



FRITTON LAKE

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

AUTUMN / WINTER ACTIVITY TIMETABLE 2024

Monday-Sunday	09:00 – Dusk Footgolf, Rowing Boats, Canoes, Kayaks, Volleyball, Croquet, Pétanque, Tennis				09:00 – Dusk Multi-sport area – Basketball, Pickleball, Spike ball, Cricket						
	09:30 & 15:00 Sunday to Friday and 12:00 & 15:00 Saturdays Water Sports Proficiency Test - minimum age18+				10:00 & 15:30 Sunday to Friday and 12:30 & 15:30 Saturdays Lake Swim Proficiency Test - minimum age18+						
Monday	10:00 – 11:30 Foraging Tour				13:00 – 14:30 Lake Safari						
Tuesday	9:00 – 11:00 Jeep Safari	10:00 – 11:00* 20/20/20 Dance, Legs, Core		11:00 - 11:30* Full Body Sculpt		13:00 – 14:30 Shelter Building		14:00-16:00* Group Giant Paddle Board - minimum age18+			
Wednesday	09:00 – 10:00 Fritton 5k Run Club		10:00 – 11:30 Foraging Tour		10:30 – 11:30* Booty Barre		13:00 – 14:30 Lake Safari		15:00 – 17:00 Open Water Swimming Club (18+)		
Thursday	09:30 – 10:30* Yoga		9:00 – 11:00 Thursday Tennis Club – Adults only		9:00 – 11:00 Jeep Safari		10:00 – 12:00* Group Giant Paddle Board - minimum age18+		16:00 – 17:00 Junior Tennis Coaching -all ages		
Friday	10:00 – 11:30 Foraging Tour			12:00-14:00* Group Giant Paddle Board - minimum age18+			12:30 – 14:00 Shelter Building				
Saturday	09:00 – 11:00* Jeep Safari	09:30 – 10:15* Aquacise	10:00 -12:00 Open Water Swimming Club (18+)		10:30 – 11:30* Pilates	10:00 -12:00* Saturday Tennis Club – Adults only		11:00 – 12:00 Fritton 5k Run Club	12:00 – 13:00 Junior Tennis Coaching -all ages	12:00-14:00* Group Giant Paddle Board minimum age18+	13:00 – 15:00 Jeep Safari
Sunday	10:00 – 11:00* Yoga				11:00 – 12:00 Family Football						
Holistic & Massage Treatments	11:00 – 17:00 Wednesdays			11:00 – 17:00 Fridays			11:00 – 17:00 Sundays				