

Pools Timetable

Swim For All prices: Adults £6.60, Juniors £5.00, Family of four (maximum 2 adults) £20.00
Please note the Leisure Pool will be opening at 9.30am-6.30pm on Friday 14th February and Monday 24th February

	Leisure Pool	25M Pool	Teaching Pool	Diving Pool
Monday 17th February	Gentle Water Aerobics 8am - 9am SWIM FOR ALL 9.30am - 6.30pm Splashfit 7pm - 8pm	SWIM FOR ALL 10.30am - 3.55pm Lane Swimming (4 lanes) 12noon - 1.30pm Lane Swimming 5.30pm - 6.30pm (4 lanes) 8.30pm - 9.30pm	SWIM FOR ALL 10.30am - 3.30pm	SWIM FOR ALL 10.30am - 4pm
Tuesday 18th February	Toddler Splash* 8.30am - 9.30am SWIM FOR ALL 9.30am - 6.30pm Hydrokick 6.45pm - 7.45pm Aqua Zumba 7.45pm - 8.30pm	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 - 6.30pm (4 lanes) 8.30pm - 10pm	SWIM FOR ALL 10.30am - 4pm 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.	SWIM FOR ALL 10.30am - 4pm
Wednesday 19th February	SWIM FOR ALL 9.30am - 6.30pm Dunk your Bump 7pm - 7.45pm	Dawn Dippers 6.30am - 8.30am SWIM FOR ALL 10.30am - 3.55pm Lane Swimming (4 lanes) 12noon - 1.30pm Lane Swimming 5.30pm - 6.30pm Adult Swim 8.30pm - 10pm	SWIM FOR ALL 10.30am - 4pm Adult Swim 8.30pm - 10pm	SWIM FOR ALL 10.30am - 4pm Adult Swim 8.30pm - 10pm
Thursday 20th February	Toddler Splash* 8.30am - 9.30am SWIM FOR ALL 9.30am - 6.30pm Aqua Attack 6.45pm - 7.45pm Aqua Zumba 7.45pm - 8.30pm	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 - 6.30pm (6 lanes) 8.30pm - 9.30pm	SWIM FOR ALL 10.30am - 4pm *Exclusive session for parents and under 5's - strictly 8.30am-9.30am session, £3.90 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	SWIM FOR ALL 10.30am - 4pm
Friday 21st February	SWIM FOR ALL 9.30am - 6.30pm	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 - 6.30pm	SWIM FOR ALL 10.30am - 4pm	SWIM FOR ALL 10.30am - 4pm
Saturday 22nd February	SWIM FOR ALL 9.30am - 6pm	Lane Swimming (4 lanes) 9am - 10.55am SWIM FOR ALL 12noon - 5pm	SWIM FOR ALL 12noon - 4pm	SWIM FOR ALL 12noon - 4pm
Sunday 23rd February	Toddler Splash 8.30am - 9.30am SWIM FOR ALL 9.30am - 6pm	Lane Swimming 8.30am - 11am SWIM FOR ALL 11am - 4pm	SWIM FOR ALL 9.30am - 5pm	SWIM FOR ALL 12noon - 4pm

Ice Timetable

Skate For All Prices: Adults £5.90, Juniors £5.20, Family of Four (maximum 2 adults) £18.80, Skate hire £1.90 per person.

Public Sessions

*Figure skates only at this session

	Early Morning	Daytime	Teatime	Evening
Monday 17th February	Training Ice 5.30am-10.15am	SKATE FOR ALL 10.30am-12noon 1pm-2.30pm	SKATE FOR ALL 3.30pm-5pm Aldwych Speed Skating Club 7.15pm-8.15pm	Simply Skate 8.30pm-10pm
Tuesday 18th February	Training Ice 5.30am-10.15am	SKATE FOR ALL 10.30am-12noon 1pm-2.30pm	SKATE FOR ALL 3.30pm - 5pm Ice Dance Club 7.30pm-8.30pm	Simply Skate* 8.30pm-10.30pm 15 minute dance interval at 9.15pm
Wednesday 19th February	Training Ice 5.30am-10.15am	SKATE FOR ALL 10.30am-12noon 1pm-2.30pm	SKATE FOR ALL 3.30pm-5pm GUILDFORD FLAMES Vs PETERBOROUGH PHANTOMS Face off 7.30pm KIDS FREE	
Thursday 20th February	Training Ice 5.30am-10.15am	SKATE FOR ALL 10.30am-12noon 1pm-2.30pm	SKATE FOR ALL 3.30pm-5pm Junior Figure Club 6.30pm-7.30pm	Ice Cool Classics 8.30pm-10.30pm
Friday 21st February	Training Ice 5.30am-10.15am	SKATE FOR ALL 10.30am-12noon 1pm-2.30pm	SKATE FOR ALL 3.30pm-5pm 2Xtreme 6.30pm-8pm	8.30pm-11pm 
Saturday 22nd February	Training Ice 5.30am-9.15am Lesson Ice 9.15am-10.15am	Family Time* 10.30am - 12noon SKATE FOR ALL 12.30pm-2pm 3pm-4.30pm	Ice Hockey 4.45pm-8.15pm	8.30pm-11pm 
Sunday 23rd February	Junior Hockey Club 5.30am-10.15am	Family Time* 10.30am-12noon SKATE FOR ALL 12.30pm-2pm Family Disco 3pm-4.30pm	GUILDFORD FLAMES Vs SWINDON WILDCATS Face off 6pm KIDS FREE	8.30pm-10.30pm 

Children's Ice Skating Courses Monday 17th to Friday 21st February

Learn to Skate	10.30am-11.00am	5-10 yrs	£50.00	5 days	SKATE1/F
Learn to Skate	11.00am-11.30am	5-10 yrs	£50.00	5 days	SKATE2/F



Penguin shaped skating aids are available to hire for our younger skaters at these sessions. £2.00 per 15 minutes

Safety helmets are available free of charge for children under 10 years.

Book your skating tickets in advance at 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 Bowl

Multi game discount are available see Bowl reception for details.

Happy Hour (Early Bird Special)

Monday 17th - Friday 21st February
9.30am - 11am

One hour of bowling for up to 6 people, including shoe hire, for £25.00.

Neon Pin Night

Thursday 20th February 6pm - 10.30pm

Bowl disco session with xtreme lighting - a great Thursday night out. Get a strike when the orange pin is the head pin and win a voucher for a FREE game of bowling (max 3 vouchers per person).

Spectrum Bowl will be open Monday - Wednesday 9.30am-10.45pm*, Thursday & Friday 9.30am-11.15pm*, Saturday & Sunday 9am-11.15pm*.

Prices now include shoe hire...Adults £5.50 per game, Juniors £5.00 per game, Families £20.00 (maximum 2 adults & 2 under 16's)

*Last game sold 45 minutes before shown time.

tel: 01483 443377

Booking Arrangements

- Bookings for the Activate programme can be made Monday-Thursday from 9am-6.30pm, Friday from 9am-6pm and Saturday from 10am to 3pm. Bookings will commence on Monday 20th January 2014. 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). Cheques should be made payable to Guildford Spectrum. 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 the following child care vouchers for Xtreme Activate: Acor, Care4 & Busy Bees. Payment using the online account system must be made at least 5 working days in advance. Vouchers can 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

email: info@guildfordspectrum.co.uk

Freedom Leisure working in partnership with Guildford Borough Council




Guildford Spectrum, Parkway, Guildford, Surrey GU1 1UP



Monday 17th - Sunday 23rd February 2014
Half Term February 2014

ACTIVATE

COURSES & ACTIVITIES FOR CHILDREN & ADULTS



www.guildfordspectrum.co.uk • (01483) 443322





01483 443322
OPTION 4

BOOKINGS FOR FEBRUARY ACTIVATE START ON MONDAY 20TH JANUARY - REMEMBER ALL COURSES MUST BE BOOKED AND PAID FOR IN ADVANCE

*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 and must be completed and returned at least a week before the date of first session booked.



Course Times & Descriptions

Xtreme Activate Day Camps

Monday 17th February	10am-4pm	5-12 yrs	£23.50	XTR1/F
Tuesday 18th February	10am-4pm	5-12 yrs	£23.50	XTR2/F
Wednesday 19th February	10am-4pm	5-12 yrs	£23.50	XTR3/F
Thursday 20th February	10am-4pm	5-12 yrs	£23.50	XTR4/F
Friday 21st February	10am-4pm	5-12 yrs	£23.50	XTR5/F
Weekly rate			£107.50	

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, trampolining, athletics, arts and crafts and more! Activities will change on a daily basis, please see our website or call Customer Services on 01483 443322 for further details. *If over 9 years

Xtreme Activate Xtra Day Camps

Monday 17th February	8.30am-6pm	5-12 yrs	£32.50	XTRA1/F
Tuesday 18th February	8.30am-6pm	5-12 yrs	£32.50	XTRA2/F
Wednesday 19th February	8.30am-6pm	5-12 yrs	£32.50	XTRA3/F
Thursday 20th February	8.30am-6pm	5-12 yrs	£32.50	XTRA4/F
Friday 21st February	8.30am-6pm	5-12 yrs	£32.50	XTRA5/F
Weekly rate			£150.00	

Learn to Roller Skate

Tuesday 18th February	12noon-2pm	ALL AGES	£10.00	
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Have fun and learn both quad & inline. Skates suitable for all ages, equipment provided, skates, wrist & elbow pads



Rugby Tots

Wednesday 19th February	10am-10.30am	2-3 1/2 yrs	£5.20	RUGT1/F
	10.45am-11.45am	3 1/2-5 yrs	£8.20	RUGT2/F

Rugby Tots® combines the multiple skills used in rugby with a fun, energetic and structured play programme designed to enhance your child's soccer and physical skills.



Little Golfers

Friday 21st February	12.30pm-3.30pm	5-11 yrs	£16.40	GOLF1/F
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Come and try a range of fun filled games and activities which incorporate the basics of golf. Learn the basics of putting, chipping, the long game and find out how fun golf is, from a trained Little Golfers coach. Sessions are designed for active children; we use specially adapted equipment which ensures all children are safe.



Trampolining

Tuesday 18th February	2.30pm-4pm	4-12 yrs	£8.60	TRAMP1/F
Thursday 20th February	2.30pm-4pm	4-12 yrs	£8.60	TRAMP2/F

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.

OK Tennis

MINI TENNIS MUNCHKINS

Tuesday 18th February	2pm - 4pm	3-5 yrs	£8.00	SHORT1/F
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MINI TENNIS RED

Thursday 20th February	2pm - 4pm	5-8 yrs	£9.80	SHORT2/F
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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.



Music & Drama with Majella

Tuesday 18th February	10am-10.30am	18months-2 1/2yrs	£4.00 (with guardian)	
Tuesday 18th February	10.45am-11.30am	3-5 yrs	£5.60 (without guardian)	

Come and enjoy singing some of your favourite songs with Majella and her guitar and have fun acting out lots of different stories and rhymes.



Parent & Toddler Bounceabout

Friday 21st February	9am-10am	From walking-4 yrs	£5.60	BOUNCE/F
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This activity is for both parents and toddlers to have fun together. It includes bouncy castle, ball pond, trampolines and soft play. A parent must accompany their child throughout the session. Session fee is for one adult and one child. Long trousers and socks must be worn for trampolining.



Archery

Monday 17th February	2.30pm-4.30pm	8yrs+	£14.70	ARCH/F
Friday 21st February	12.30pm-2.30pm	8yrs+	£14.70	ARCH/F

Whether you have experience or are a complete novice come along for an afternoon of tuition and competition in this noble sport. All ages welcome from 8 years onwards.

Specky's Pirate Ship (soft play)

Monday	10.00am - 4pm	public session
Tuesday	10.00am - 4pm	public session
Toddler Splash & Soft Play Combo ticket available		(Tuesdays 10am-11am)
Wednesday	10.00am - 4pm	public session
Thursday	10.00am - 4pm	public session
Toddler Splash & Soft Play Combo ticket available		(Thursdays 10am-11am)
Friday	10.00am - 4pm	public session
Saturday & Sunday	9.00am - 11.45am	public session
Private Parties*		12pm-5pm

*Exclusive use - no entry to the public



Prices

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 (includes 1 accompanying adult)	£4.70
For each additional child 18 months+	£3.90

Pirate Pups

An exclusive session for parents and their under 5's during school holidays. These sessions run on Tuesday and Thursday mornings between 10.00am - 11.00am and cost £4.70 for 1 child and an accompanying adult. **No booking required.**

Toddler Splash & Soft Play Session

Available Tuesday and Thursday mornings in February half term, exclusively for parents and under 5's. Toddler Splash 8.30am - 9.30am, Soft Play 10.00am - 11.00am. Combo ticket £6.50 for the first child with accompanying adult and £3.80 for each additional child 18 months+

*Please enquire at reception for prices for additional children 12-18 months and additional adults. (Soft play session limited to 1 hour during busy periods).

Diving and Swimming Courses

Learn to Dive 5 Day Courses

Flip n Fun courses have been created for children between the ages of 5 and 11 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).

The Beginner Level Diving course introduces children to the first 2 stages of the ASA Diving Awards programme and offers a structured progression following completion of the Flip n Fun Awards. **Children must be able to swim a minimum of 25 metres.**

Monday 17th February - Friday 21st February

9am - 9.30am	Flip n Fun	5+yrs	£31.50
9.30am - 10am	Diving Beginners	5+yrs	£31.50

Learn to Swim 5 Day Courses

These are group lessons with a maximum number of 10 in a class.

Monday 17th February - Friday 21st February

9am - 9.30am	Stage 1 & 2	4yrs+	£31.50	Teaching Pool
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NEW - Premium Learn to Swim 5 Day Courses

These are group lessons with a maximum number of 4 in a class.

Monday 17th February - Friday 21st February

9am - 9.30am	Stage 1	4yrs+	£48.25	Teaching Pool
9.30am - 10am	Stage 2	4yrs+	£48.25	Teaching Pool
10am - 10.30am	Stage 3A	4yrs+	£48.25	Teaching Pool

NEW - Over 8's Learn to Swim 5 Day Course

These are group beginner lessons specifically for children over the age of 8 years old.

Monday 17th February - Friday 21st February

8.30am - 9am	Beginner	8yrs+	£31.50	Teaching Pool
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Bookings from 9am on 20th January. Please note that places are limited and must be booked in advance, contact Customer Services on 01483 443322, option 4.

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 swimming skills/stroke technique or follow the relevant stage in the ASA syllabus.

Teaching Pool

Monday 17th February - Friday 21st February

30 minute sessions available between 8.30am & 12noon - £85.00

25 Metre Pool

Monday 17th February - Thursday 20th February

30 minute sessions available between 9am & 12noon - £65.00



Technical Workshops - 45 minute intensive sessions

For children at ASA Stage 4 or above, who have learned the basic stroke but require more specific focus on a particular stroke.

Frontcrawl Workshop	Monday 17th February	9.00am - 9.45am	£7.10	4 day £24.85
	Thursday 20th February	9.45am - 10.30am	£7.10	4 day £24.85
Backstroke Workshop	Tuesday 18th February	9.00am - 9.45am	£7.10	4 day £24.85
	Wednesday 19th February	9.45am - 10.30am	£7.10	4 day £24.85
Breaststroke Workshop	Tuesday 18th February	9.45am - 10.30am	£7.10	4 day £24.85
	Wednesday 19th February	9.00am - 9.45am	£7.10	4 day £24.85
Butterfly Workshop	Monday 17th February	9.45am - 10.30am	£7.10	4 day £24.85
	Thursday 20th February	9.00am - 9.45am	£7.10	4 day £24.85

Happy 21st Birthday Spectrum!

Visit our NEW website www.guildfordspectrum.co.uk

Course Times & Descriptions