



FRITTON LAKE

Main Pool	07:00 - 09:30 MON - FRI	09:30 - 10:30 ADULT MEMBERS ONLY	10:30 - 18:00 MEMBERS, HOLIDAY GUESTS AND CHILDREN	18:00 - 19:00 MEMBERS ONLY	19:00 - 21:00 ADULT LANE SWIMMING
	08:00 - 09:30 SAT & SUN				
Lake Swim Zone*	09:00 - 10:00 ADULTS ONLY*		10:00 - 14:00 MEMBERS AND HOLIDAY GUESTS*	14:00 - 15:00 ADULTS ONLY*	
Children's Lake Swim Zone*	11:00 - 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.
- Separate sessions for Group Open Water Sessions available, please view the main timetable.
- 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. One per person per day.
- 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 glassware. No drinks to be taken into the pool.
- Bringing your own food into the club and the consumption of food poolside is prohibited.