



FRITTON LAKE

EASTER HOLIDAY ACTIVITIES SCHEDULE 3RD – 16TH April

EASTER HOLIDAY ACTIVITIES SCHEDULE 3 RD – 16 TH April									
Monday-Sunday	9:00 – 18:00 Footgolf					09:00 – 15:00 Rowing Boats, Canoes, Kayaks			
Monday	9:00 – 10:00 Wild Swimming (13+)			14:00 – 16:00 Introduction to Paddle Boarding (13+)			18:00 – 19:00 Yoga		
Tuesday	10:00 – 11:00 Dance Fit		10:00 – 12:00 Junior Activities (7-11yrs)		11:00 - 11:30 Full Body Sculpt		13:00 – 14:30 Shelter Building		14:00 – 16:00 Junior Activities (12-16yrs)
Wednesday	9:00 – 10:00 Fritton 5k Run Club		9:00 – 10:00 Wild Swimming (13+)		10:30 – 11:30 Booty Barre	10:00 – 11:30 Foraging Tour		13:00 – 14:30 Lake Safari	14:00 – 16:00 Family rounders Tournament
Thursday	9:00 – 11:00 Jeep Safari	10:00 – 12:00 Junior Activities (7-11yrs)	12:30 – 13:15 Body Weight Strength		14:00 – 15:00 Junior Activities (12-16yrs)	14:00 – 15:00 Junior Tennis Workshop (7-11yrs)		15:00 – 16:00 Junior Tennis Workshop (12-16yrs)	15:30 – 17:00 Group Open Water Swimming (13+)
Friday	10:00 – 11:00 Rugby Fitness with Dave Tiueti (7-11yrs)		11:00 – 12:00 Rugby Fitness with Dave Tiueti (12-16yrs)		12:30 – 14:00 Shelter Building		14:00 – 16:00 Family Football Tournament		18:00 – 19:30 Hypopressive Technique Workshop
Saturday	9:00 – 13:00 Jeep Safari	9:30 – 10:15 Aquacise	10:00 -12:00 Group Open Water Swimming (13+)		10:30 – 11:30 Pilates	10:00 – 12:00 Junior Activities (7-11yrs)	11:00 – 12:00 Fritton 5k Run Club	14:00 – 16:00 Junior Activities (12-16yrs)	14:00 – 16:00 Introduction to Paddle Boarding (13+)
Sunday	10:00 – 11:00 Yoga			10:00 – 12:00 Art Feel Good			11:00 – 12:00 Family Football		