



FRITTON LAKE

Main Pool MON - FRI	07:00 - 09:30 ADULT LANE SWIMMING	09:30 - 10:30 ADULT MEMBERS ONLY	10:30 - 18:00 MEMBERS, HOLIDAY GUESTS AND CHILDREN	18:00 - 19:00 MEMBERS ONLY INCLUDEING MEMBERS CHILDREN	19:00 - 21:00 ADULT LANE SWIMMING
Main Pool SAT - SUN	08:00 - 09:30 ADULT LANE SWIMMING	09:30 - 10:30 ADULT MEMBERS ONLY	10:30 - 18:00 MEMBERS, HOLIDAY GUESTS AND CHILDREN	18:00 - 19:00 MEMBERS ONLY INCLUDING MEMBERS CHILDREN	19:00 - 21:00 ADULT LANE SWIMMING
Lake Swim Zone*	09:00 - 10:00 ADULTS ONLY Minimum Age 18.	10:00 - 14:00 MEMBERS AND HOLIDAY GUESTS* Minimum Age 18.		14:00 - 15:00 ADULTS ONLY* Minimum Age 18.	

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 with minimum age of 18.
- Separate sessions for Group Open Water Sessions available, please view the main timetable.
- 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.

Please note, there is a limited amount of sun loungers; we do not allow guests to reserve sun loungers. If you do leave the pool area, please take your club towels and belongings with you.