



## FRTTON LAKE

### SCHOOL HOLIDAY ACTIVITY TIMETABLE 2026

<b>Monday</b>	<b>10:00 – 11:30*</b> Foraging Tour		<b>09:30-10:15*</b> Hypopressives Workshop [Monday 16 <sup>th</sup> Feb]		<b>14:00-15:00*</b> Under 10's Tennis Club	<b>15:00-16:00*</b> Over 10's Tennis Club
<b>Tuesday</b>	<b>10:00 – 11:00*</b> 20/20/20 Dance, Legs, Core		<b>11:00 - 11:30*</b> Full Body Sculpt		<b>13:00 – 14:30*</b> Shelter Building	<b>14:00-15:00*</b> Under 10's Tennis Club
<b>Wednesday</b>	<b>09:00 – 10:00</b> Fritton 5k Run Club	<b>10:00 – 11:30*</b> Foraging Tour		<b>10:30 – 11:30*</b> Booty Barre		<b>14:00-15:00*</b> Under 10's Tennis Club
<b>Thursday</b>	<b>09:00 -11:00*</b> Tennis Social – Adults Only		<b>09:30 – 10:30*</b> Yoga	<b>09:00 – 11:00*</b> Jeep Safari	<b>13:00 – 15:00*</b> Bug Hunt	
<b>Friday</b>	<b>10:00 – 11:30*</b> Foraging Tour			<b>12:30 – 14:00*</b> Shelter Building		
<b>Saturday</b>	<b>09:00 – 10:00</b> Fritton 5k Run Club	<b>09:00 – 11:00*</b> Jeep Safari	<b>10:30 – 11:30*</b> Pilates	<b>10:00 -12:00*</b> Tennis Social – Adults Only		<b>13:00 – 15:00*</b> Bug Hunt
<b>Sunday</b>	<b>10:00 – 11:00*</b> Yoga			<b>11:00 - 12:00</b> Family Football		
<b>9:00 – DUSK</b> Footgolf, Rowing Boats, Canoes, Kayaks, Paddleboards, Volleyball, Croquet, Pétanque, Tennis Courts, Basketball, Pickleball, Cricket, Table Tennis						

*\*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.*