

# Summer **ACTIVATE** 2016



**COURSES & ACTIVITIES FOR CHILDREN & ADULTS**  
**MONDAY 25th JULY - MONDAY 5th SEPTEMBER 2016**

A FANTASTIC FUN DAY OUT AT

# Guildford Spectrum

ice skating  
tenpin bowling  
swimming



Book your  
tickets  
online

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

For more information call 01483 443322



## 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).

The maximum time your child can stay is 2 hours

### 90 minutes

Babies, £4.55 or multi-ticket (5 sessions) £21.80

2-4 yrs, £3.85 or multi-ticket (5 sessions) £17.85

### 2 hours

Babies, £6.50 2-4 yrs, £6.00

### 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 £7.20 per hour

To book a place please

telephone 01483 443322

(select option 5)



## BOOK NOW

### Leisure Pool & Ice Skating Tickets Online

Tickets are available to book online for school holidays and weekends.

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

or call our box  
office on:

(01483) 443333



# IT'S SUMMER AT SPECTRUM AND THINGS ARE REALLY HOTTING UP



- ARCHERY
- DANCE
- TRAMPOLINING
- TENNIS
- ROLLER SKATING & MUCH MORE

Activate has the holiday course for you and will ensure you keep on having fun during those long, school free days.

As ever we guarantee your Activate time will be fun-packed and if you want to get serious, we've got professional coaching in an amazing range of sports activities.

Week-long courses give you time to learn more advanced skills and make more friends. There are lots of courses to choose from "Soccer skills with Chelsea FC Foundation" to "Tennis".

## Contents

<b>Xtreme Activate</b>	<b>3-4</b>
<b>Holiday Activities</b>	<b>5-10</b>
<b>Ice Timetable</b>	<b>11</b>
<b>Ice Skating Courses</b>	<b>12</b>
<b>Pools Timetable</b>	<b>13-15</b>
<b>Diving &amp; Swimming Courses</b>	<b>16-17</b>
<b>Gym &amp; Spa</b>	<b>19-20</b>
<b>Spectrum Bowl</b>	<b>21</b>
<b>Booking Information</b>	<b>22</b>



## School Holidays All Day Activities...



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 (if over 9 years old), 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 for details.

### \*Xtreme Activate: 10am-4pm

Monday 25th July to Friday 29th July	10am-4pm	5-12yrs	£25.00 per day £115.00 per week
Monday 1st August to Friday 5th August	10am-4pm	5-12yrs	£25.00 per day £115.00 per week
Monday 8th August to Friday 12th August	10am-4pm	5-12yrs	£25.00 per day £115.00 per week
Monday 15th August to Friday 19th August	10am-4pm	5-12yrs	£25.00 per day £115.00 per week
Monday 22nd August to Friday 26th August	10am-4pm	5-12yrs	£25.00 per day £115.00 per week
Tuesday 30th August to Friday 2nd September	10am-4pm	5-12yrs	£25.00 per day £92.00 per week

### \*Xtreme Activate Xtra: 8.30am-6pm

Monday 25th July to Friday 29th July	8.30am-6pm	5-12yrs	£34.50 per day £162.50 per week
Monday 1st August to Friday 5th August	8.30am-6pm	5-12yrs	£34.50 per day £162.50 per week
Monday 8th August to Friday 12th August	8.30am-6pm	5-12yrs	£34.50 per day £162.50 per week
Monday 15th August to Friday 19th August	8.30am-6pm	5-12yrs	£34.50 per day £162.50 per week
Monday 22nd August to Friday 26th August	8.30am-6pm	5-12yrs	£34.50 per day £162.50 per week
Tuesday 30th August to Friday 2nd September	8.30am-6pm	5-12yrs	£34.50 per day £130.00 per week

\*Every child being booked onto our Xtreme Activate programme will need to complete a registration form 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.

Activities to keep even the most energetic children entertained!



At **XTREME** activate your child will take part in

Ice Skating

Bowling

Swimming\*

+ games, outdoor activities, arts and crafts  
and much more

\*Over 9's only.



25th July-  
2nd September  
5-12 years  
10am - 4pm &  
8.30am - 6pm  
from £25

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

## Term Time Courses & Activities for adults and children

Information on our  
courses can be found  
on our website:

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

by visiting Customer  
Services or calling:

**01483 443322**

(select option 4)



swimming • ice skating • yoga • dance • tennis  
• gymnastics • trampolining • bowling...

# Holiday Activities

Monday 25th July - Friday 2nd September 2016

## Junior Fast Track Gym Course

Monday 1st - Friday 5th August	10am-11am	12-15yrs	£41.10	inclusive of the casual user fee
Monday 15th - Friday 19th August	10am-11am	12-15yrs	£41.10	inclusive of the casual user fee
Monday 22nd - Friday 26th August	10am-11am	12-15yrs	£41.10	inclusive of the casual user fee

The junior course is a fully instructor led introduction to the use of cardiovascular and fixed resistance training in the gym. A prerequisite for 12 - 13 year olds to use the gym.

## Archery



Wednesday 27th July	9.30am-11.30am	8-14yrs	£15.90	ARCH1/S
Friday 12th August	9.30am-11.30am	8-14yrs	£15.90	ARCH3/S
Wednesday 17th August	2.30pm-4.30pm	8-14yrs	£15.90	ARCH3/S

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

## Bouncy Castle Fun



Monday 1st August	9.30am-10.30am	From Walking-4yrs	£3.00	BOUNC1/S
Monday 8th August	9.30am-10.30am	From Walking-4yrs	£3.00	BOUNC2/S
Monday 15th August	9.30am-10.30am	From Walking-4yrs	£3.00	BOUNC3/S

This is an activity for parents and toddlers to have fun together, with the bouncy castle, ball pond and soft play equipment. Session fee for 1 adult and 1 child.



# Synergy Dance® Workshops



## STAR WARS Theme Workshop

Monday 25th July	1.15pm - 2.15pm	5+ yrs	£6.20
Thursday 18th August	1.15pm - 2.15pm	5+ yrs	£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

Monday 8th August	1.15pm - 2.15pm	3-5 yrs	£6.20
Monday 22nd August	1.15pm - 2.15pm	3-5 yrs	£6.20
Wednesday 31st August	1.15pm - 2.15pm	3-5 yrs	£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'! Under 5's may be accompanied by an adult - only **one** adult per child, any siblings must also have a ticket.

## Glow in Dark

Wednesday 3rd August	1.15pm - 2.15pm	5+ yrs	£6.20
Wednesday 17th August	1.15pm - 2.15pm	5+ yrs	£6.20



Glow in the dark while you groove to Street and Break Dance moves! "Light up your day" with our action-packed fun with glow in the dark paint, light sabers and more! Suitable for all levels and abilities.

## Star Track Athletics

Monday 1st, Tuesday 2nd and Wednesday 3rd August

Monday 22nd, Tuesday 23rd and Wednesday 24th August

1 Day	10am-3.30pm	8-14yrs	£30.00
2 Days	10am-3.30pm	8-14yrs	£40.00
3 Days	10am-3.30pm	8-14yrs	£50.00

Using junior athletics equipment with a variety of running, jumping and throwing games, the camps will culminate in a fun team competition on the final day.

Book at Guildford Spectrum 01483 443322 (Option 4)

## FLAIR Trampolining



Thursday 28th July	2pm- 3.30pm	4-17yrs	£18.00	TRAMP1/S
Thursday 1st September	2pm- 3.30pm	4-17yrs	£18.00	TRAMP2/S

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

Book online – [GuildfordKidsCamp.com](http://GuildfordKidsCamp.com) or Call 01483 654440



## family fitness membership

at **guildford spectrum**

Call today for more information

01483 443355

£120  
per month





# SUMMER HOLIDAY TUMBLE CAMP

- ✓ 3 SUPER-FUN learning zones, **Gymnastics, Trampoline & Acro** too!
- ✓ Themed days to include **Rio, Circus, Disney** and more...
- ✓ From beginner through to expert - Ages 4 to 17yrs
- ✓ Taught by the awesome Flair coaching professionals



## SPECTRUM - WEEK 1

Monday 25th July	9am-1pm
Tuesday 26th July	9am-1pm
Wednesday 27th July	9am-1pm
Thursday 28th July	9am-1pm
Friday 29th July	9am-1pm

## SPECTRUM - WEEK 2

Tuesday 30th August	9am-1pm
Wednesday 31st August	9am-1pm
Thursday 1st September	9am-1pm
Friday 2nd September	9am-1pm

You can  
book **1 day** or  
book a **1 week**  
saver ticket



Prices are from **£39.97** per day OR Book a **1 week saver ticket** and receive a discount



Book online [GuildfordKidsCamp.com](http://GuildfordKidsCamp.com)  
Or call **01483 654440**



# OK Tennis



## MINI TENNIS MUNCHKINS (requires parent participation)

Tuesday 2nd August	2pm-3pm	3-5yrs	£9.00	SHORT1/S
Wednesday 3rd August	2pm-3pm	3-5yrs	£9.00	SHORT2/S
Tuesday 16th August	2pm-3pm	3-5yrs	£9.00	SHORT3/S
Wednesday 17th August	2pm-3pm	3-5yrs	£9.00	SHORT4/S
* 2 days in succession £15.00				

## MINI TENNIS RED

Tuesday 2nd August	3pm-5pm	5-9yrs	£11.00	SHORT5/S
Wednesday 3rd August	3pm-5pm	5-9yrs	£11.00	SHORT6/S
Tuesday 16th August	3pm-5pm	5-9yrs	£11.00	SHORT7/S
Wednesday 17th August	3pm-5pm	5-9yrs	£11.00	SHORT8/S
* 2 days in succession £19.00				

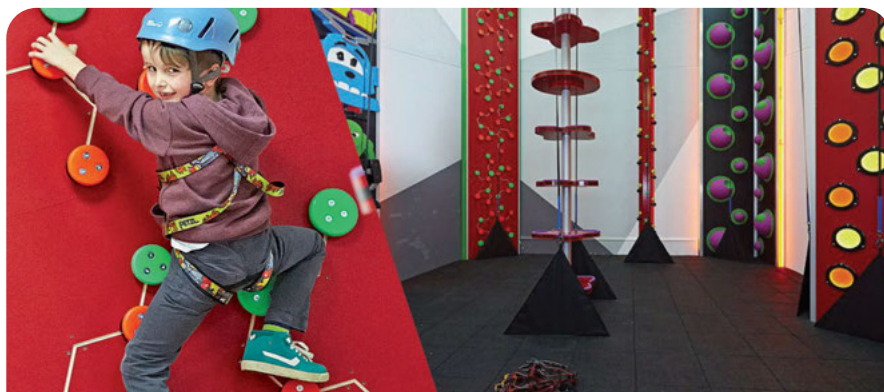
This clinic is designed to introduce children to the game of tennis and develop skills at an early age. Ball skills and co-ordination will be taught, lots of fun for everyone.

# Roller Skating Fun



Tuesdays 16th, 23rd & 30th August 1.15pm-3.15pm All ages £10.70\* ROLLER1/S

Have fun and practice both quad and inline skating. Skates suitable for all ages, equipment provided (skates, wrist & elbow pads. \*Per session. Supervision required for all participants 6yrs & under. Adults encouraged to stay and participate if available.



rock  
box

CRAZY CLIMBING FUN  
IN THE ROCK BOX AT  
GUILDFORD SPECTRUM

1 HOUR TASTERS  
HAVE-A-GO'S PARTIES  
CLUB AND NEW HOLIDAY FUN SESSIONS

BOOK ONLINE AT [WWW.HIGH-SPORTS.CO.UK/ROCKBOX](http://WWW.HIGH-SPORTS.CO.UK/ROCKBOX) OR CALL 0845 363 1177

# Specky's Pirate Ship (soft play)



<b>Monday</b>	<b>10am-4pm</b>	<b>public session</b>
<b>Tuesday</b>	<b>10am-4pm</b>	<b>public session (*Pirate Pups 10am-11am)</b> <b>(**Toddler Splash &amp; Pirate Pups Combo ticket 10am-11am)</b>
<b>Wednesday</b>	<b>10am-4pm</b>	<b>public session</b>
<b>Thursday</b>	<b>10am-4pm</b>	<b>public session (*Pirate Pups 10am-11am)</b> <b>(**Toddler Splash &amp; Pirate Pups Combo ticket 10am-11am)</b>
<b>Friday</b>	<b>10am-4pm</b>	<b>public session</b>
<b>Saturday &amp; Sunday</b>	<b>9am-12.30pm</b>	<b>public session</b>

**Hourly Session times** 9am, 10am, 11.15am, 12.45pm, 2pm, 3pm

## Soft Play Prices (During busy times - 1 hour sessions)

Pirates must be 10 years or under to gain entry to Specky's Pirate Ship, under 12 months go free. For the first child, over 18 months, £4.90 (includes 1 accompanying adult), for each additional child 18 months+, £4.00. Prices for 12-18 months, £2.90.

## \*Pirate Pups

An exclusive session for parents and their under 5's during school holidays. These sessions run on Tuesday and Thursday mornings between 10am-11am and cost £5.00 for 1 child and an accompanying adult. **No booking required.**

## \*\*Toddler Splash

Exclusive session for adults and under 5's in our Leisure Pool. Tuesday, Thursdays and Sundays, 8.30am-9.30am, last admission to the session is 8.45am. £4.55 for 1 adult and 1 under 5

## Toddler Splash & Pirate Pups Combo Session

Available Tuesday and Thursday mornings in the Summer holidays, exclusively for parents and under 5's. Toddler Splash, 8.30am-9.30am, Soft Play 10am-11am. Combo ticket £8.10 for the first child with accompanying adult and £4.55 for each additional child.



# Ice Timetable

Public Skating Session



Penguins are available to hire for our younger skaters at these sessions.  
£3.00 per 30 minutes

Skate For All Prices\*: Adults £6.10, Juniors £5.20,  
Family of Four (maximum 2 adults) £19.20, Skate hire £2.10 per person.

Monday 25th July to Sunday 4th September 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>EARLY MORNING</b>	Training Ice 5.30am-10.45am	Training Ice 5.30am-10.45am	Training Ice 5.30am-10.45am	Training Ice 5.30am-10.45am	Training Ice 5.30am-10.45am	Training Ice 5.30am-9am  Lesson Ice 9.15am-10.15am	*Royal Skating Club 6.45-8.30am  *Ice Dance Club 8.45-10.15am <small>*Ends 11th August</small>
<b>DAYTIME</b>	Skate For All 11am-1pm  2.30pm-4.30pm	Skate For All 11am-1pm  2.30pm-4.30pm	Skate For All 11am-1pm  2.30pm-4.30pm	Skate For All 11am-1pm  2.30pm-4.30pm	Skate For All 11am-1pm  2.30pm-4.30pm	Skate For All 11am-12noon  Skate For All 12.30pm-2pm  Parties 2.15pm-3pm  Skate For All 3pm-4.30pm	Skate For All 10.30am-12noon <small>(Figure skates only)</small>  Skate For All 12.30pm-2pm  Parties 2.15pm-3pm  Ice Disco 3pm-4.30pm
<b>TEATIME</b>	Training Ice 4.45pm-7pm  Speed Skating 7.15pm-8.15pm	Ice Dance Club 7.30pm-8.30pm	Skate For All 4.45pm-6.15pm  Speed Skating 7.15pm-8.15pm		Training Ice 4.45pm-6.30pm  2Xtreme 6.30pm-8pm	Private Hire 5pm-7.15pm	Private Hire 5pm-7.15pm
<b>EVENING</b>		Simply Skate 8.30pm-10.30pm <small>(Figure skates only)</small>  15 minute dance interval at 9.15pm	Simply Skate 8.30pm-10pm	Retro Night 8.30pm-10.30pm	Ice Xtreme 8.30pm-11pm  	Ice Xtreme 7.30pm-10pm   8.30pm - 11pm from 20th August	Ice Xtreme 7.30pm-9.30pm   8.30pm - 10.30pm from 21st August

Beat the queues at reception! Book your skating tickets in advance at [www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)

Click online bookings or call the box office on 01483 443333, limited number available for each session (booking fees apply). Spectrum recommend that all children under 10 years old wear a safety helmet, these are available **FREE OF CHARGE** from the skate hire counter on a first come first served basis. Please bring your own cycle helmet if you prefer.

# Learn to Skate 5 Day Courses

**SUMMER  
ACTIVITIES MUST  
BE BOOKED  
IN ADVANCE**

Why not come along and learn the basics, skating forwards, backwards and stopping. No previous experience is necessary. Please wear warm clothing and gloves. Price includes skate hire and safety helmets are available on request. These courses must be booked in advance and are suitable for children aged 5-10 years. Classes are strictly for beginners only. Classes will be allocated/grouped on ability not age.

## Monday 25th - Friday 29th July

11am-11.30am  
11.30am-12noon

Beginners 5-10yrs  
Beginners 5-10yrs

£50.00  
£50.00

SKATE1/S  
SKATE2/S

## Monday 1st - Friday 5th August

11am-11.30am  
11.30am-12noon

Beginners 5-10yrs  
Beginners 5-10yrs

£50.00  
£50.00

SKATE3/S  
SKATE4/S

## Monday 8th - Friday 12th August

11am-11.30am  
11.30am-12noon

Beginners 5-10yrs  
Beginners 5-10yrs

£50.00  
£50.00

SKATE5/S  
SKATE6/S



**SPECTRUM'S  
WORLD OF PARTIES**

GUILD FORD  
**SPECTRUM**  
LEISURE COMPLEX

- FOOTBALL • DANCE
- TRAMPOLINING • SWIMMING
- ICE SKATING • TENPIN BOWLING
- PIT SLOT SCALEXTRIC RACING
- ROCK BOX INDOOR CLIMBING
- SPECKY'S PIRATE SHIP

**Let Spectrum organise  
a party your child will  
remember!**

*Catering options to suit all*

Tel: 01483 443322 (Select option 4)  
or visit **Customer Services**  
[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)

# Pools Timetable

Peak Prices; Leisure Pool from 11th July to 4th September

Peak holiday hours & peak prices: Teaching, 25M & Diving Pools from 18th July to 4th September.

Leisure Pool Prices\*: Adults £7.20, Juniors £5.40, Family of Four (max 2 adults) £22.10

## Monday 11th July - Sunday 17th July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Leisure Pool</b>	<b>Core Water Workout</b> 8am-9am	<b>Toddler Splash*</b> 10.45am-12.30pm	<b>Swim For All</b> 9.30am-6.30pm	<b>Toddler Splash*</b> 10.45am-12.30pm	<b>Core Water Workout</b> 8am- 9am	<b>Swim For All</b> 9.30am-6pm	<b>Toddler Splash</b> 8.15am-9.30am
	<b>Swim For All</b> 9.30am-6.30pm	<b>Swim For All</b> 12.30pm-6.30pm		<b>Swim For All</b> 12.30pm-6.30pm	<b>Swim For All</b> 9.30am-6.30pm		<b>Swim For All</b> 9.30am-6pm
	<b>Splash Fit</b> 7pm-8pm	<b>Aqua HIIT</b> 6.45pm-7.45pm		<b>Aqua Attack</b> 6.45pm-7.45pm			

## Monday 18th July - Sunday 4th September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Leisure Pool</b> No Aqua classes on Monday 31st August	<b>Core Water Workout</b> 8am-9am	<b>Toddler Splash*</b> 8.30am-9.30am	<b>Swim For All</b> 9.30am-6.30pm	<b>Toddler Splash*</b> 8.30am-9.30am	<b>Core Water Workout</b> 8am- 9am	<b>Swim For All</b> 9.30am-6pm	<b>Toddler Splash</b> 8.15am-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-6.30pm	<b>Swim For All</b> 9.30am-6.30pm		<b>Swim For All</b> 9.30am-6pm
	<b>Splash Fit</b> 7pm-8pm (no session 29th August)	<b>Aqua HIIT</b> 6.45pm-7.45pm		<b>Aqua Attack</b> 6.45pm-7.45pm			

\*Exclusive session for parents and under 5's on Tuesday and Thursdays - strictly 8.30am-9.30am session, £4.60 for 1 adult and 1 under 5. Swimmers will be asked to leave the pool at 9.30am. Last admission to this session is at 8.45am. Sessions start Tuesday 19th July until Thursday 1st September.

Pool Safety - 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.

# PRE-BOOK YOUR LEISURE POOL TICKETS ONLINE

[WWW.GUILDFORDSPECTRUM.CO.UK](http://WWW.GUILDFORDSPECTRUM.CO.UK)



## Monday 18th July - Sunday 31st July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>25M Pool</b> Please refer to Times and Prices brochure for prices	Dawn Dippers (4 lanes) 7am-8.30am Swim For All 10.30am-3.55pm Lane Swimming (4 lanes) 12noon-1.30pm Lane Swimming 5.30pm-7pm (5 lanes)	Dawn Dippers 6.30am-8.30am 60+ Swim 8am-9am Swim For All 10.30am-3.55pm Lane Swimming (4 lanes) 12noon-1.30pm Lane Swimming 5.30pm-7pm (5 lanes) Lane Swimming (4 lanes) 8.30pm-9.30pm	Dawn Dippers 6.30am-8.30am Swim For All 10.30am-3.55pm Lane Swimming (4 lanes) 12noon-1.30pm Lane Swimming 5.30pm-7pm (5 lanes) Adult Swim 8.30pm-10pm	Dawn Dippers 6.30am-8.30am 50+ Swim 8am-9am Swim For All 10.30am-3.55pm Lane Swimming (4 lanes) 12noon-1.30pm Lane Swimming 5.30pm-7pm (5 lanes) Lane Swimming (6 lanes) 8.30pm-9.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30am-8.30am Swim For All 10.30am-3.55pm Lane Swimming (4 lanes) 12noon-1.30pm Lane Swimming 5.30pm-7pm (5 lanes)	Lane Swimming (4 lanes) 9am-10.55am Swim For All 12.30pm-5pm	Lane Swimming 8.30am-11am Swim For All 11am-5pm

## Monday 1st August - Sunday 28th August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>25M Pool</b> Please refer to Times and Prices brochure for prices	Dawn Dippers (4 lanes) 7am-8.30am Swim For All 10.30am-5.30pm Lane Swimming (4 lanes) 12noon-1.30pm Lane Swimming 5.30pm-7pm	Dawn Dippers 6.30am-8.30am 60+ Swim 8am-9am Swim For All 10.30am-5.30pm Lane Swimming (4 lanes) 12noon-1.30pm Lane Swimming 5.30pm-7pm Lane Swimming (4 lanes) 8.30pm-9.30pm	Dawn Dippers 6.30am-8.30am Swim For All 10.30am-5.30pm Lane Swimming (4 lanes) 12noon-1.30pm Lane Swimming 5.30pm-7pm Adult Swim 8.30pm-10pm	Dawn Dippers 6.30am-8.30am 50+ Swim 8am-9am Swim For All 10.30am-5.30pm Lane Swimming (4 lanes) 12noon-1.30pm Lane Swimming 5.30pm-7pm Lane Swimming 8.30pm-9.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30am-8.30am Swim For All 10.30am-5.30pm Lane Swimming (4 lanes) 12noon-1.30pm Lane Swimming 5.30pm-7pm	Lane Swimming 9am-11am Swim For All 11am-5pm	Lane Swimming 8.30am-11am Swim For All 11am-5pm

# Monday 29th August - Sunday 4th September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>25M Pool</b> Please refer to Times and Prices brochure for prices	Dawn Dippers (4 lanes) 7am-8.30am	Dawn Dippers 6.30am-8.30am	Dawn Dippers 6.30am-8.30am	Dawn Dippers 6.30am-8.30am	Dawn Dippers 6.30am-8.30am	Lane Swimming (4 lanes) 9am-10.55am	Lane Swimming 8.30am-11am
	Swim For All 10.30am-5.30pm	60+ Swim 8am-9am	Swim For All 10.30am-3.55pm	50+ Swim 8am-9am	50+ Swim 7.30am-8.30am	Swim For All 12.30pm-4pm	Swim For All 11am-5pm
	Lane Swimming (4 lanes) 12noon-1.30pm	Swim For All 10.30am-3.55pm	Lane Swimming (4 lanes) 12noon-1.30pm	Swim For All 10.30am-3.55pm	Swim For All 10.30am-3.55pm		
	Lane Swimming 5.30pm-7pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming (4 lanes) 12noon-1.30pm		
		Lane Swimming 5.30pm-7pm	Lane Swimming 5.30pm-7pm	Lane Swimming 5.30pm-7pm	Lane Swimming 5.30pm-7pm		
		Lane Swimming (4 lanes) 8.30pm-9.30pm	Adult Swim 8.30pm-10pm	Lane Swimming (6 lanes) 8.30pm-9.30pm			

Please refer to the term-time brochure from Monday 5th September

## Diving & Swimming Courses

### Learn to Dive 5 Day Courses

Flip n Fun courses have been created for children who can swim a minimum of 25 metres and to be able to complete a forward dive and who would like to experience diving and learning new skills in a fun and safe environment. It is part of a structured programme ideal to help you get a grasp of the basics and provides a development pathway to the ASA Diving Awards.

Monday 1st August – Friday 5th August  
 Monday 15th August – Friday 19th August

9am - 9.45am  
 9.45am - 10.30am

Flip n Fun  
 Diving level 1

5+yrs\*  
 5+yrs\*\*



£40.00  
 £40.00

\* Minimum 25 metres  
 \*\* Must have passed Flip n Fun

### Premium Learn to Swim 5 Day Courses

Learn to Swim courses are on offer for those with different levels of ability. These are group lessons with a maximum number of 4 in a class. Courses take place in Spectrum's Teaching Pool.

Monday 25th July – Friday 29th July  
 Monday 8th August – Friday 12th August  
 Monday 22nd August – Friday 26th August

9am - 9.30am  
 9.30am - 10am  
 10am - 10.30am

Stage 1  
 Stage 2  
 Stage 3A

4yrs+  
 4yrs+  
 4yrs+

£51.50  
 £51.50  
 £51.50



## Monday 18th July - Sunday 31st July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Teaching Pool</b> Please refer to Times and Prices brochure for prices	Swim For All 10.30am-3.25pm	Swim For All 10.30am-3.55pm	Swim For All 10.30am-3.55pm	Swim For All 10.30am-3.55pm	Swim For All 10.30am-3.55pm	Swim For All 12noon-4pm	Swim For All 9.30am-5pm
			Adult Swim 8.30pm-10pm				

## Monday 1st August - Sunday 28th August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Teaching Pool</b> Please refer to Times and Prices brochure for prices	Swim For All 10.30am-6.30pm	Swim For All 10.30am-6.30pm	Swim For All 10.30am-6.30pm	Swim For All 10.30am-6.30pm	Swim For All 10.30am-6.30pm	Swim For All 9.30am-4pm	Swim For All 9.30am-5pm
			Adult Swim 8.30pm-10pm				

## Monday 29th August - Sunday 4th September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Teaching Pool</b> Please refer to Times and Prices brochure for prices	Swim For All 9.30am-6.30pm	Swim For All 10.30am-3.40pm	Swim For All 10.30am-3.40pm	Swim For All 10.30am-3.40pm	Swim For All 10.30am-3.40pm	Swim For All 12noon-4pm	Swim For All 9.30am-5pm
			Adult Swim 8.30pm-10pm				

## Monday 18th July to Sunday 4th September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Diving Pool</b> Please refer to Times and Prices brochure for prices	Swim For All 10.30am-4pm	Swim For All 10.30am-4pm	Swim For All 10.30am-4pm	Swim For All 10.30am-4pm	Swim For All 10.30am-4pm	Swim For All 12.30pm-4pm	Swim For All 12noon-4pm

Pool Safety - 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.

## 1:1 Swimming-4/5 Day Intensive courses

These sessions provide children with individual attention and a faster learning rate. They can focus on either specific skills/stroke technique or follow the relevant stage in the ASA syllabus.

### Teaching Pool

Monday 25th July - Friday 29th July

Monday 1st August - Friday 5th August

Monday 8th August - Friday 12th August

Monday 15th August - Friday 19th August

Monday 22nd August - Friday 26th August

30 minute sessions available between 9am and 12noon (5 days) - £93.75

### 25 Metre Pool

Monday 25th July - Friday 29th July

Monday 1st August - Friday 5th August

Monday 8th August - Friday 12th August

Monday 15th August - Friday 19th August

Monday 22nd August - Friday 26th August

30 minute sessions available between 9am and 10.30am (4 days) - £75.00

30 minute sessions available between 10.30am and 12noon (5 days) - £93.75

**Ad-hoc lessons are also available on request.**

Please note that places are limited and must be booked in advance, contact Customer Services on 01483 443322, option 4.



## (ASA) Instructors Course – We need you! £1 SWIMMING LESSONS

We are running in conjunction with the Amateur Swimming Association (ASA) an Instructors Course and we are looking for children (from 4 years +) to take part in swimming lessons which will form part of the instructor training programme.

**Tuesday 2nd August to Thursday 4th August**

**Monday 15th August to Friday 19th August**

Lessons at 9.00am, 9.30am or 10.00am at a special price offer of £1 per lesson\*.

Bookings and payments can be made in person or by calling Customer Services, 01483 443322 (select option 4)

Swimmers may receive tuition from more than one instructor and no official ASA certificates will be provided at the end of the course.

For swimmers attending all 3 or 5 sessions as per the above dates will receive a free junior swim voucher.

A photograph of three children jumping into a swimming pool. A girl in a pink swimsuit is in the air on the left, a boy in red shorts is in the middle, and another boy in black shorts is on the right. They are all smiling and have their arms raised. In the background, there is a large swimming pool with lane markers, a building with a stone tower, and trees under a blue sky.

**Open until  
18th September!**

# **Guildford Lido**

**Come and join in the fun**

- **Set in 3 acres of landscaped grounds**
- **Children's Splash Pools & Slides**
- **Available for private hire, events and BBQs**
- **Season tickets available**

**For Guildford Lido opening times  
or further information**

**Call: 01483 449108**  
**[www.guildfordlido.co.uk](http://www.guildfordlido.co.uk)**

# Gym & Spa



Getting in shape and feeling fitter and healthier this Summer couldn't be easier! Guildford Spectrum's newly refurbished gym boasts as one of the largest in the region and with the latest technology to enhance your exercise experience. With dedicated stretch and functional, cardiovascular, resistance and specialised strength and conditioning exercise zones and equipment, Spectrum Gym provides the perfect variety for any gym user.

Spectrum Gym offers cutting edge equipment and technology to Guildford, provided by Rio 2016 Olympics supplier, Technogym. Our state of the art gym now includes unique equipment ergonomically designed to tone, sculpt and strengthen.

Members can also experience the spa area and truly release the stresses and strains of life in our sauna, jacuzzi, aroma and steam rooms.

Great value memberships are available with no joining fee, cancellation or renewal fees from just £25 per month. What's more is that our qualified and specialist Personal Trainers are always on hand to help you meet your health and fitness goals with 5 free sessions.

**This Summer we are offering membership discounts on bespoke Personal Training packages. For more information, to book your free consultation or to discuss your personalised programme, please call 01483 443355 or email [info@guildfordspectrum.co.uk](mailto:info@guildfordspectrum.co.uk) to get started today!**

**memberships...**  
**at guildford spectrum ▶▶**



- 5 free fitness consultations
- From £25
- No joining fee
- No cancellation fee

**Book a free trial today ▶▶**

**Call: 01483 443337**

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



# junior fitness course

fastrack...

- A fun and friendly course for teenagers (12–15 year olds) to learn how to exercise safely and effectively in the gym
- An introduction to cardio vascular and fixed resistance weight training
- Learn how to develop exercise programmes with supervision from our qualified staff
- Start an active, healthy and happy lifestyle!

course dates: 1–5 august, 15–19 august, 22–26 august  
monday–friday 10am–11am

£41.10 per course £30 second child



Call now for more  
information: **01483 443355**  
or visit the website:

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



freedomleisure  
where you matter

# Spectrum Bowl

Strike out this summer at Spectrum Bowl!

Whatever your age, from 2 to 92, a great time is guaranteed.

**Spectrum Bowl will be open:**

**Monday to Wednesday 9.30am-10.45pm\***

**Thursday & Friday 9.30am-11.15pm\***

**Saturday & Sunday 9am-11.15pm\***

Prices now include shoe hire. Adults £5.90, Juniors £5.40 for the first game. Cheaper 2nd and even cheaper 3rd game rates available. Families £21.60 (max 2 adults & 2 under 16's).

\*Last game sold 45 minutes before shown time.

## Happy Hour Bowling (Early Bird Special)

Every **WEEKDAY** between **25th July and 2nd September** - 9.30am-10.30am

One hour of bowling for up to 6 people. \*game must start between these times.

**£15.00 includes shoe hire.**

**Happy Hour**  
An hours bowling  
for up to 6 people  
(adults and  
children)  
throughout the  
Summer holidays  
for only **£25.00**

## Neon Pin Night\*

Every Thursday, 6pm-10.30pm. Get a strike when the orange neon pin is in the head position and win a voucher for a free game of bowling!

\*Terms and conditions apply

## High Score Night

Fridays, 6pm-close  
Score over 150 and win a  
**FREE** game of bowling.

(Max 3 vouchers per person)

## Youth Bowling Club

Join the Youth Bowling Club on a Saturday morning and enjoy a wide variety of benefits. It's for 8-18 year olds and is FREE to join. Call 01483 443377 to find out more

For more information  
or to book a lane  
please call Spectrum Bowl on  
**01483 443377**

A £3.00 non refundable booking fee applies.



# family swim membership

at **guildford spectrum**

Call today for more information

01483 443355

**£95**  
per month



## Booking Arrangements

- Bookings for the Activate programme can be made Monday-Friday from 9am-5.30pm and Saturday from 9am to 1pm. Bookings will commence on Monday 27th June 2016. 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.

tel: 01483 443322

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

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





**new...**  
 family challenges  
 to get the grown ups  
 involved!

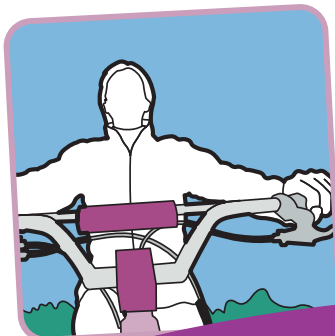
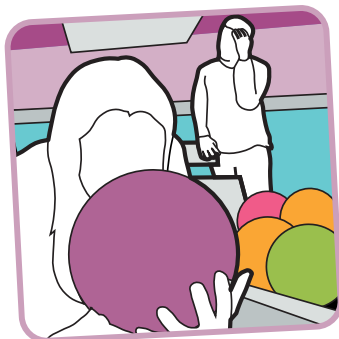
ON YOUR MARKS,  
 GET SET, GO!



**f** junior  
 summer fitness  
 challenge

**18 july - 5 september 2016**

for everyone between the ages of 4 and 14



register at your local **freedomleisure** centre  
 or online at [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)



**freedomleisure**  
 where you matter