



FRICTON LAKE

**SUMMER ACTIVITY TIMETABLE 2024**

<b>Monday-Sunday</b>	<b>9:00 – 18:00</b> Footgolf, Rowing Boats, Canoes, Kayaks, Volleyball, Croquet, Pétanque				<b>07:00 – 21:00</b> <b>Multi-sport area</b> – Basketball, Pickleball, Spike ball, Cricket				
<b>Monday</b>	<b>09:30 – 10:30*</b> Beginner paddleboarding lessons		<b>10:30 – 12:00</b> Lifeguarded Family Lake Swimming			<b>13:00 – 14:00*</b> Junior Tennis Club (Under 10s)		<b>14:00 – 15:00*</b> Junior Tennis Club (Over 10s)	
<b>Tuesday</b>	<b>07:00 – 9:00*</b> Open Water Swimming Club (13+)	<b>10:00 – 11:00*</b> Dance Fit		<b>11:00 - 11:30*</b> Full Body Sculpt			<b>14:00-16:00*</b> Group Giant Paddle Board <b>(New for 2024)</b>		<b>16:00 – 17:00</b> Family Rounders
<b>Wednesday</b>	<b>09:00 – 10:00</b> Fritton 5k Run Club	<b>10:00 – 11:30*</b> Foraging Tour	<b>10:30 – 11:30*</b> Booty Barre	<b>12:00 – 13:00*</b> Junior Tennis Club (Under 10s)	<b>13:00 – 14:00*</b> Junior Tennis Club (Over 10s)	<b>13:00 – 14:30*</b> Lake Safari	<b>14:00 – 15:00</b> Lifeguarded Family Lake Swimming	<b>14:00-16:00*</b> Group Giant Paddle Board <b>(New for 2024)</b>	<b>16:00 – 18:00</b> Open Water Swimming Club (13+)
<b>Thursday</b>	<b>10:00-12:00*</b> Group Giant Paddle Board <b>(New for 2024)</b>		<b>10:00 – 12:00*</b> Junior Tennis Club			<b>14:00 – 16:00</b> Family Rounders			
<b>Friday</b> Salsa and Tapas <b>(Every 4 weeks DATE TBC)</b>	<b>10:00 – 12:00</b> Lifeguarded Family Lake Swimming			<b>12:00-14:00*</b> Group Giant Paddle Board <b>(New for 2024)</b>			<b>14:00 – 16:00</b> Family Football		
<b>Saturday</b>	<b>9:00 – 10:00</b> Fritton 5k Run Club	<b>09:00 – 13:00*</b> Jeep Safari	<b>09:30 – 10:15*</b> Aquacise	<b>10:00 -12:00</b> Open Water Swimming Club (13+)	<b>10:00 -14:00*</b> Saturday Tennis Club – Adults only	<b>10:30 – 11:30*</b> Pilates	<b>12:00-14:00*</b> Group Giant Paddle Board <b>(New for 2024)</b>	<b>14:00 – 15:00*</b> Beginner paddleboarding lessons (8+)	
<b>Sunday</b>	<b>10:00 – 11:00*</b> Yoga			<b>11:00 – 12:00</b> Family Football			<b>14:00-15:00</b> Family Beach Volleyball		

*\*Payable – see booking information for rates that apply to these activities. Please note that some activities may be cancelled or rescheduled if numbers are too low or if we encounter poor weather conditions\**