



## FRITTON LAKE

### AUTUMN/WINTER 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, 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			09:00 – 11:00* Thursday Tennis Club – Adults only			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				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.*