

## SPORT & RECREATION AT FRITTON LAKE – Spring/Summer 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 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 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
Thurs	16:00 – 19:00	<b>Group Open Water Swimming</b>	Pre-booking required for safety. 48 Hours' Notice 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 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
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> <b>Footgolf</b> <b>Pétanque</b>	Pre-booking required No - Pre-booking required No - Pre-booking required
Tues - Sat	On request	<b>Walking trail tours</b>	60 minutes, 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	10:00 – 12:00	<b>Archery Lessons</b>	£30 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
Wed	10:00 – 11:30	<b>Foraging Walk &amp; Talk Tour</b>	£20 Adult / £15 Child 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
Thurs	09:00 – 11:00	<b>Jeep Safari</b>	2-hour tour - £40 Adult / £25 Child Pre-booking required* - 48 Hours' Notice

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Thurs	10:00 – 11:00	<b>Walking football</b>	60 minutes 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
Fri	15:00 – 17:00	<b>Archery Lessons</b>	60-minute sessions. £30 Adult / £25 Child Pre-booking required*. 48 Hours' Notice
Sat	09:00 – 13:00	<b>Jeep Safari</b>	4-hour tour - £45 Adult / £30 Child 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	14:00 – 16:00	<b>Archery Lessons</b>	60-minute sessions. £30 Adult / £25 Child Pre-booking required*. 48 Hours' Notice
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 Technical Workshops</b>	Pre booking required, £40pp* 48 hours' notice 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 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 60 mins Holistic Massage Treatment £65 60 mins Reiki £65 60 mins Hot Stone Massage £70 30 mins Indian Head Massage £50 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
Fri	10:30 – 15:30	<b>Sports Massage &amp; Holistic Treatments</b>	Pre-booking required. 48 hours' notice – specify on booking 60 mins Holistic Massage Treatment £65 60 mins Reiki £65 60 mins Hot Stone Massage £70 30 mins Indian Head Massage £50 60 mins Sports Massage £55 30 mins Sports Massage £35 90 mins Full Body Sports Massage £70
at	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 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\*

Please bring a water bottle, towel and footwear suitable for inside and outside.

Please contact reception on 01493 484008 or email: [clubsports@frittonlake.co.uk](mailto:clubsports@frittonlake.co.uk) to book any of the activities above

\*will incur additional costs