Swim Only Proficiency Test</b>                              | £10 pp Pre-booking required for safety. 48 Hours' Notice   |
| Sat           | 09:00 – 12:00 | <b>Group Open Water Swimming &amp; Swimmers Breakfast club</b> | Pre-booking required for safety. 48 Hours' Notice<br>Pre order breakfast on entry to clubhouse*          |

| MAIN SWIMMING POOL |               |   |                         |
|--------------------|---------------|---|-------------------------|
| Mon - Sun          | 08:00 – 09:30 | <b>Adult Lane Pool Swim</b>                   | No pre-booking required |
|                    | 09:30 – 10:30 | <b>Members Only Pool Swim</b>                 | No pre-booking required |
|                    | 10:30 – 18:00 | <b>Members &amp; Holiday Guests Pool Swim</b> | No pre-booking required |
|                    | 18:00 – 20:00 | <b>Adult Lane Pool Swim</b>                   | No pre-booking required |

| LAKE ACTIVITIES |               |   |   |
|-----------------|---------------|---|---|
| DAY             | TIME          | ACTIVITY                                      | NOTES   |
| Mon - Sun       | 09:00 – 18:00 | <b>Floating Sauna</b>                         | 20-minute session, pre-booking required, Age 18+  |
| Mon – Sun       | 09:00 – 18:00 | <b>Rowing boats, canoes, kayaks</b>           | No pre-booking required but please sign in/out at Boathouse and collect/wear a lifejacket                   |
| Mon             | 09:00 – 10:00 | <b>Paddleboard Proficiency Test</b>           | £15pp, Ages 13+, pre-booking required* 48 Hours' Notice   |
| Mon             | 10:00 – 12:00 | <b>Paddleboard Lesson</b>                     | Max 6 people, Beginners, 60mins, £40pp, Ages 13+, pre-booking required* 48 Hours' Notice                    |
| Tues            | 16:00 – 18:00 | <b>Fishing education &amp; lake awareness</b> | £15pp per 60-minute session. Pre booking required and lifejackets to be worn at all times* 48 Hours' Notice |
| Wed             | 10:00 – 12:00 | <b>Paddleboard Lessons</b>                    | Max 6 people, Beginners, 60mins, £40pp, Ages 13+, pre-booking required * 48 Hours' Notice                   |
| Sat             | 12:00 – 13:00 | <b>Paddleboard Proficiency Test</b>           | £15pp, Ages 13+, pre-booking required* 48 Hours' Notice   |
| Sat             | 13:00 – 14:00 | <b>Paddleboard Lessons</b>                    | Max 6 people, Beginners, 60mins, £40pp, Ages 13+, pre-booking required * 48 Hours' Notice                   |
| Sat             | 09:00 – 10:00 | <b>Fishing education &amp; lake awareness</b> | £15pp per 60-minute session. Pre booking required and lifejackets to be worn at all times* 48 Hours' Notice |

| OUTDOOR SPORT & RECREATION |               |                                |  |
|----------------------------|---------------|--------------------------------|--|
| DAY                        | TIME          | ACTIVITY                       | NOTES  |
| Mon – Sun                  | 09:00 – 18:00 | <b>Tennis Courts</b>           | Pre-booking required   |
|                            |               | <b>Footgolf</b>                | No - Pre-booking required  |
|                            |               | <b>Pétanque</b>                | No - Pre-booking required  |
| Tues – Sat                 | On request    | <b>Walking trail tours</b>     | 60 minutes, Pre-booking required – 48 Hours' Notice  |
| Tues                       | 10:00 – 15:30 | <b>Cricket Lessons</b>         | 5 x 60 minute lessons available as 1:1 or small group.<br>£40pp 1:1 or £10pp as small group – max 6* pre-booking required 48 Hours' Notice |
| Tues                       | 14:00 – 15:00 | <b>Walking football</b>        | 60-minutes, Pre-booking required – 48 Hours' Notice  |
| Mon – Sat                  | On request    | <b>Tennis Lessons/Coaching</b> | £40 Adult / £25 Child - Pre-booking required* - 48 Hours' Notice   |
| Wed                        | 09:00 – 10:00 | <b>Fritton Club Run</b>        | Pre-booking required. Enjoy our 3k/5K/10k route on 48 Hours' Notice  |

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|       |               |                                      |   |
|-------|---------------|--------------------------------------|---|
| Wed   | 10:00 – 11:30 | <b>Foraging Walk &amp; Talk Tour</b> | £20 Adult / £15 Child Pre-booking required* – 48 Hours' Notice  |
| Wed   | 10:00 – 12:00 | <b>Raft &amp; Shelter Building</b>   | 120 minutes Pre-booking required – 48 Hours' Notice   |
| Wed   | 12:00 – 12:30 | <b>Family Fitness</b>                | 30 minutes free fitness blast – outdoor body weight exercises. Pre-booking required, 48 Hours' Notice                     |
| Wed   | 13:00 – 14:30 | <b>Lake Safari</b>                   | 1.5-hour tour - £30 Adult / £25 Child Pre-booking required* - 48 Hours' Notice  |
| Wed   | 15:00 – 16:00 | <b>Family Walking Football</b>       | 60 minutes activity for the whole family. Pre booking required, 48 Hours' Notice  |
| Thurs | 09:00 – 11:00 | <b>Jeep Safari</b>                   | 2-hour tour - £40 Adult / £25 Child Pre-booking required* - 48 Hours' Notice  |
| Thurs | 10:00 – 11:00 | <b>Walking football</b>              | 60 minutes Pre-booking required – 48 Hours' Notice  |
| Thurs | 14:00 – 16:00 | <b>Footgolf With Jude</b>            | 60 minutes Pre-booking required – 48 Hours' Notice  |
| Fri   | 09:00 – 13:00 | <b>Jubilee Junior Tennis Camp</b>    | Tennis Camp with tuition from a fully qualified tennis coach. £25pp Max 10 juniors, pre-booking required 48 Hours' Notice |
| Fri   | 13:00 – 14:30 | <b>Raft &amp; Shelter building</b>   | 90 minutes Pre-booking required – 48 Hours' Notice  |
| Sat   | 11:00 - 12:00 | <b>Fritton Club Run</b>              | 48 Hour Pre-booking required. Enjoy our 3k/5K/10k route on Strava   |
| Sat   | 11:00 – 12:30 | <b>Raft &amp; Shelter Building</b>   | 90 minutes Pre-booking required – 48 Hours' Notice  |
| Sun   | 11:00 – 12:00 | <b>Family Football</b>               | 60-minutes Pre-booking required – 48 Hours' Notice  |

### BIO GYM FITNESS & THERAPY ROOM

| DAY                        | TIME          | ACTIVITY   | NOTES   |
|----------------------------|---------------|--|---|
| Mon, Tues, Wed, Thurs, Sat | On request    | <b>Personal Training</b><br><b>Technical Workshops</b> | Pre booking required, £40pp* 48 hours' notice<br>Pre booking required, £15pp*   |
| Tues                       | 10:00 – 10:30 | <b>Stretch</b>   | Free 30-minute class, Pre-booking required – 48 Hours' Notice   |
| Tues                       | 10:30 – 11:30 | <b>HIIT</b>  | Pre-booking required, £8pp* 48 Hours' Notice  |
| Tues                       | 12:00 – 13:00 | <b>Yoga</b>  | Pre-booking required, £8pp* GYM CLOSED 48 Hours' Notice<br>Class may be outside   |
| Wed                        | 10:00 – 10:30 | <b>Core conditioning</b>                               | Free 30-minute class, Pre-booking required – 48 Hours' Notice   |
| Wed                        | 10:30 – 11:30 | <b>Dance fit</b>                                       | Pre-booking required, £8pp* 48 Hours' Notice  |
| Wed                        | 10:30 – 15:30 | <b>Sports Massage &amp; Holistic Treatments</b>        | Pre-booking required. 48 hours' notice – specify on booking<br>60 mins Holistic Massage Treatment £65<br>60 mins Reiki £65<br>60 mins Hot Stone Massage £70<br>30 mins Indian Head Massage £50<br>Sports Massage -on request £TBC |
| Thurs                      | 10:30 – 11:30 | <b>Summer Bootcamp</b>                                 | Pre-booking required, £8pp*48 hours' notice. Class may be outside   |
| Sat                        | 10.30 – 11.30 | <b>Pilates</b>   | Pre-booking required, £8pp* GYM CLOSED. 48 hours' notice  |
| Sun                        | 10:00 – 11:00 | <b>Yoga</b>  | Pre-booking required, £8pp* GYM CLOSED 48 hours' notice<br>Class may be outside.  |

Please have the following for open water swimming sessions: Wetsuit, Swim Hat & Tow Float

Every class has to be booked 48 hours in advance\*

