



## FRITTON LAKE

### SPRING & SUMMER ACTIVITY TIMETABLE 2025

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		
Tuesday	09:00 – 10:15 Adult Bootcamp (free class)	10:00 – 11:00* 20/20/20 Dance, Legs, Core		11:00 - 11:30* Full Body Sculpt		13:00 – 14:30* Shelter Building
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					
Friday	10:00 – 11:30* Foraging Tour			12:30 – 14:00* Shelter Building		
Saturday	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	
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.*