

SPORT & RECREATION AT FRITTON LAKE – Spring/Summer 2022

LAKE SWIMMING			
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			
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 – 21:00	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			
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

FRITTON LAKE

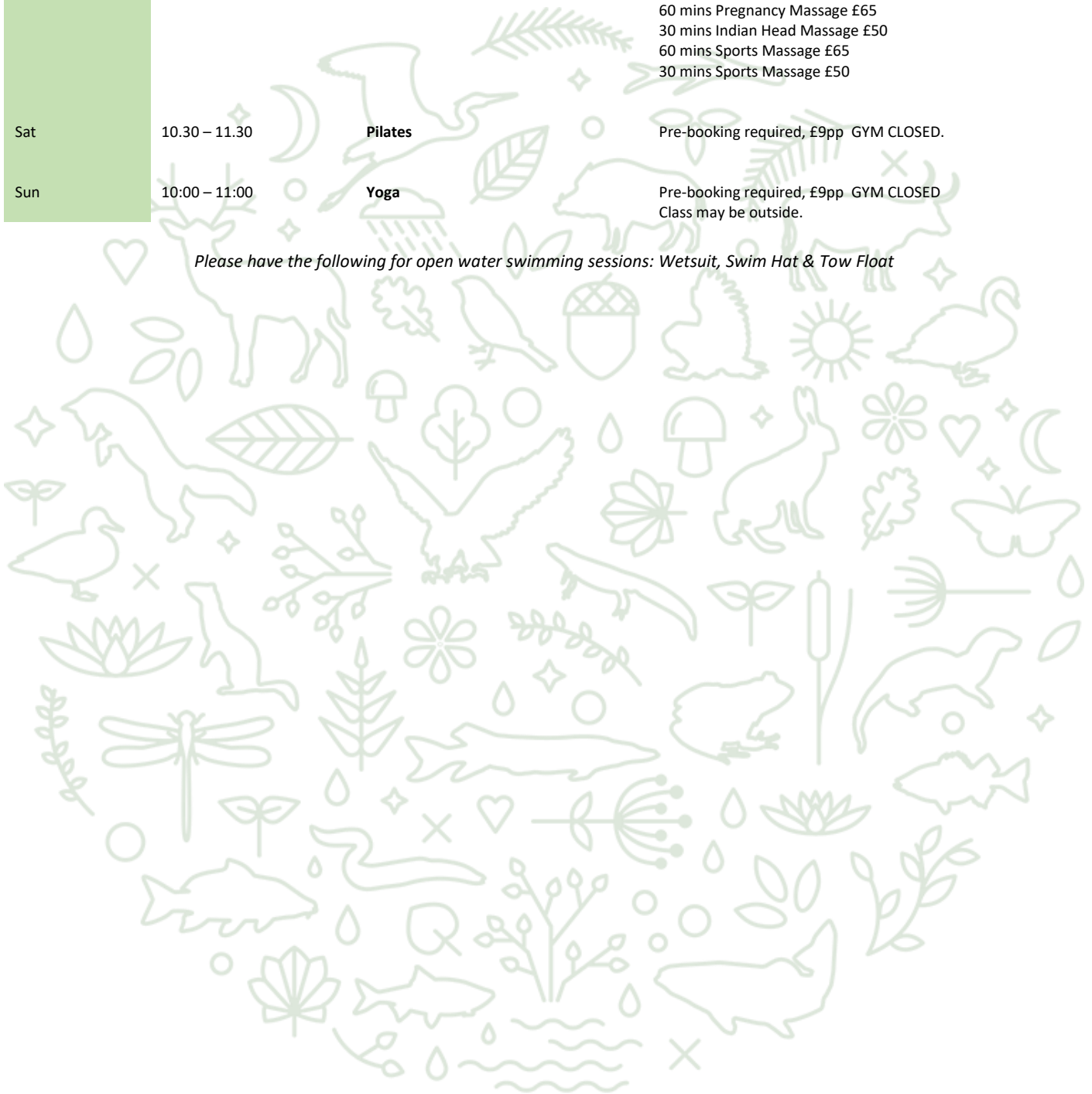
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OUTDOOR SPORT & RECREATION			
DAY	TIME	ACTIVITY	NOTES
Mon – Sun	09:00 – 18:00	Tennis Courts Footgolf Pétanque	Pre-booking required Pre-booking required Pre-booking required
Tues	14:00 – 15:00	Walking football	60 minutes, Pre-booking required
Mon – Sat	On request	Tennis Lessons/Coaching	60-minutes £40 - 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