



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 / 2025

Monday-Sunday	09:00 – Dusk Footgolf, Rowing Boats, Canoes, Kayaks, Volleyball, Croquet, Pétanque, Tennis				09:00 – Dusk Multi-sport area – Basketball, Pickleball, Spike ball, Cricket			
	09:30 & 15:00 Sunday to Friday and 12:00 & 15:00 Saturdays Water Sports Proficiency Test* - minimum age18+				10:00 & 15:30 Sunday to Friday and 12:30 & 15:30 Saturdays Lake Swim Proficiency Test* - minimum age18+			
Monday	10:00 – 11:30 Foraging Tour*				13:00 – 14:30 Lake Safari*			
Tuesday	9:00 – 11:00* Jeep Safari	10:00 – 11:00* 20/20/20 Dance, Legs, Core	11:00 - 11:30* Full Body Sculpt		13:00 – 14:30* Shelter Building		14:00-16:00* Group Giant Paddle Board - minimum age18+	
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		15:00 – 17:00 Open Water Swimming Club (18+)	
Thursday	09:30 – 10:30* Yoga	9:00 – 11:00* Thursday Tennis Club – Adults only	9:00 – 11:00* Jeep Safari		10:00 – 12:00* Group Giant Paddle Board - minimum age18+		16:00 – 17:00* Junior Tennis Coaching -all ages	
Friday	10:00 – 11:30* Foraging Tour		12:00-14:00* Group Giant Paddle Board - minimum age18+			12:30 – 14:00* Shelter Building		
Saturday	09:00 – 11:00* Jeep Safari	10:00 -12:00 Open Water Swimming Club (18+)	10:30 – 11:30* Pilates	10:00 -12:00* Saturday Tennis Club – Adults only	11:00 – 12:00 Fritton 5k Run Club	12:00 – 13:00* Junior Tennis Coaching -all ages	12:00-14:00* Group Giant Paddle Board minimum age18+	13:00 – 15:00* Jeep Safari
Sunday	10:00 – 11:00* Yoga				11:00 – 12:00 Family Football			
Holistic & Massage Treatments	11:00 – 17:00* Wednesdays		11:00 – 17:00* Fridays			11:00 – 17:00* Sundays		