



GUILDFORD  
**SPECTRUM**  
LEISURE COMPLEX

**SPECTRUM**

# **XMAS & NEW YEAR**

**Monday 21st December 2015 to  
Sunday 3rd January 2016**



[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk) • Tel: 01483 443322



**freedomleisure**  
where you matter



Add that extra  
**Sparkle**  
this  
Christmas



## Spectrum Gift Vouchers make the perfect gift

Gift Vouchers are available from Customer Services  
Terms & Conditions apply

## Specky's Crèche

Specky's Crèche is OFSTED registered and is available to all children from 3 months to 4 years 11 months.

The Crèche is open Monday to Friday 9.30am - 1.30pm (excluding bank holidays, closed from 24th December and reopens on 4th January). The maximum time your child can stay is 4 hours.

### 90 minutes

Babies, £4.40 or multi-ticket (5 sessions) £21.05  
2 - 4 yrs, £3.70 or multi-ticket (5 sessions) £17.25

### 2 hours

Babies, £6.30 2 - 4 yrs, £5.75

### Drop and Shop

Children can be left in the care of Specky's Crèche for parents/guardians that wish to leave the premises.

The maximum time your child can stay is 4 hours. The fee charged is £6.90 per hour.

To book a place please

telephone 01483 443322 (select option 5)



## SPECTRUM christmas bowl parties

## Bowl Parties

Spectrum Bowl is the perfect venue for that alternative party experience.

From Tuesday 1st -  
Wednesday 30th December

Call direct for more information  
or to book on: 01483 443377 or  
email:

[info@guildfordspectrum.co.uk](mailto:info@guildfordspectrum.co.uk)

A non-refundable £50 deposit is required at time of booking. Terms & conditions apply.

\*Parties starting from £18.00 per person, including food!

## New Year's Eve between 2pm & 5.30pm

1 game of bowling  
for only

# £4

or 2 games  
for only

# £6

Offer applies per person. Normal booking fees apply. Parties may be split over more than one lane to facilitate our closing times.





# Come & join the FESTIVE FUN This Christmas

This Christmas at Spectrum we have a range of different activities on offer as well as the usual favourites...come and see us on Christmas Day for swimming and skating or start the New Year eve celebrations at Spectrum Bowl with a striking offer of 2 games for just £6.00!

For further information visit our website [www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)

## Booking Arrangements

- Bookings for the Christmas programme can be made Monday - Friday 9am - 5.30pm and Saturday 9am - 1pm. Bookings will commence on Monday 23rd November 2015. Bookings can be made in person at the Customer Service Desk or by telephoning 01483 443322 option 4. Course bookings will only be accepted with payment. All major credit and debit cards are accepted (not American Express). All course places are sold on a first come, first served basis. We regret we can not guarantee a place on any course. Waiting lists will be opened once a course becomes full.
- All courses include admission to Guildford Spectrum for the course member and one guardian. All courses include skate/shoe hire where applicable. In the event of Spectrum management being forced to cancel courses, customers shall be entitled to a full refund of fees. In the event of any accident which requires immediate hospital attention, Spectrum reserves the right to adopt appropriate emergency action. Instructors should be notified in advance of any children with medical problems.
- Customer requests for refunds more than 7 days before the start of the course will be subject to a £5.00 administration charge. No refunds will be given for courses cancelled by the customer 7 days prior to, or any time after the start of the course. Request for refunds must be given in writing.
- Guildford Spectrum accepts most childcare vouchers. Payment using the online account system must be made within 48 hours of booking being made. Vouchers cannot be used for payment on the day.
- Every effort has been taken to maintain the accuracy of all times and prices in this brochure. We will endeavour to communicate any amendments and inaccuracies that may occur.

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# Spectrum Ice Timetable

Training Ice / non public ice skating session

Monday 21st December	Tuesday 22nd December	Wednesday 23rd December	Thursday 24th December	Friday 25th December	Saturday 26th December	Sunday 27th December
<b>Training Ice</b> 5.30am-10.45am	<b>Training Ice</b> 5.30am-10.45am	<b>Training Ice</b> 5.30am-10.45am	<b>Training Ice</b> 8.00am-10.45am	<b>SKATE FOR ALL</b> 10.30am - 12noon 	<b>SKATE FOR ALL</b> 11am - 2pm (Ice resurfaced at 12.30pm) 	<b>Family Time</b> 10.30am - 12noon (figure skates only) 
<b>SKATE FOR ALL</b> 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm) 	<b>SKATE FOR ALL</b> 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm) 	<b>SKATE FOR ALL</b> 11am-1.30pm 2.30pm-5.30pm (Ice resurfaced at 3.45pm) 	<b>SKATE FOR ALL</b> 11am-1.30pm 2.30pm-4.30pm 	<b>£6 per person</b> (+£2.00 Skate hire)	<b>SKATE FOR ALL</b> 3pm - 5pm 	<b>SKATE FOR ALL</b> 12.30pm - 2pm 
<b>Aldwych Speed Skating Club</b> 7pm-8pm	<b>Private Hire</b>	<b>SIMPLY SKATE</b> 8.30pm - 10.00pm				<b>Ice Disco</b> 3pm - 4.30pm 
						<b>Ice Xtreme</b> 8.30pm-10.30pm

Monday 28th December	Tuesday 29th December	Wednesday 30th December	Thursday 31st December	Friday 1st January	Saturday 2nd January	Sunday 3rd January
<b>Training Ice</b> 5.30am - 10.45am	<b>Training Ice</b> 5.30am - 10.45am	<b>Training Ice</b> 5.30am - 10.45am	<b>Training Ice</b> 8am - 10.15am	<b>SKATE FOR ALL</b> 11am - 2.00pm 	<b>Training Ice</b> 5am - 10.15am	<b>Family Time</b> 10.30am - 12noon (figure skates only) 
<b>SKATE FOR ALL</b> 11am - 2pm 	<b>SKATE FOR ALL</b> 10.30 - 12noon 12.30pm - 2pm 	<b>SKATE FOR ALL</b> 10.30am - 12noon 12.30pm - 2pm 3pm - 4.30pm 	<b>SKATE FOR ALL</b> 10.30am - 12noon 12.30pm - 2pm 3pm - 4.30pm 	<b>Guildford Flames vs. Bracknell Bees</b> 4pm Face-off	<b>SKATE FOR ALL</b> 10.30am - 12noon 12.30pm - 2pm 	<b>SKATE FOR ALL</b> 12.30pm - 2pm 
<b>Guildford Flames vs. Basingstoke Bison</b> 4pm Face-off	<b>Simply Skate</b> 8.30pm - 10.00pm (no hockey skates)	<b>Simply Skate</b> 8.30pm - 10.00pm			<b>Parties</b> 2.15pm - 3pm	<b>Parties</b> 2.15pm - 3pm
<b>Aldwych Speed Skating Club</b> 7pm-8pm					<b>SKATE FOR ALL</b> 3pm - 4.30pm 	<b>Ice Disco</b> 3pm - 4.30pm 
					<b>Ice Xtreme</b> 8.30pm - 11pm	<b>Guildford Flames vs. Swindon Wildcats</b> 6pm Face-off
						<b>Ice Xtreme</b> 8.30pm - 10.30pm

**Skate For All prices:** Adults from £6.00, Juniors £5.20, Family of Four (maximum 2 adults, minimum of 2 under 16's) £19.00, Skate hire £2.00 per person

Penguin shaped skating aids are available to hire for our younger skaters at these sessions. £3.00 for 30 minutes. Safety helmets are available free of charge for children under 10 years.



## Guildford Flames Ice Hockey Matches



**Monday 28th December**  
Guildford Flames vs Basingstoke Bison

Face-off 4pm

**Friday 1st January**  
Guildford Flames vs Bracknell Bees

Face-off 4pm

**Sunday 3rd January**  
Guildford Flames vs Swindon Wildcats

Face-off 6pm

**KIDS-FREE**

For tickets visit our online box office at [www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk) or call the box office on **01483 443333**

## Book Skating Tickets Online

Skating tickets are available to book online for school holidays, weekends and Christmas Day.

Visit our website; [guildfordspectrum.co.uk](http://guildfordspectrum.co.uk) click 'on-line box office - ice skating'

or call our box office on:

**(01483) 443333**



Guildford Spectrum proudly presents an adaptation of

# Jack and the Beanstalk

## On Ice



Friday 11th -  
Sunday 13th  
December 2015  
Matinee & Evening  
Performances

Box Office:

01483 443333

[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)



Freedom Leisure working in partnership with  
Guildford Borough Council



## swim or skate on christmas day

friday 25  
december  
2015



skate  
10.30am ~  
12 noon



swim  
10.00am ~  
12 noon

£6\*

\*does not include skate hire

tickets to be booked in advance at  
[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)

call **01483 443322**



# Holiday Activities

## Xtreme Activate Day Camps

Xtreme Activate will keep your child active and entertained for the whole day!

Your child will take part in a range of activities on different days including: bowling, swimming\*, ice skating, arts and crafts and more! Activities will change on a daily basis, please see our website or call Customer Services on 01483 443322 (select option 4) for further details. \*if over 9 years

<b>Mon 21st, Tues 22nd &amp; Weds 23rd December</b>	<b>10am - 4pm</b>	<b>5-12 yrs</b>	<b>£24.00 per day</b>
<b>Tues 29th &amp; Weds 30th Dec</b>	<b>10am - 4pm</b>	<b>5-12 yrs</b>	<b>£24.00 per day</b>

## Xtreme Activate Xtra Day Camps

<b>Mon 21st, Tues 22nd &amp; Weds 23rd December</b>	<b>8.30am-6pm</b>	<b>5-12 yrs</b>	<b>£33.00 per day</b>
<b>Tues 29th &amp; Weds 30th December</b>	<b>8.30am-6pm</b>	<b>5-12 yrs</b>	<b>£33.00 per day</b>

Every child being booked onto our Xtreme Activate programme will need to complete a registration form and an administration and emergency medication form. These forms are available online from our website [www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk) and must be completed and returned at least a week before the date of your first session.

## Trampoline

<b>Tues 22nd December</b>	<b>2pm-3.30pm</b>	<b>4-12 yrs</b>	<b>£9.00</b>
<b>Weds 23rd December</b>	<b>2pm-3.30pm</b>	<b>4-12 yrs</b>	<b>£9.00</b>

Reach for the sky with these fun-packed sessions and learn to tuck, straddle, pike and then progress on to more advanced moves. Socks must be worn. Please note participants should wear long trousers, bring trainers for warm up and no jewellery.

## Gymnastics, Trampoline & Acrobatics

We are a professional gymnastics company. We run the in-house gym club at Spectrum during term time, our staff are nationally qualified including current and former national champions and international competitors visit [www.uk-flair.com](http://www.uk-flair.com) to check out more.



Children will be grouped by age and by ability so we welcome all abilities at camp. From **Beginner** (no past experience) - through to **Expert** (can back flip or somersault!). Super-charge your child's learning during the Summer and accelerate their confidence and gym skills too! 4 action packed hours of the most exciting holiday camp programme around!

**3 Super-FUN learning zones! TUMBLE - TRAMPOLINE - ACRO** and Amazing Flair coaching professionals!

You can book one day, or all 5 days each week and multiple bookings receive a great discount.

<b>Monday 21st December</b>	<b>9am-1pm</b>
<b>Tuesday 22nd December</b>	<b>9am-1pm</b>
<b>Wednesday 23rd December</b>	<b>9am-1pm</b>

**Prices are from £39.97 per day**

To book or for more information Call 01483 654440 [GymnasticsCamp.co.uk](http://GymnasticsCamp.co.uk)

## Bouncy Castle Fun

<b>Tues 29th December</b>	<b>9am-10am</b>	<b>From walking-4yrs</b>	<b>£3.00</b>
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This activity is for both parents and toddlers to have fun together. It includes bouncy castle, ball pond and soft play. A parent must accompany their child throughout the session. Session fee is for one adult and one child.





## Roller Skating Fun

Tues 22nd & 29th Dec

1.15pm - 3.15pm

ALL AGES

£10.30 per day

Have fun with both quad & inline skates. Suitable for all ages, equipment provided, skates, wrist, elbow & knee pads. Supervision required by a guardian for under 6 year olds.



## Archery

Mon 21st & Wed 30th Dec

9.30am - 11.30am

8-14 yrs

£15.20 per day

Whether you have experience or are a complete novice, come along for an afternoon of tuition and competition in this noble sport.



## OK Tennis

**MINI TENNIS MUNCHKINS** (requires parent participation)

Tuesday 22 Dec

1pm-2pm

3-5yrs

£8.60

**MINI TENNIS RED**

Tuesday 22nd Dec

2pm-4pm

5-8yrs

£10.50

This clinic is designed to introduce children to the game of tennis and develop skills at an early age. Ball skills and co-ordination will be taught, lots of fun for everyone.

## Synergy Dance® Workshops - STAR WARS Theme

Monday 21st Dec

1.15pm-2.15pm

5yrs

£6.20

Monday 21st Dec

2.30pm-3.30pm

8yrs+

£6.20



Does your child love to dance and dream of being a Jedi? Play Star Wars themed dance games and learn some dance/combat moves to prepare you for battle. Practice your light saber skills and dance to the songs from Star Wars. Enjoy the exciting atmosphere of free-styling in Space and re-live the Battle on the Ice Planet Hoth with our Space dance off and Snow Disco from the Frozen Planet. Dress up as your favourite character and enjoy the wonderful atmosphere of all things Star Wars.

## 'Frozen' Theme Workshop

Tuesday 22nd Dec

1.15pm-2.15pm

3-5yrs\*

£6.20

Tuesday 22nd Dec

2.30pm-3.30pm

5yrs+

£6.20

Tuesday 29th Dec

1.15pm-2.15pm

3-5yrs\*

£6.20

Tuesday 29th Dec

2.30pm-3.30pm

5yrs+

£6.20



Act, sing and dance with us as we explore the scenes and songs from the smash hit film, 'Frozen'. Learn and create dances to create this fantastic wonderland! Complete with 'snow'!

\* must be accompanied by an adult - only one adult per child

## Specky's Pirate Ship



Monday 21st December	Tuesday 22nd December	Wednesday 23rd December	Thursday 24th December	Friday 25th December	Saturday 26th December	Sunday 27th December
10am-4pm	*Pirate Pups 10am - 11am Public Session 11am-4pm	10am - 4pm	10am - 4pm	CLOSED	11am - 4pm	9am-4pm

Monday 28th December	Tuesday 29th December	Wednesday 30th December	Thursday 31st December	Friday 1st January	Saturday 2nd January	Sunday 3rd January
10am-4pm	*Pirate Pups 10am - 11am Public Session 11am-4pm	10am-4pm	10am-4pm	11am-4pm	9am-12.45pm Private Parties 1pm - 5pm	9am-12.45pm Private Parties 1pm-5pm

**\*Pirate Pups** An exclusive session for parents and their under 5's during school holidays. These sessions run on Tuesday 22nd & 29th December between 10am-11am and cost £4.70 for 1 child and an accompanying adult. Maximum 1 hour playtime during busy periods. **No booking required.**



# Spectrum Pools Timetable

	Monday 21st December	Tuesday 22nd December	Wednesday 23rd December	Thursday 24th December	Friday 25th December	Saturday 26th December	Sunday 27th December
Leisure Pool	<b>Core Water Workout</b> 8am-9am  <b>SWIM FOR ALL</b> 9.30am-6.30pm  <b>Splash Fit</b> 7pm-8pm	<b>Toddler Splash*</b> 8.30am-9.30am  <b>SWIM FOR ALL</b> 9.30am-6.30pm  <b>Aqua Hiit</b> 6.45pm-7.45pm	<b>SWIM FOR ALL</b> 9.30am-6.30pm	<b>SWIM FOR ALL</b> 9.30am-5pm	<b>SWIM FOR ALL</b> 10am-12noon  <b>£6 per person</b> <b>All 4 pools</b>	<b>SWIM FOR ALL</b> 10.30am-4pm  <b>No Aqua Classes</b>	<b>Toddler Splash*</b> 8.15am-9.30am  <b>SWIM FOR ALL</b> 9.30am-6pm
25M Pool	<b>Dawn Dippers</b> 7am-8.30am (4 lanes)  <b>SWIM FOR ALL</b> 10.30am-5.30pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm  <b>Lane Swim</b> 5.30pm-6.30pm	<b>Dawn Dippers</b> 6.30am-8.30am  <b>60+ Swim</b> 8am - 9.30am (4 lanes)  <b>SWIM FOR ALL</b> 10.30am-5.30pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm  <b>Lane Swim</b> 5.30pm-6.30pm 8.30pm-9.30pm	<b>Dawn Dippers</b> 6.30am-8.30am  <b>SWIM FOR ALL</b> 10.30am-5.30pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm  <b>Lane Swim</b> 5.30pm-6.30pm  <b>Adult Swim</b> 8.30pm-10pm	<b>Dawn Dippers</b> 6.30am-8.30am  <b>SWIM FOR ALL</b> 10.30am-5pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm	<b>SWIM FOR ALL</b> 10am-12noon	<b>Lane Swim</b> <b>(4 lanes)</b> 10.30am-4pm  <b>SWIM FOR ALL</b> 10.30am-4pm	<b>Lane Swim</b> 8.30am-11am  <b>SWIM FOR ALL</b> 11am-5pm
Teaching Pool	<b>SWIM FOR ALL</b> 9.30am-6.30pm	<b>SWIM FOR ALL</b> 9.30am-6.30pm	<b>SWIM FOR ALL</b> 9.30am-6.30pm  <b>Adult Swim</b> 8.30pm-10pm	<b>SWIM FOR ALL</b> 9.30am-5pm	<b>SWIM FOR ALL</b> 10am-12noon	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 9.30am-5pm
Diving Pool	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 10.30am-4pm  <b>Adult Swim</b> 8.30pm-10pm	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 10am-12noon	<b>SWIM FOR ALL</b> 12noon-4pm	<b>SWIM FOR ALL</b> 12noon-4pm

	Monday 28th December	Tuesday 29th December	Wednesday 30th December	Thursday 31st December	Friday 1st January	Saturday 2nd January	Sunday 3rd January
Leisure Pool	<b>SWIM FOR ALL</b> 9.30am-6.30pm	<b>Toddler Splash*</b> 8.30am-9.30am  <b>SWIM FOR ALL</b> 9.30am-6.30pm	<b>SWIM FOR ALL</b> 9.30am-6.30pm	<b>SWIM FOR ALL</b> 9.30am-5pm  <b>No Aqua Classes</b>	<b>SWIM FOR ALL</b> 11am-5pm  <b>No Aqua Classes</b>	<b>SWIM FOR ALL</b> 9.30am-6pm	<b>Toddler Splash*</b> 8.15am-9.30am  <b>SWIM FOR ALL</b> 9.30am-6pm
25M Pool	<b>Dawn Dippers</b> 7am-8.30am (4 lanes)  <b>SWIM FOR ALL</b> 10.30am-5.30pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm  <b>Lane Swim</b> 5.30pm-6.30pm	<b>Dawn Dippers</b> 6.30am-8.30am  <b>60+ Swim</b> 8am - 9.30am (4 Lanes)  <b>SWIM FOR ALL</b> 10.30am-5.30pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm  <b>Lane Swim</b> 5.30pm-6.30pm 8.30pm-9.30pm	<b>Dawn Dippers</b> 6.30am-8.30am  <b>SWIM FOR ALL</b> 10.30am-5.30pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm  <b>Lane Swim</b> 5.30pm-6.30pm  <b>Adult Swim</b> 8.30pm-10pm	<b>Dawn Dippers</b> 6.30am-8.30am  <b>SWIM FOR ALL</b> 10.30am-5pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm	<b>SWIM FOR ALL</b> 11am-5pm  <b>Lane Swim</b> <b>(4 Lanes)</b> 12noon-1.30pm	<b>Lane Swim</b> 9am-11am  <b>SWIM FOR ALL</b> 11am-5pm	<b>Lane Swim</b> 8.30am-11am  <b>SWIM FOR ALL</b> 11am-5pm
Teaching Pool	<b>SWIM FOR ALL</b> 9.30am-6.30pm	<b>SWIM FOR ALL</b> 9.30am-6.30pm	<b>SWIM FOR ALL</b> 9.30am-6.30pm  <b>Adult Swim</b> 8.30pm-10pm	<b>SWIM FOR ALL</b> 9.30am-5pm	<b>SWIM FOR ALL</b> 11am-5pm	<b>SWIM FOR ALL</b> 9.30am-5pm	<b>SWIM FOR ALL</b> 9.30am-5pm
Diving Pool	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 10.30am-4pm  <b>Adult Swim</b> 8.30pm-10pm	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 12noon-4pm	<b>SWIM FOR ALL</b> 12noon-4pm	<b>SWIM FOR ALL</b> 12noon-4pm







## Leisure Pool: Friday 18th December & Monday 4th January

Opening hours 9.30am - 6.30pm

## Friday 25th December:

£6 per person all pools

## Swim For All prices:

Adults £6.90, Juniors £5.20,  
Family of Four (maximum 2 adults  
& 2 under 16's) £21.30

All children under 9 years of age must be accompanied in the water by a responsible adult. Only 2 children under 9 years to every one adult of which only one child can be under 4 years. During Toddler Splash sessions up to 2 children under 4 years can be accompanied by a responsible adult. An adult is someone 16 years and over.

\*Toddler Splash - Exclusive session for parents and under 5's - strictly 8.30am-9.30am session £4.35 for 1 adult and 1 under 5. Swimmers will be asked to leave the pool at 9.30am. Last admission at 8.45am.

# Spectrum Bowl Timetable

Monday 21st December	Tuesday 22nd December	Wednesday 23rd December	Thursday 24th December	Friday 25th December	Saturday 26th December	Sunday 27th December
<b>BOWL FOR ALL</b> 9am-10.45pm Last entrance 10pm	<b>BOWL FOR ALL</b> 9am-10.45pm Last entrance 10pm	<b>BOWL FOR ALL</b> 9am-10.45pm Last entrance 10pm	<b>BOWL FOR ALL</b> 9am-5pm Last entrance 4.15pm	<b>CLOSED</b>	<b>BOWL FOR ALL</b> 10.30am-6pm Last entrance 5.15pm	<b>BOWL FOR ALL</b> 9am-11pm Last entrance 10.15pm

Monday 28th December	Tuesday 29th December	Wednesday 30th December	Thursday 31st December	Friday 1st January	Saturday 2nd January	Sunday 3rd January
<b>BOWL FOR ALL</b> 9am-8pm Last entrance 7.15pm	<b>BOWL FOR ALL</b> 9am-10.45pm Last entrance 10pm	<b>BOWL FOR ALL</b> 9am-10.45pm Last entrance 10pm	<b>BOWL FOR ALL</b> 9am-5pm Last entrance 4.15pm	<b>BOWL FOR ALL</b> 11am-7pm Last entrance 6.15pm	<b>BOWL FOR ALL</b> 9am-11.15pm Last entrance 10.30pm	<b>BOWL FOR ALL</b> 9am-11pm Last entrance 10.15pm

### Bowl For All prices

**Adults £5.70, Juniors £5.20,  
Family Ticket (maximum 2 adults &  
2 under 16's) £20.00** Shoe hire now included!  
Multi-game discount will be available,  
see Bowl reception for details.

Normal booking fees apply. Groups may be split over more than one lane to facilitate our closing times.



# Sports Arena & Squash Courts

Monday 21st December	Tuesday 22nd December	Wednesday 23rd December	Thursday 24th December	Friday 25th December	Saturday 26th December	Sunday 27th December
8am-11pm	8am-11pm	8am-11pm	8am-5pm	CLOSED	11am-5pm	8am-11pm

Monday 28th December	Tuesday 29th December	Wednesday 30th December	Thursday 31st December	Friday 1st January	Saturday 2nd January	Sunday 3rd January
8am-9pm	8am-11pm	8am-11pm	8am-5pm	11am-5pm	8am-11pm	8am-11pm

## Gym & Spa

Monday 21st December	Tuesday 22nd December	Wednesday 23rd December	Thursday 24th December	Friday 25th December	Saturday 26th December	Sunday 27th December
<b>Gym &amp; Spa</b> 6.30am-10.30pm	<b>Gym &amp; Spa</b> 6.30am-10.30pm	<b>Gym &amp; Spa</b> 6.30am-10.30pm <b>Power Plate</b> 8am-8.30am <b>Functional Circuits</b> 8.30am-9.30am 7pm-8pm <b>Junior Supervised Session</b> 4pm-5.30pm	<b>Gym &amp; Spa</b> 9am-5pm	CLOSED	<b>Gym &amp; Spa</b> 11am-4pm	<b>Gym &amp; Spa</b> 8.30am-6pm
<b>Power Plate</b> 12noon-12.30pm	<b>Junior Supervised Session</b> 4pm-5.30pm		<b>Junior Supervised Session</b> 10am-11am		<b>Junior Supervised Session</b> 11am-12noon	<b>Junior Supervised Session</b> 10am-11am
<b>Junior Supervised Session</b> 4pm-5.30pm	<b>Power Plate</b> 7.30pm-8pm		<b>Power Plate</b> 12noon-12.30pm			

Monday 28th December	Tuesday 29th December	Wednesday 30th December	Thursday 31st December	Friday 1st January	Saturday 2nd January	Sunday 3rd January
<b>Gym &amp; Spa</b> 8.30am-6pm	<b>Gym &amp; Spa</b> 6.30am-10.30pm	<b>Gym &amp; Spa</b> 6.30am-10.30pm <b>Power Plate</b> 8am-8.30am <b>Functional Circuits</b> 8.30am-9.30am 7pm-8pm <b>Junior Supervised Session</b> 4pm-5.30pm	<b>Gym &amp; Spa</b> 9am - 5pm	<b>Gym &amp; Spa</b> 11am-4pm	<b>Gym &amp; Spa</b> 8.30am-6pm	<b>Gym &amp; Spa</b> 8.30am-6pm
<b>Power Plate</b> 12noon-12.30pm	<b>Power Plate</b> 7.30pm-8pm		<b>Junior Supervised Session</b> 10am-11am	<b>Junior Supervised Session</b> 11am-12noon	<b>Junior Supervised Session</b> 10am-11am	<b>Junior Supervised Session</b> 10am-11am
<b>Junior Supervised Session</b> 10am-11am	<b>Junior Supervised Session</b> 4pm-5.30pm		<b>Power Plate</b> 12noon-12.30pm			

# Memberships

**Free Induction - No Contract - No Joining Fee  
- No Renewal Fee - No Cancellation Fee**

**New year's resolution?  
We're the solution!**

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01483 443337**



# Fitness & Group Exercise Timetable

	Monday 21st Dec	Tuesday 22nd Dec	Wednesday 23rd Dec	Thursday 24th Dec	Friday 25th Dec	Saturday 26th Dec	Sunday 27th Dec
Morning	<b>8am-9am</b> Core Water Workout £5.60 LP ☺ <b>9.40am-10.35am</b> Body Pump™ AS £6.10 AS ☺ <b>10.00am-10.45am</b> Indoor Cycling £5.80 CS <b>10.45am-11.15am</b> Express Core £3.60 AS <b>10.45am-11.45am</b> Pilates £8.20 S	<b>6.35am-7.20am</b> Indoor Cycling £5.80 CS <b>9.45am-9.30am</b> Legs, Burns & Tums £6.00 AS <b>10.45am-11.40am</b> ZUMBA® £5.80 AS ☺ <b>11am-12pm</b> Yoga £7.30 S ☺	<b>8am-8.30am †</b> Power Plates £5.80 G <b>8.30am-9.30am</b> Functional Circuits* £5.80 G ☺ <b>9.40am-10.40am</b> Cardio Tots £5.80 AS <b>9.45am-10.45am</b> Body Balance™ £6.10 S ☺ <b>10.45am-11.40am</b> Back to Basics £5.80 AS ☺	<b>6.35am-7.20am</b> Indoor Cycling £5.80 CS <b>9.25am-10.25am</b> Pilates General £8.20 S ☺ <b>9.45am-10.40am</b> Body Step™ £6.10 AS <b>10.00am-10.45am</b> Indoor Cycling £5.80 CS <b>10.45am-11.40am</b> ZUMBA® £5.80 AS ☺	NO CLASSES	<b>10.30am-11.25am</b> Body Pump™ £6.30 AS	<b>9.30am-10.25am</b> Yoga Flow £8.20 S <b>10.30am-11.30am</b> Yoga Slow £8.20 S <b>10am-11am</b> Indoor Cycling £5.00 CS <b>11.45am-12.45pm</b> Barre Concept® £7.30 S
	<b>12pm-12.30pm †</b> Power Plates £5.80 G <b>12.30pm-1.15pm</b> Indoor Cycling £5.80 CS ☺	<b>12.30pm-1.15pm</b> Indoor Cycling £5.80 CS ☺	<b>12.30pm-1.15pm</b> Indoor Cycling £5.80 CS ☺	<b>12pm-12.30pm †</b> Power Plates £5.80 G <b>12.30pm-1.15pm</b> Indoor Cycling £5.80 CS ☺	NO CLASSES	NO CLASSES	NO CLASSES
Afternoon	<b>5.45pm-6.40pm</b> Indoor Cycling £6.00 CS <b>6pm-6.55pm</b> Yoga £8.20 S <b>6pm-6.55pm</b> Body Step™ £6.30 AS <b>6pm-6.55pm</b> ZUMBA® £6.00 A <b>6pm-7pm</b> Kettlebell Class £5.80 CR <b>6.45pm-7.40pm</b> Indoor Cycling £6.00 CS <b>7pm-7.55pm</b> Body Pump™ £6.30 AS <b>7pm-8pm</b> Splash! £5.70 LP <b>7.45pm-8.40pm</b> Indoor Cycling £6.00 CS <b>8pm-8.30pm</b> Express Core £3.60 AS	<b>5.45pm-6.40pm</b> Indoor Cycling £6.00 CS <b>6pm-6.55pm</b> Legs, Burns & Tums £6.00 AS <b>6pm-7pm</b> Body Balance™ £6.30 S <b>6.45pm-7.45pm</b> Aqua HIT £5.70 LP <b>6.45pm-7.40pm</b> Indoor Cycling £6.00 CS <b>7pm-7.55pm</b> Indoor Cycling £6.00 CS <b>7pm-7.55pm</b> Body Combat™ £6.30 AS <b>7pm-8pm</b> Circuits £6.00 A <b>7.30pm-8pm †</b> Power Plates £5.80 G <b>7.45pm-8.40pm</b> Indoor Cycling £6.00 CS <b>8pm-9pm</b> ZUMBA® £6.00 AS	<b>5.45pm-6.40pm CS</b> Indoor Cycling £6.00 <b>6pm-7pm</b> Yoga £8.20 S <b>6pm-6.45pm</b> Train Insane £4.70 AS <b>6.45pm-7.40pm</b> Indoor Cycling £6.00 CS <b>6.45pm-7.40pm</b> Body Pump™ £6.30 AS <b>7pm-8pm</b> Functional Circuits £5.80 G <b>7.45pm-8.40pm</b> Indoor Cycling £6.00 CS <b>7.45pm-8.45pm</b> Box Circuits £6.00 AS	NO CLASSES	NO CLASSES	NO CLASSES	<b>6pm-7pm</b> Indoor Cycling £6.00 CS
	NO CLASSES	<b>5.45pm-6.40pm</b> Indoor Cycling £6.00 CS <b>6pm-6.55pm</b> Legs, Burns & Tums £6.00 AS <b>6.45pm-7.40pm</b> Indoor Cycling £6.00 CS <b>7pm-7.55pm</b> Body Combat™ £6.30 AS <b>7pm-8pm</b> Circuits £6.00 A <b>7.30pm-8pm †</b> Power Plates £5.80 G <b>7.45pm-8.40pm</b> Indoor Cycling £6.00 CS <b>8pm-9pm</b> ZUMBA® £6.00 AS	<b>5.45pm-6.40pm CS</b> Indoor Cycling £6.00 <b>6pm-7pm</b> Yoga £8.20 S <b>6pm-6.45pm</b> Train Insane £4.70 AS <b>6.45pm-7.40pm</b> Indoor Cycling £6.00 CS <b>6.45pm-7.40pm</b> Body Pump™ £6.30 AS <b>7pm-8pm</b> Functional Circuits £5.80 G <b>7.45pm-8.40pm</b> Indoor Cycling £6.00 CS <b>7.45pm-8.45pm</b> Box Circuits £6.00 AS	NO CLASSES	NO CLASSES	NO CLASSES	<b>6pm-7pm</b> Indoor Cycling £6.00 CS
Evening	<b>9.40am-10.35am</b> Body Pump™ AS £6.10 AS ☺ <b>10.00am-10.45am</b> Indoor Cycling £5.80 CS <b>10.45am-11.15am</b> Express Core £3.60 AS	<b>9.45am-10.40am</b> Legs, Burns & Tums £6.00 AS <b>10.45am-11.40am</b> ZUMBA® £5.80 AS ☺ <b>11am-12pm</b> Yoga £7.30 S ☺	<b>8am-8.30am †</b> Power Plates £5.80 G <b>8.30am-9.30am</b> Functional Circuits* £5.80 G ☺ <b>9.45am-10.45am</b> Body Balance™ £6.10 S ☺	<b>9.25am-10.25am</b> Pilates General £8.20 S ☺ <b>10.00am-10.45am</b> Indoor Cycling £5.80 CS <b>10.45am-11.40am</b> ZUMBA® £5.80 AS ☺	<b>10.45am-11.45am</b> Body Pump £6.10 AS	<b>8.30am-9.30am</b> Indoor Cycling £6.00 CS <b>9.30am-10.25am</b> ZUMBA® £5.80 AS <b>9.30am-10.30am</b> Indoor Cycling £6.00 CS <b>10am-11am</b> Boot Camp (outdoors) £5.60 AT <b>10.30am-11.25am</b> Body Pump™ £6.30 AS <b>11.30am-12.30pm</b> Box Circuits £6.00 AS	<b>9.30am-10.25am</b> Legs, Burns & Tums £6.00 AS <b>10am-11am</b> Indoor Cycling £5.00 CS <b>10.30-11.30am</b> Body Combat™ £6.30 AS <b>11.45am-12.45pm</b> Barre Concept® £7.30 S
	<b>12pm-12.30pm †</b> Power Plates £5.80 G <b>12.30pm-1.15pm</b> Indoor Cycling £5.80 CS ☺	<b>12.30pm-1.15pm</b> Indoor Cycling £5.80 CS ☺	<b>12.30pm-1.15pm</b> Indoor Cycling £5.80 CS ☺	<b>12pm-12.30pm †</b> Power Plates £5.80 G <b>12.30pm-1.15pm</b> Indoor Cycling £5.80 CS ☺	<b>12.30pm-1.15pm</b> Indoor Cycling £5.80 CS ☺	NO CLASSES	NO CLASSES
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Afternoon	NO CLASSES	<b>5.45pm-6.40pm</b> Indoor Cycling £6.00 CS <b>6pm-6.55pm</b> Legs, Burns & Tums £6.00 AS <b>6.45pm-7.40pm</b> Indoor Cycling £6.00 CS <b>7pm-7.55pm</b> Body Combat™ £6.30 AS <b>7pm-8pm</b> Circuits £6.00 A <b>7.30pm-8pm †</b> Power Plates £5.80 G <b>7.45pm-8.40pm</b> Indoor Cycling £6.00 CS <b>8pm-9pm</b> ZUMBA® £6.00 AS	<b>5.45pm-6.40pm CS</b> Indoor Cycling £6.00 <b>6pm-7pm</b> Yoga £8.20 S <b>6pm-6.45pm</b> Train Insane £4.70 AS <b>6.45pm-7.40pm</b> Indoor Cycling £6.00 CS <b>6.45pm-7.40pm</b> Body Pump™ £6.30 AS <b>7pm-8pm</b> Functional Circuits £5.80 G <b>7.45pm-8.40pm</b> Indoor Cycling £6.00 CS <b>7.45pm-8.45pm</b> Box Circuits £6.00 AS	NO CLASSES	NO CLASSES	NO CLASSES	<b>6pm-7pm</b> Indoor Cycling £6.00 CS
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Power Plate classes take place in the Gym



**Key**

- † Courses and Power Plates are NOT included with memberships
- Ⓜ Special rate for Primitime members available, please enquire at reception
- AS = Action Suite
- A = Arena
- AT = Athletics Track
- CR = Clubroom
- G = Gym
- LP = Leisure Pool
- CS = Cycling Studio
- S = Studio
- Aqua Classes
- Mend & Body Classes
- Course only
- Indoor Cycling
- Cardio Classes
- Gym Circuits
- Dance Classes
- Toning Classes



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activities  
for only  
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For a family of four

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a leaflet or ask at reception

[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)

All children under 9 must be accompanied in the water by an adult and a maximum of 2 children to each adult are allowed in the pool. Your last activity must be started by 5pm. All activities are subject to availability.



Guildford Spectrum, Parkway, Guildford, Surrey GU1 1UP • [www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk) • Tel: 01483 443322

Freedom Leisure working in partnership with Guildford Borough Council

