



FRITTON LAKE

EASTER & MAY HALF TERM ACTIVITY TIMETABLE 2025

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| 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 | | 11:00 – 12:00* Junior Tennis Club Under 10 | | 12:00-13:00* Junior Tennis Club Over 10 | | 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>) 16:00-17:00* Swim Proficiencies <i>cold water experience only</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 -14:00* 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 | | | 15:00-16:00 Family Beach Games | | | |

**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.*