



## FRITTON LAKE

### SUMMER 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					
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		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 – 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 – cold water experience only	
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.*