



FRITTON LAKE

SUMMER ACTIVITY TIMETABLE 2024

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