



FRITTON LAKE

Main Pool	07:30 - 09:30 ADULT LANE SWIMMING	09:30 - 10:30 MEMBERS ONLY	10:30 - 18:00 MEMBERS & HOLIDAY GUESTS			18:00 - 19:00 MEMBERS ONLY	19:00 - 21:00 ADULT LANE SWIMMING
Swimming Lessons	TUESDAY 09:30 - 12:30 THURSDAY 13:00 - 16:00 SATURDAY 10:00 - 12:00					PLEASE NOTE A SECTION OF THE POOL WILL BE CLOSED DURING THESE TIMES	
Children's Pool	09:30 - 10:30 MEMBERS ONLY		10:30 - 16:00 MEMBERS & HOLIDAY GUESTS			16:00 - 21:00 MEMBERS ONLY	
Lake Swim Zone*	07:00 - 10:00 ADULTS ONLY		10:00 - 18:00 MEMBERS & HOLIDAY GUESTS			18:00 - 21:00 ADULTS ONLY	
Children's Lake Swim Zone*	Monday 09:00 - 12:00	Tuesday 14:00 - 17:00	Wednesday 14:00 - 17:00	Thursday 14:00 - 17:00	Friday 14:00 - 17:00	Saturday 14:00 - 17:00	Sunday 09:00 - 12:00

Please be aware we do not have lifeguard cover around any of our pools, users bathe at their own risk.

Please respect and follow the rules of the club.

- *Lake Swim Zone is only applicable to members and holiday guests that have passed their proficiency test. For holiday guests, please refer to our activities calendar for open water swim sessions.
- No children under the age of 8 are permitted In the lake.
- Children ages 8 - 13 are only permitted to swim In the lake during junior timeslots and must be accompanied by an adult, these are not lifeguarded sessions.
- Anyone under the age of 16 must be accompanied by an adult.
- Please use our club towels.
- Inflatables are not permitted unless being used as a swimming aid.
- When ordering drinks at the clubhouse, please advise team members that you intend to take them to the pool so they can be issued in plastic. No drinks to be taken into the pool.
- Bringing your own food into the club and the consumption of food poolside is prohibited.

Please note, there is a limited amount of sun lounger; we do not allow guests to reserve sun loungers. If you do leave the pool area please take your club towels and belongings with you.