



FRITTON LAKE

SPRING & SUMMER ACTIVITY TIMETABLE 2025

Monday-Sunday	9:00 – DUSK Footgolf, Rowing Boats, Canoes, Kayaks, Volleyball, Croquet, Pétanque				08:00 – DUSK Multi-sport area – Basketball, Pickleball, Spike ball, Cricket				
Monday	10:00 – 11:30* Foraging Tour		10:30 – 11:30 Open Water Swimming Club Cold water experience only			16:00-17:00* Swim Proficiencies <i>cold water experience only</i>			
Tuesday	10:00 – 11:00* 20/20/20 Dance, Legs, Core		11:00 – 11:30* Full Body Sculpt		13:00 – 14:30* Shelter Building		15:00 – 16:00 Family Multisport (<i>on Mult surface</i>)		
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		14:30 – 16:30 Open Water Swimming Club - Cold water experience only
Thursday	09:00 – 11:00* Jeep Safari		11:00 – 12:00* Junior Tennis Club Under 10		12:00-13:00* Junior Tennis Club Over 10		13:00 – 15:00* Bug Hunt		15:00 – 16:00 Family Multisport (<i>on Mult surface</i>)
Friday	10:00 – 11:30* Foraging Tour		12:30 – 14:00* Shelter Building		15:00 – 16:00 Family Football		15:00 – 15:30 Adult Bootcamp (<i>free class</i>)		16:00-17:00* Swim Proficiencies – <i>cold water experience only</i>
Saturday	09:30 – 10:15* Aquacise	09:00 – 10:00 Fritton 5k Run Club	09:00 – 11:00* Jeep Safari	10:30 – 11:30* Pilates	10:00 -12:00 Open Water Swimming Club - Cold water experience only	10:00 -12:00* Saturday Tennis Club – Adults only	13:00 – 15:00* Bug Hunt	15:00-16:00* Junior Tennis Club Under 10	16:00-17:00* Junior Tennis Club Over 10
Sunday	10:00 – 11:00* Yoga					11:00 – 12:00 Family Football			

**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 condition.*