



## FRITTON LAKE

### AUTUMN 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	09:30 – 10:15* Adult Bootcamp	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			13:00 – 15:00* Bug Hunt		
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	13:00 – 15:00* Bug Hunt
Sunday	10:00 – 11:00* Yoga			15:00 - 16:00 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.*