



FRITTON LAKE

LAKE ACTIVITIES TIMETABLE					
A swimming hat and tow float must be always worn when lake swimming					
Monday-Sunday	09:00 – 15:00 Rowing Boats, Canoes, Kayaks				
Monday	10:00 -10:30 Swim only Proficiency Test	09:30 - 10:30 Water Sports Proficiency Test	15:00 -15:30 Water Sports Proficiency Test	15:30 -16:00 Swim Only Proficiency Test	
Tuesday	9:00 -11:00 Swim Only Proficiency Test		11:30 -12:30 Water Sports Proficiency		
Wednesday	10:00 -10:30 Swim Only Proficiency Test		10:30 -11:00 Water Sports Proficiency Test		
Thursday	10:00-10:30 Swim Only Proficiency		10:30 -11:00 Water Sports Proficiency Test		
Friday	14:00 -14:30 Swim Only Proficiency Test		14:30 -15:00 Water Sports Proficiency Test		
Saturday	10:00 -10:30 Swim Only Proficiency Test	10:30 -11:00 Water Sports Proficiency Test	15:00 -15:30 Water Sports Proficiency Test	15:30 -16:00 Swim Only Proficiency Test	
Sunday	10:00 – 10:30 Swim Only Proficiency Test		10:30-11:00 Water Sports Proficiency Test	15:00-15:30 Water Sports Proficiency Test	15:30-16:00 Swim Only Proficiency Test