



FRITTON LAKE

**FEB HALF TERM ACTIVITY TIMETABLE 2024: 17<sup>th</sup> – 25<sup>th</sup> February**

<b>Monday-Sunday</b>	<b>9:00 – 18:00</b> Footgolf				<b>09:00 – 15:00</b> Rowing Boats, Canoes, Kayaks								
<b>Monday</b>	<b>10:00 – 10.45</b> Family Outdoor Bootcamp (8+)			<b>11:00 – 12:00</b> Lifeguarded Family Lake Swimming (8+ - wetsuit needed)			<b>14:00 - 16:00</b> Family Tennis Club						
<b>Tuesday</b>	<b>8:00 – 9:00</b> Open Water Swimming Club (13+)	<b>09:00 – 09:45</b> Beginner paddleboarding lessons (wetsuit needed)		<b>10:00 – 11:00</b> Dance Fit		<b>11:00 - 11:30</b> Full Body Sculpt		<b>13:00 – 14:30</b> Shelter Building					
<b>Wednesday</b>	<b>9:00 – 10:00</b> Fritton 5k Run Club		<b>10:00 – 11:30</b> Foraging Tour		<b>10:30 – 11:30</b> Booty Barre	<b>13:00 – 14:30</b> Lake Safari		<b>14:00 – 15:00</b> Lifeguarded Family Lake Swimming (8+ - wetsuit needed)		<b>16:00 – 17:00</b> Open Water Swimming Club (13+)			
<b>Thursday</b>	<b>9:30 – 10.30</b> Yoga					<b>14:00 – 16:00</b> Family Rounders							
<b>Friday</b>	<b>10:00 – 12:00</b> Lifeguarded Family Lake Swimming (8+ - wetsuit needed)					<b>12:30 – 14:00</b> Shelter Building			<b>14:00 – 16:00</b> Family Football				
<b>Saturday</b>	<b>9:00 – 13:00</b> Jeep Safari	<b>10:00 -12:00</b> Open Water Swimming Club (13+)		<b>10:00 -14:00</b> Saturday Tennis Club – Adults only		<b>10:30 – 11:30</b> Pilates		<b>11:00 – 12:00</b> Fritton 5k Run Club		<b>12:00 – 13:00</b> Lifeguarded Family Lake Swimming (8+ - wetsuit needed)		<b>14:00 – 14:45</b> Beginner paddleboarding lessons (wetsuit needed)	
<b>Sunday</b>	<b>10:00 – 11:00</b> Yoga					<b>11:00 – 12:00</b> Family Football							