



FRITTON LAKE

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	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 – 15:00* Junior Tennis Club Under 10		15:00 – 16:00* Junior Tennis Club Over 10
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	14:00 – 15:00* Junior Tennis Club Under 10	15:00 – 16:00* Junior Tennis Club Over 10	14:30 – 16:30* Open Water Swimming Club - Cold water experience only
Thursday	09:00 – 11:00* Jeep Safari		13:00 – 15:00* Bug Hunt		14:00 – 15:00* Junior Tennis Club Under 10				15:00 - 16:00* Junior Tennis Club Over 10	
Friday	10:00-10:45* Hypopressives for Fitness Class		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>)	
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	
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.*