



FRITTON LAKE

SUMMER ACTIVITY TIMETABLE 2026					
Monday	10:00 – 11:30* Foraging Tour with Matthew				
Tuesday	10:00 – 11:00* 20/20/20 Dance, Legs, Core with Fiona	11:00 - 11:30 Free Full Body Sculpt with Fiona	16:00 – 17:00* Afterschool Tennis Club with Emily	18:00 - 20:00 Adults 18:00 – 19:00 8+ Juniors Free Life Guarded Lake Swim with Nicola	
Wednesday	09:00 – 10:00 Fritton 5k Run Club with Will	10:00 – 11:30* Foraging Tour with Matthew		10:30 – 11:30* Booty Barre with Fiona	
Thursday	09:30 – 10:30* Yoga with Sarah		09:00 – 11:00* Jeep Safari with Matthew		
Friday	10:00 – 11:30* Foraging Tour with Matthew		16:00-17:30* Pickle Ball with Emily & Jamie		
Saturday	09:00-09:45* Fascial Manoeuvrers Class with Emily	09:00 – 10:00 Fritton 5k Run Club with Will	09:00 – 11:00* Jeep Safari with Matthew	10:00 -12:00* Tennis Social – Adults Only with Emily	10:30 – 11:30* Pilates with Fiona
Sunday	09:00 – 11:00 Adults 09:00 – 10:00 8+ Juniors Free Life Guarded Lake Swim with Nicola		10:00 – 11:00* Yoga with Hannah	11:00 - 12:00 Family Football with Will	15:00 – 16:00* Pickle Ball with Emily & Jamie
9:00 – DUSK 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.