

SPORT & RECREATION AT FRITTON LAKE – Spring/Summer 2022

| LAKE SWIMMING | | | |
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| DAY | TIME | ACTIVITY | NOTES |
| Tues | 07:00 – 09:00 | Group Open Water Swimming | Pre-booking required for safety. Separate Lessons £40pp – enquire for details/times |
| Tues | 09:00 – 10:00 | Introduction to Wild Swimming | Pre-booking required for safety. 48 Hours' Notice Separate Lessons £40pp – enquire for details/times |
| Tues | 09:00 – 10:00 | Swim Only Proficiency Test | £10 pp Pre-booking required for safety. |
| Thurs | 16:00 – 19:00 | Group Open Water Swimming | Pre-booking required for safety. Separate Lessons £40pp – enquire for details/times |
| Thurs | 15:30 – 16:30 | Swim Only Proficiency Test | £10 pp Pre-booking required. |
| Fri | 09:00 – 11:00 | Swim Only Proficiency Test | £10 pp Pre-booking required. |
| Sat | 09:00 – 12:00 | Group Open Water Swimming & Swimmers Breakfast club | Pre-booking required for safety. Pre order breakfast on entry to clubhouse |

| MAIN SWIMMING POOL | | | |
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| Mon - Sun | 07:30 – 09:30 | Adult Lane Pool Swim | No pre-booking required |
| | 09:30 – 10:30 | Members Only Pool Swim | No pre-booking required |
| | 10:30 – 18:00 | Members & Holiday Guests Pool Swim | No pre-booking required |
| | 18:00 – 20:00 | Adult Lane Pool Swim | No pre-booking required |
| Tues | 09:30 – 12:30 | Swimming Lesson | Pre-booking required, 1-1 Adult -60mins £35 Child 30-mins £22 Child 45-minutes £28 |
| Thu | 13:00 – 16:00 | Swimming Lesson | Pre-booking required, 1-1 Adult -60mins £35 Child 30-mins £22 Child 45-minutes £28 |
| Sat | 10:00 – 12:00 | Swimming Lesson | Pre-booking required, 1-1 Adult -60mins £35 Child 30-mins £22 Child 45-minutes £28 |

| LAKE ACTIVITIES | | | |
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| DAY | TIME | ACTIVITY | NOTES |
| Mon - Sun | 09:00 – 18:00 | Floating Sauna | 20-minute session, pre-booking required, Age 18+ |
| Mon – Sun | 09:00 – 18:00 | Rowing boats, canoes, kayaks | No pre-booking required but please sign in/out at Boathouse and collect/wear a lifejacket |
| Tues | 11:30 – 12:30 | Water Sports Proficiency Test | £15pp Ages 13+, prebooking required |
| Tues | 16:00 – 18:00 | Fishing education & lake awareness | £15pp per 60-minute session. Pre booking required and lifejackets to be worn at all times* 48 Hours' Notice |
| Wed | 10:00 – 12:00 | Paddleboard Lessons | Max 6 people, Beginners, 60mins, £40pp, Ages 13+, pre-booking required |
| Wed | 15:30 -16:30 | Water Sports Proficiency Test | £15pp Ages 13+, pre-booking required |
| Thu | 12:00 – 13:00 | Water Sports Proficiency Test | £15pp Ages 13+, pre-booking required |
| Sat | 11:30 – 12:00 | Water Sports Proficiency Test | £15pp, Ages 13+, pre-booking required |
| Sat | 13:00 – 14:00 | Paddleboard Lessons | Max 6 people, Beginners, 60mins, £40pp, Ages 13+, pre-booking required * 48 Hours' Notice |
| Sat | 09:00 – 10:00 | Fishing education & lake awareness | £15pp per 60-minute session. Pre booking required and lifejackets to be worn at all times* 48 Hours' Notice |

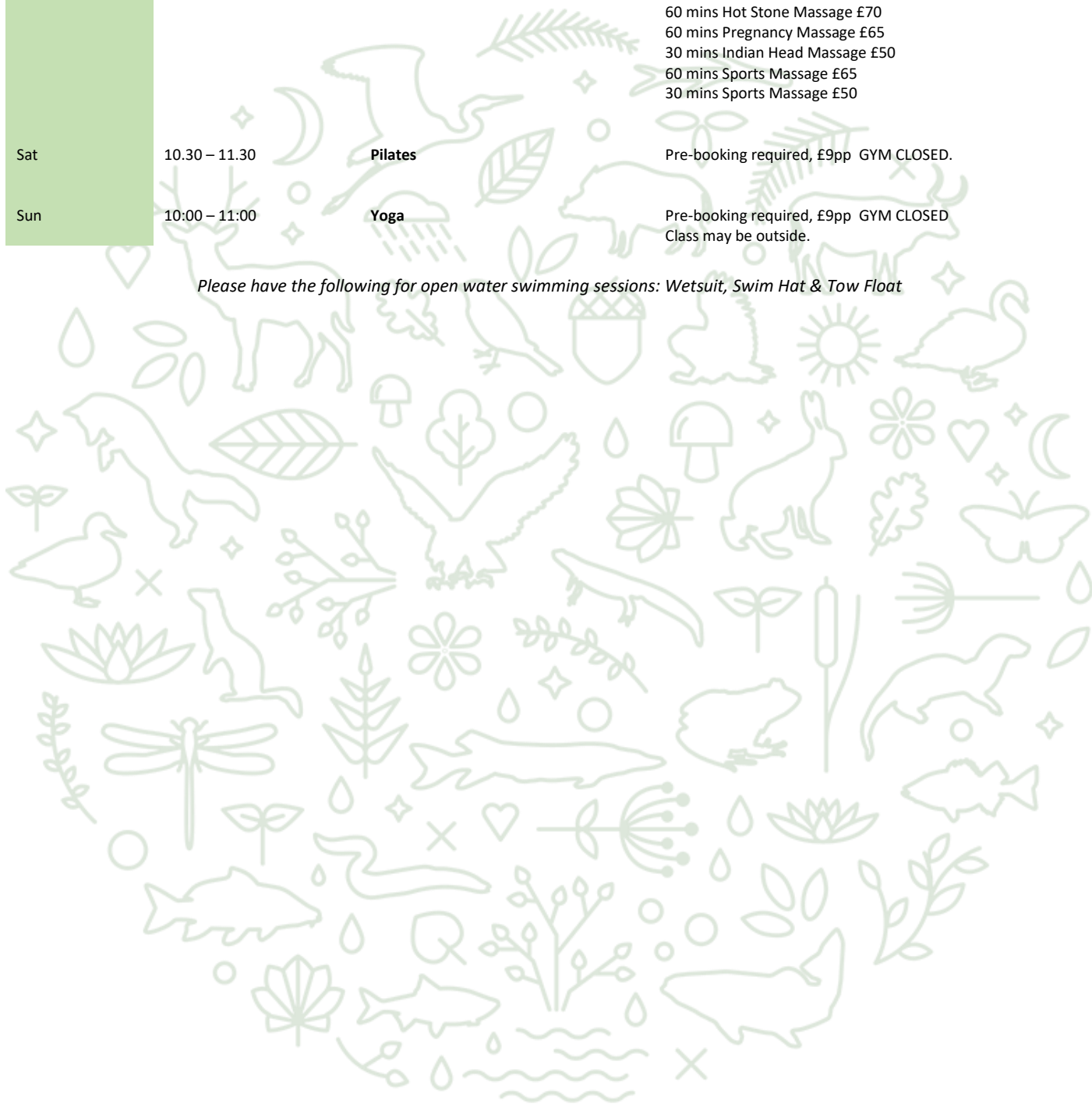
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| OUTDOOR SPORT & RECREATION | | | |
|--------------------------------|---------------|--|--|
| DAY | TIME | ACTIVITY | NOTES |
| Mon – Sun | 09:00 – 18:00 | Tennis Courts Footgolf Pétanque | Pre-booking required Pre-booking required Pre-booking required |
| Tues | 14:00 – 15:00 | Walking football | 60 minutes, Pre-booking required |
| Mon – Sat | On request | Tennis Lessons/Coaching | £40 Adult / £25 Child - Pre-booking required* - 48 Hours' Notice |
| Wed | 10:00 – 12:00 | Archery Lessons | £30 Adult / £25 Child Pre-booking required*. 48 Hours' Notice |
| Wed | 09:00 – 10:00 | Fritton Club Run | Pre-booking required. Enjoy our 3k/5K/10k route on |
| Wed | 10:00 – 11:30 | Foraging Walk & Talk Tour | £20 Adult / £15 Child Pre-booking required* – 48 Hours' Notice |
| Wed | 13:00 – 14:30 | Lake Safari | 1.5-hour tour - £30 Adult / £25 Child Pre-booking required* - 48 Hours' Notice |
| Wed | 14:00 – 15:00 | Walking Trail Tour | 60 minutes, Pre-booking required |
| Wed | 16:00 – 20:00 | Tennis Social Club | Pre-booking required. |
| Thurs | 09:00 – 11:00 | Jeep Safari | 2-hour tour - £40 Adult / £25 Child Pre-booking required* - 48 Hours' Notice |
| Thurs | 10:00 – 11:00 | Walking football | 60 minutes Pre-booking required |
| Fri | 11:00 – 12:00 | Walking Trail Tours | 60 minutes Pre-booking required |
| Fri | 13:00 – 14:30 | Raft & Shelter building | 90 minutes Pre-booking required – 48 Hours' Notice |
| Fri | 15:00 – 17:00 | Archery Lessons | 60-minute sessions. £30 Adult / £25 Child Pre-booking required*. 48 Hours' Notice |
| Sat | 09:00 – 13:00 | Jeep Safari | 4-hour tour - £45 Adult / £30 Child Pre-booking required*. 48 Hours' Notice |
| Sat | 11:00 - 12:00 | Fritton Club Run | Pre-booking required. Enjoy our 3k/5K/10k route on Strava |
| Sat | 14:00 – 16:00 | Archery Lessons | 60-minute sessions. £30 Adult / £25 Child Pre-booking required*. 48 Hours' Notice |
| Sat | 11:00 – 12:30 | Raft & Shelter Building | 90 minutes Pre-booking required – 48 Hours' Notice |
| Sun | 11:00 – 12:00 | Family Football | 60-minutes Pre-booking required |
| BIO GYM FITNESS & THERAPY ROOM | | | |
| DAY | TIME | ACTIVITY | NOTES |
| Mon, Tues, Wed, Thurs, Sat | On request | Personal Training Technical Workshops | Pre booking required, £40pp* 48 hours' notice Pre booking required, £15pp* |
| Tues | 10:00 – 10:30 | Stretch | Free 30 minute class, Pre-booking required |
| Tues | 10:30 – 11:30 | HIIT | Pre-booking required, £9pp |
| Wed | 10:30 – 15:30 | Sports Massage & Holistic Treatments | Pre-booking required. 12 hours' notice – specify on booking 60 mins Holistic Massage Treatment £65 60 mins Reiki £65 60 mins Hot Stone Massage £70 60 mins Pregnancy Massage £65 30 mins Indian Head Massage £50 60 mins Sports Massage £65 30 mins Sport Massage £50 |
| Wed | 19:00 – 20:00 | Yoga | Pre-booking required, £9pp GYM CLOSED Class may be outside |
| Thurs | 10:30 – 11:30 | Outdoor Bootcamp | Pre-booking required, £9pp*48 hours' notice |

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| Thurs | 18:30 – 19:30 | Stretch & Tone | Pre-booking required, £9pp |
| Fri | 10:30 – 15:30 | Sports Massage & Holistic Treatments | Pre-booking required. 12 hours' notice – specify on booking 60 mins Holistic Massage Treatment £65 60 mins Reiki £65 60 mins Hot Stone Massage £70 60 mins Pregnancy Massage £65 30 mins Indian Head Massage £50 60 mins Sports Massage £65 30 mins Sports Massage £50 |
| Sat | 10.30 – 11.30 | Pilates | Pre-booking required, £9pp GYM CLOSED. |
| Sun | 10:00 – 11:00 | Yoga | Pre-booking required, £9pp GYM CLOSED Class may be outside. |

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



FRITTON LAKE