



FRICTON LAKE

*\*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\**

**AUTUMN / WINTER ACTIVITY TIMETABLE 2024**

<b>Monday-Sunday</b>	<b>09:00 – Dusk</b> Footgolf, Rowing Boats, Canoes, Kayaks, Volleyball, Croquet, Pétanque, Tennis				<b>09:00 – Dusk</b> <b>Multi-sport area</b> – Basketball, Pickleball, Spike ball, Cricket					
	<b>09:30 &amp; 15:00 Sunday to Friday and 12:00 &amp; 15:00 Saturdays</b> Water Sports Proficiency Test* - minimum age18+				<b>10:00 &amp; 15:30 Sunday to Friday and 12:30 &amp; 15:30 Saturdays</b> Lake Swim Proficiency Test* - minimum age18+					
<b>Monday</b>	<b>10:00 – 11:30</b> Foraging Tour*				<b>13:00 – 14:30</b> Lake Safari*					
<b>Tuesday</b>	<b>9:00 – 11:00*</b> Jeep Safari	<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>14:00-16:00*</b> Group Giant Paddle Board - minimum age18+		
<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>13:00 – 14:30*</b> Lake Safari		<b>15:00 – 17:00</b> Open Water Swimming Club (18+)	
<b>Thursday</b>	<b>09:30 – 10:30*</b> Yoga		<b>9:00 – 11:00*</b> Thursday Tennis Club – Adults only		<b>9:00 – 11:00*</b> Jeep Safari		<b>10:00 – 12:00*</b> Group Giant Paddle Board - minimum age18+		<b>16:00 – 17:00*</b> Junior Tennis Coaching -all ages	
<b>Friday</b>	<b>10:00 – 11:30*</b> Foraging Tour			<b>12:00-14:00*</b> Group Giant Paddle Board - minimum age18+			<b>12:30 – 14:00*</b> Shelter Building			
<b>Saturday</b>	<b>09:00 – 11:00*</b> Jeep Safari	<b>09:30 – 10:15*</b> Aquacise	<b>10:00 -12:00</b> Open Water Swimming Club (18+)		<b>10:30 – 11:30*</b> Pilates	<b>10:00 -12:00*</b> Saturday Tennis Club – Adults only	<b>11:00 – 12:00</b> Fritton 5k Run Club	<b>12:00 – 13:00*</b> Junior Tennis Coaching -all ages	<b>12:00-14:00*</b> Group Giant Paddle Board minimum age18+	<b>13:00 – 15:00*</b> Jeep Safari
<b>Sunday</b>	<b>10:00 – 11:00*</b> Yoga				<b>11:00 – 12:00</b> Family Football					
<b>Holistic &amp; Massage Treatments</b>	<b>11:00 – 17:00*</b> Wednesdays			<b>11:00 – 17:00*</b> Fridays			<b>11:00 – 17:00*</b> Sundays			