



FRITTON LAKE

MAY HALF TERM ACTIVITY TIMETABLE 2024

Monday-Sunday	07:00 – 21:00 Multi-sport area Basketball, Pickleball, Spike ball, Cricket <i>(Coming soon for 2024)</i>				9:00 – 18:00 Footgolf, Rowing Boats, Canoes, Kayaks, Volleyball, Croquet, Pétanque				
Monday	09:30 – 10:15* Outdoor Bootcamp (8+)		10:30 – 12:00 Lifeguarded Family Lake Swimming (8+ - wetsuit needed)		14:00 - 16:00* Junior Tennis Club		19:00 – 20:00* Dance Master Class <i>(New for 2024) Adults only</i>		
Tuesday	07:00 – 9:00* Open Water Swimming Club (13+)		09:00 – 10:00* Beginner paddleboarding lessons		10:00 – 11:00* Dance Fit		11:00 - 11:30* Full Body Sculpt		
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		
Thursday	09:30 – 10:30* Yoga		10:00 – 12:00* Junior Tennis Club		14:00 – 16:00 Family Rounders				
Friday	10:00 – 12:00 Lifeguarded Family Lake Swimming (8+ - wetsuit needed)				12:30 – 14:00 Shelter Building			14:00 – 16:00 Family Football	
Saturday	09:00 – 13:00 Jeep Safari	09:30 – 10:15* Aquacise	10:00 -13:00 Open Water Swimming Club (13+)		10:00 -14:00* Saturday Tennis Club – Adults only	10:30 – 11:30* Pilates	11:00 – 12:00 Fritton 5k Run Club	13:00 – 14:00 Lifeguarded Family Lake Swimming (8+)	13:00 – 14:00* Beginner paddleboarding lessons (8+)
Sunday	10:00 – 11:00* Yoga			11:00 – 12:00 Family Football			14:00-15:00 Family Beach Volleyball		

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 conditions