

2016

Easter

ACTIVATE

Friday 25th March - Sunday 10th April 2016
COURSES & ACTIVITIES FOR CHILDREN & ADULTS



GUILDFORD
SPECTRUM
LEISURE COMPLEX



www.guildfordspectrum.co.uk • Tel: 01483 443322



freedomleisure
where you matter

For Lido & Workshop Gym opening times or further information
Call: 01483 449108 www.guildfordlido.co.uk

Open 30th April to 18th September 2016



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



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

To book a place please telephone 01483 443322 (select option 5)

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.



Book Skating Tickets Online

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

guildfordspectrum.co.uk
click 'on-line box office - ice skating'

or call our box
office on:
(01483) 443333



THE CHOICES ARE ENDLESS WITH A FANTASTIC RANGE OF ACTIVITIES



- TRAMPOLINING • ARCHERY
- BOUNCY CASTLE
- SPRINGBOARD DIVING
- DANCE • ATHLETICS AND MUCH MORE

The emphasis is definitely on fun and if you're a budding sports star, you'll find some seriously professional coaching from experienced and friendly course leaders. Our courses give you the opportunity to learn to swim, ice skate or even acquire springboard diving skills.

Spectrum, the UK's biggest and most exciting Leisure Complex, offers the whole family a packed entertainment programme. There's something for all ages and all levels of ability - and we'll keep even the most active child entertained!

Come to Guildford Spectrum for guaranteed family fun. There's ample free parking, a variety of restaurants and family tickets for most activities.

Don't miss out - read on for details and further course information, book as soon as you can, as places are limited!

Please note: annual price increases take place from 1st April 2016. Updated prices are available on our website guildfordspectrum.co.uk from 31st March 2016.

**Please note: all courses need to be booked and paid for in advance
Booking will commence on Monday 29th February 2016**

If you are out & about during the Easter holidays why not take a trip to Ash Manor Sports Centre. This multi-functional indoor/outdoor centre at Ash Manor Secondary School offers a wide range of facilities. For further information call 01252 325484 or visit www.ashmanorsportscentre.co.uk

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SPECTRUM'S **WORLD OF PARTIES**



- FOOTBALL • GO KARTS
- TRAMPOLINING • SWIMMING
- ICE SKATING • TENPIN BOWLING
- DANCING
- SPECKY'S PIRATE SHIP

Catering options to suit all

Tel: 01483 443322 (select option 4)
or visit Customer Services

www.guildfordspectrum.co.uk

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

Holiday Activities

TUESDAY 29TH MARCH - FRIDAY 8TH APRIL 2016

All Day Activities...

Xtreme Activate:

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 details.

*If over 9 years



Tuesday 29th March	10am-4pm	5-12yrs	£25.00	XTR1/E
Wednesday 30th March	10am-4pm	5-12yrs	£25.00	XTR2/E
Thursday 31st March	10am-4pm	5-12yrs	£25.00	XTR3/E
Friday 1st April	10am-4pm	5-12yrs	£25.00	XTR4/E
			4 Days	£92.00
Monday 4th April	10am-4pm	5-12yrs	£25.00	XTR5/E
Tuesday 5th April	10am-4pm	5-12yrs	£25.00	XTR6/E
Wednesday 6th April	10am-4pm	5-12yrs	£25.00	XTR7/E
Thursday 7th April	10am-4pm	5-12yrs	£25.00	XTR8/E
Friday 8th April	10am-4pm	5-12yrs	£25.00	XTR9/E
			5 Days	£115.00

Xtreme Activate Xtra:

Tuesday 29th March	8.30am-6pm	5-12yrs	£34.50	XTRA1/E
Wednesday 30th March	8.30am-6pm	5-12yrs	£34.50	XTRA2/E
Thursday 31st March	8.30am-6pm	5-12yrs	£34.50	XTRA3/E
Friday 1st April	8.30am-6pm	5-12yrs	£34.50	XTRA4/E
			4 Days	£130.00
Monday 4th April	8.30am-6pm	5-12yrs	£34.50	XTRA5/E
Tuesday 5th April	8.30am-6pm	5-12yrs	£34.50	XTRA6/E
Wednesday 6th April	8.30am-6pm	5-12yrs	£34.50	XTRA7/E
Thursday 7th April	8.30am-6pm	5-12yrs	£34.50	XTRA8/E
Friday 8th April	8.30am-6pm	5-12yrs	£34.50	XTRA8/E
			5 Days	£162.50

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 the first session booked.



Specky's Pirate Ship (soft play)

Monday	10am-4pm	public session
Tuesday	10am-4pm	public session (*Pirate Pups 10am-11am)
		(**Toddler Splash & Pirate Pups Combo ticket 10am-11am)
Wednesday	10am-4pm	public session
Thursday	10am-4pm	public session (*Pirate Pups 10am-11am)
		(**Toddler Splash & Pirate Pups Combo ticket 10am-11am)
Friday	10am-4pm	public session
Saturday & Sunday	9am-12.45pm	public session

Hourly session times: 9am, 10am, 11.15am, 12.45pm, 2pm, 3pm

Soft Play 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, £4.90 (includes 1 accompanying adult), for each additional child 18 months+, £4.00

*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 Easter 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.

Activities to keep even the most energetic children entertained!



At Xtreme Activate your child will take part in

Ice Skating

Bowling

Swimming*

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

*Over 9's only.



29th March - 8th April
5-12 years
10am - 4pm &
8.30am - 6pm
from £25

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

Junior Fast Track Fitness Course

Monday 4th - Friday 8th April **10am - 11am** **12 - 15yrs** **£40.00***

* Price includes casual user fee

The junior fitness 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.

Bouncy Castle Fun

Friday 1st April **9am - 10am** **From Walking - 4yrs** **£3.00**

This is an activity for 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.

Trampolining

Tuesday 29th March **10.30am - 12noon** **5 - 12yrs** **£9.40** **TRAMP1/E**
Tuesday 29th March **2pm - 3.30pm** **5 - 12yrs** **£9.40** **TRAMP2/E**

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 (no jeans please), and bring trainers for warm up and no jewellery.



**ACTIVITIES
MUST
BE BOOKED
IN ADVANCE**

Gymnastics, Trampolining & Acrobatics

A fun packed 'upside-down' holiday course

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.ukflair.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.



Monday 4th April	9am - 1pm	£39.97
Tuesday 5th April	9am - 1pm	£39.97
Wednesday 6th April	9am - 1pm	£39.97
Thursday 7th April	9am - 1pm	£39.97
Friday 8th April	9am - 1pm	£39.97



Siblings and
Flair Gym Club
Member
Discount
prices

To book or for
more information
Call 01483 654440
www.ukflair.com

**guildford spectrum offers you
a whole day of**



family fun



**ice skating,
tenpin bowling or
swimming in the leisure pool**

Call 01483 443322

Choose any 2 of these 3 activities for £42.00
(family of 4, maximum 2 adults) or all 3 activities for £62.00.
Individual tickets are also available.

Juniors can enjoy 2 activities from £10 & adults 2 activities
from £12. Family Fun tickets
available 7 days a week,
May 1st - December 31st
2016. Your last activity
must be started before
5pm.

**all 3
activities
for only
£62.00
For a family of four**

**any 2
activities
for only
£42.00
For a family of four**

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. Where both children are under 4 years they must be accompanied on a 1 adult to 1 child basis.

Terms and conditions apply.

www.guildfordspectrum.co.uk

Archery



Wednesday 30th March	9.30am-11.30am	8-14yrs	£15.90	ARCH1/E
Wednesday 6th April	2.30pm-4.30pm	8-14yrs	£15.90	ARCH2/E

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

Roller Skating Fun



Tuesday 29th March	1.15pm-3.15pm	ALL AGES	£10.70
Tuesday 29th March	3.30pm-5.30pm	ALL AGES	£10.70
Tuesday 5th April	1.15pm-3.15pm	ALL AGES	£10.70
Tuesday 5th April	3.30pm-5.30pm	ALL AGES	£10.70

Have fun and learn both quad & inline skating. Skates suitable for all ages, equipment provided (skates, wrist & elbow pads). Supervision required by a guardian for under 6 year olds.

Star Track Athletics



Wednesday 30th, Thursday 31st March, Friday 1st April

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.



Present your **active** card to collect points on all course bookings

Synergy Dance® Workshops

STAR WARS Theme Workshop

Monday 4th April
Monday 4th April

1.15pm - 2.15pm
2.30pm - 3.30pm

5+ yrs
5+ yrs

£6.20
£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

Friday 1st April

1.15pm - 2.15pm
2.30pm - 3.30pm

3-5 yrs
5+ yrs

£6.20
£6.20

Wednesday 6th April

1.15pm - 2.15pm
2.30pm - 3.30pm

3-5 yrs
5+ yrs

£6.20
£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.





GUILDFORD
SPECTRUM
LEISURE COMPLEX

follow us on:



Guildford Spectrum
Join us...
Memberships

www.guildfordspectrum.co.uk • Tel: 01483 443355



Spectrum Bowl

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

*Last game sold 45 minutes before the last time shown

Adults £5.90 per game, Juniors £5.40 per game, Families £21.60 (family of 4, maximum 2 adults) Prices now include shoe hire. Bookings can be made up to two months in advance. Peak prices apply.

For lane bookings contact Spectrum Bowl on 01483 443377.

A £3.00 non refundable booking fee applies.
Multi-game discount may be available,
see Bowl reception for details

Family Bowling (Early Bird Special)*

Tuesday 29th March to Friday 1st April and
Monday 4th to Friday 8th April, **9.30am-11am**

One game of bowling for a family of 4 (maximum
2 adults and 2 under 16's) including shoe hire for £15.00



Neon Pin Night*

Thursdays 31st March & 7th April **6pm-Close**

...when the house lights go down and the party lights come up. (There will be music & effect lighting during this session).

Easter Holiday Bonanza*

Friday 25th March and Monday 28th March **9.30am-Close**

1 game for £4.00, 2 games for £6.50, includes shoe hire (subject to availability)

Saturday Sundown

Saturdays 2nd and 9th April **7pm-Close**

Bowl to the sounds of your favourite songs and artists -
a great saturday night out! There will be music and effect
lighting during these sessions. Prizes for high scores!



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.

*Normal booking terms and conditions apply













Ice Timetable

Skate For All Prices: £6.10, Juniors £5.20

Family of Four (maximum 2 adults) £19.20, Skate hire £2.10 per person

Day	Early Morning	Daytime	Teatime	Evening
Friday 25th March <small>Good Friday</small>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm* <small>Ice resurface at 3.15pm</small>	Training Ice 4.45pm-6.30pm 2XTREME 6.30pm-8pm	Ice Xtreme 8.30pm-11pm 
Saturday 26th March	Training Ice 5.30am-9.45am Lesson Ice 9.45am-10.15am	 Family Time 10.30am-12noon <small>(Hockey skates not permitted)</small>  SKATE FOR ALL 12.30pm-2pm  SKATE FOR ALL 3pm-4.30pm	Ice Hockey 4.45pm-8.15pm	Ice Xtreme 8.30pm-11pm 
Sunday 27th March	Junior Hockey Club 5.30am-10.15am	 Family Time 10.30am-12noon <small>(Hockey skates not permitted)</small>  SKATE FOR ALL 12.30pm-2pm  Ice Disco 3pm-4.30pm	GUILDFORD FLAMES vs T.B.C. <small>(Play-off quarter finals game)</small>	Ice Xtreme Silent Disco 8.30pm-10.30pm 
Monday 28th March <small>Easter Monday</small>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 1pm-4pm* <small>Ice resurface at 2.30pm</small>	Training Ice 4.15pm-7pm Aldwych Speed Skating Club 7.15pm-8.15pm	

BANK HOLIDAY WEEKEND















Day	Early Morning	Daytime	Teatime	Evening
Tuesday 29th March	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm* <small>Ice resurface at 3.15pm</small>	Junior Ice Hockey 4.45pm-7.15pm Ice Dance Club 7.30pm-8.30pm	Simply Skate 8.30pm-10pm <small>(Hockey skates not permitted) 15 minute dance interval at 9.15pm</small>
Wednesday 30th March	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm* <small>Ice resurface at 3.15pm</small>	SKATE FOR ALL 5pm-6.15pm Aldwych Speed Skating Club 6.45pm-8.15pm	Simply Skate 8.30pm-10pm
Thursday 31st March	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm* <small>Ice resurface at 3.15pm</small>	Training Ice 4.45pm-6.30pm 2XTREME 6.30pm-8pm	Ice Cool Classics 8.30pm-10.30pm
Friday 1st April	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm* <small>Ice resurface at 3.15pm</small>	Training Ice 4.45pm-6.30pm 2XTREME 6.30pm-8pm	Ice Xtreme 8.30pm-11pm 
Saturday 2nd April	Training Ice 5.30am-9.45am Lesson Ice 9.45am-10.15am	 Family Time 10.30am-12noon <small>(Hockey skates not permitted)</small>  SKATE FOR ALL 12.30pm-2pm  SKATE FOR ALL 3pm-4.30pm	Ice Hockey 4.45pm-8.15pm	Ice Xtreme 8.30pm-11pm 
Sunday 3rd April	Junior Hockey Club 5.30am-10.15am	 Family Time 10.30am-12noon <small>(Hockey skates not permitted)</small>  SKATE FOR ALL 12.30pm-2pm Ice Disco 3pm-4.30pm	Ice Hockey 4.45pm-8.15pm	Ice Xtreme 8.30pm-10.30pm 

 Public Skating Session
*Ice resurfacing




Fun Penguins are available to hire on a first come first served basis for our younger skaters at these sessions. £3.00 per 30 minutes.

Beat the queues at reception!
Book your skating tickets in advance at
www.guildfordspectrum.co.uk

Day	Early Morning	Daytime	Teatime	Evening
Monday 4th April	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm* Ice resurface at 3.15pm	Training Ice 4.45pm-7pm Aldwych Speed Skating Club 7.15pm-8.15pm	
Tuesday 5th April	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm* Ice resurface at 3.15pm	Junior Ice Hockey 4.45pm-7.15pm Ice Dance Club 7.30pm-8.30pm	Simply Skate 8.30pm-10pm (Hockey skates not permitted) 15 minute dance interval at 9.15pm
Wednesday 6th April	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm* Ice resurface at 3.15pm	 SKATE FOR ALL 5pm-6.15pm Aldwych Speed Skating Club 6.45pm-8.15pm	Simply Skate 8.30pm-10pm
Thursday 7th April	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm* Ice resurface at 3.15pm		Ice Cool Classics 8.30pm-10.30pm
Friday 8th April	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm* Ice resurface at 3.15pm	Training Ice 4.45pm-6.30pm 2XTREME 6.30pm-8pm	Ice Xtreme 8.30pm-11pm 
Saturday 9th April	Training Ice 5.30am-9.45am Lesson Ice 9.45am-10.15am	 Family Time 10.30am-12noon (Hockey skates not permitted)  SKATE FOR ALL 12.30pm-2pm  SKATE FOR ALL 3pm-4.30pm	Ice Hockey 4.45pm-8.15pm	Ice Xtreme 8.30pm-11pm 
Sunday 10th April	Junior Hockey Club 5.30am-10.15am	 Family Time 10.30am-12noon (Hockey skates not permitted)  SKATE FOR ALL 12.30pm-2pm Ice Disco 3pm-4.30pm	Ice Hockey 4.45pm-8.15pm	Ice Xtreme 8.30pm-10.30pm 

 **Public Skating Session**
*Ice resurfacing

 Fun Penguins are available to hire on a first come first served basis for our younger skaters at these sessions. £3.00 per 30 minutes.

Children's Learn To Skate

BEGINNERS COURSES - AGES 5-16 YEARS

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.

Tuesday 29th March - Friday 1st April

10.30am-11am	5-10yrs	£40.00	SKATE3/E
11am-11.30am	5-16yrs	£40.00	SKATE4/E

Monday 4th April - Friday 9th April

10.30am-11am	5-10yrs	£50.00	SKATE1/E
11am-11.30am	5-16yrs	£50.00	SKATE2/E



Pools Timetable

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

Please note the Leisure Pool will be open 9.30am-6.30pm on Thursday 24th March and Monday 11th April.

Day	Leisure Pool	25M Pool	Teaching Pool	Diving Pool
Friday 25th March <i>Good Friday</i>	SWIM FOR ALL 9.30am-6.30pm NO AQUA CLASSES	Dawn Dippers 6.30am-8.30am 50+ Swim (4 lanes) 7.30am-8.30am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.30pm Lane Swim 5.30pm-7pm	SWIM FOR ALL 9.30am-6.30pm	SWIM FOR ALL 10.30am-4pm
Saturday 26th March	SWIM FOR ALL 9.30am-6pm	Lane Swim (4 lanes) 9am-10.55am SWIM FOR ALL 12noon-4pm	SWIM FOR ALL 12noon-4pm	SWIM FOR ALL 12noon-4pm
Sunday 27th March	*Toddler Splash 8.15am-9.30am SWIM FOR ALL 9.30am-6pm	Lane Swim 8.30am-11am SWIM FOR ALL 11am-5pm	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 12noon-4pm
Monday 28th March <i>Easter Monday</i>	SWIM FOR ALL 9.30am-6.30pm NO AQUA CLASSES	Dawn Dippers (4 lanes) 7am-8.30am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.30pm Lane Swim 5.30pm-7pm	SWIM FOR ALL 9.30am-6.30pm	SWIM FOR ALL 10.30am-4pm

BANK HOLIDAY WEEKEND

Day	Leisure Pool	25M Pool	Teaching Pool	Diving Pool
Tuesday 29th March	*Toddler Splash 8.30am-9.30am SWIM FOR ALL 9.30am-6.30pm Hydrokick 6.45pm-7.45pm	Dawn Dippers 6.30am-8.30am 60+ Swim 8am-9am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.55pm Lane Swim (6 lanes) 5.30pm-6.30pm (4 lanes) 8.30pm-9.30pm	SWIM FOR ALL 10.30am-3.55pm	SWIM FOR ALL 10.30am-4pm
Wednesday 30th March	SWIM FOR ALL 9.30am-6.30pm	Dawn Dippers 6.30am-8.30am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.55pm Lane Swim (6 lanes) 5.30pm-6.30pm Adult Swim 8.30pm-10pm	SWIM FOR ALL 10.30am-3.55pm Adult Swim 8.30am-10pm	SWIM FOR ALL 10.30am-4pm Adult Swim 8.30am-10pm
Thursday 31st March	*Toddler Splash 8.30am-9.30am SWIM FOR ALL 9.30am-6.30pm Aqua Attack 6.45pm-7.45pm	Dawn Dippers 6.30am-8.30am 50+ Swim 8am-9am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.55pm Lane Swim (6 lanes) 5.30pm-6.30pm (6 lanes) 8.30pm-9.30pm	SWIM FOR ALL 10.30am-3.55pm	SWIM FOR ALL 10.30am-4pm
Friday 1st April	Core Water Workout 8am-9am SWIM FOR ALL 9.30am-6.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30am-8.30am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.55pm Lane Swim (6 lanes) 5.30pm-6.30pm	SWIM FOR ALL 10.30am-3.55pm	SWIM FOR ALL 10.30am-4pm
Saturday 2nd April	SWIM FOR ALL 9.30am-6pm	Lane Swim (4 lanes) 9am-10.55am SWIM FOR ALL 12noon-4pm	SWIM FOR ALL 12noon-4pm	SWIM FOR ALL 12noon-4pm
Sunday 3rd April	*Toddler Splash 8.15am-9.30am SWIM FOR ALL 9.30am-6pm	Lane Swim 8.30am-11am SWIM FOR ALL 11am-5pm	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 12noon-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

■ Limited access during these times

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.

Day	Leisure Pool	25M Pool	Teaching Pool	Diving Pool
Monday 4th April	Core Water Workout 8am-9am SWIM FOR ALL 9.30am-6.30pm Splashfit 7pm-8pm	Dawn Dippers (4 lanes) 7am-8.30am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.55pm Lane Swim (6 lanes) 5.30pm-6.30pm (4 lanes) 8.30pm-9.30pm	SWIM FOR ALL 10.30am-3.25pm	SWIM FOR ALL 10.30am-4pm
Tuesday 5th April	*Toddler Splash 8.30am-9.30am SWIM FOR ALL 9.30am-6.30pm Hydrokick 6.45pm-7.45pm	Dawn Dippers 6.30am-8.30am 60+ Swim 8am-9am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.55pm Lane Swim (6 lanes) 5.30pm-6.30pm (4 lanes) 8.30pm-9.30pm	SWIM FOR ALL 10.30am-3.55pm	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	
Wednesday 6th April	SWIM FOR ALL 9.30am-6.30pm	Dawn Dippers 6.30am-8.30am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.55pm Lane Swim (6 lanes) 5.30pm-6.30pm Adult Swim 8.30pm-10pm	SWIM FOR ALL 10.30am-3.55pm Adult Swim 8.30am-10pm	SWIM FOR ALL 10.30am-4pm Adult Swim 8.30am-10pm
			Limited access during these times	
Thursday 7th April	*Toddler Splash 8.30am-9.30am SWIM FOR ALL 9.30am-6.30pm Aqua Attack 6.45pm-7.45pm	Dawn Dippers 6.30am-8.30am 50+ Swim 8am-9am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.55pm Lane Swim (6 lanes) 5.30pm-6.30pm (6 lanes) 8.30pm-9.30pm	SWIM FOR ALL 10.30am-3.55pm	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.	
Friday 8th April	Core Water Workout 8am-9am SWIM FOR ALL 9.30am-6.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30am-8.30am Lane Swim (4 lanes) 12noon-1.30pm SWIM FOR ALL 10.30am-3.55pm Lane Swim (6 lanes) 5.30pm-6.30pm	SWIM FOR ALL 10.30am-3.55pm	SWIM FOR ALL 10.30am-4pm
Saturday 9th April	SWIM FOR ALL 9.30am-6pm	Lane Swim (4 lanes) 9am-10.55am SWIM FOR ALL 12noon-4pm	SWIM FOR ALL 12noon-4pm	SWIM FOR ALL 12noon-4pm
Sunday 10th April	*Toddler Splash 8.15am-9.30am SWIM FOR ALL 9.30am-6pm	Lane Swim 8.30am-11am SWIM FOR ALL 11am-5pm	SWIM FOR ALL 9.30am-5pm	SWIM FOR ALL 12noon-4pm

**PRE-BOOK YOUR
LEISURE POOL
TICKETS ONLINE**

WWW.GUILDFORDSPECTRUM.CO.UK



Swimming & Diving Courses

Learn to Dive Courses

Flip n Fun courses have been created for children between the ages of 7 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).



Children must be able to swim a minimum of 25 metres and be able to complete a forward dive. (This is equivalent to having gained ASA Stage 5 Award).

Tuesday 29th March - Friday 1st April	4 day course	£32.00
Monday 4th April - Friday 8th April	5 day course	£40.00
9am - 9.45am	Flip n Fun	7yrs+ Diving Pool

Premium Learn to Swim Courses

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

Tuesday 29th March - Friday 1st April	4 day course	£41.20
Monday 4th April - Friday 8th April	5 day course	£51.50
9.00am - 9.30am	Stage 1	4yrs+ Teaching Pool
9.30am - 10.00am	Stage 2	4yrs+ Teaching Pool
10.00am - 10.30am	Stage 3A	4yrs+ Teaching Pool



(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.

Monday 4th April - Wednesday 6th April

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 sessions as per the above dates will receive a free junior swim voucher.

1:1 Swimming - 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

Tuesday 29th March - Friday 1st April	4 days	£75.00
Monday 4th April - Friday 8th April	5 days	£93.75

30 minute sessions available between 9am & 12noon

25 Metre Pool

Tuesday 29th March - Thursday 31st March	3 days	£56.25
Monday 4th April - Thursday 7th April	4 days	£75.00

30 minute sessions available between 9am & 10am

Tuesday 29th March - Friday 1st April	4 days	£75.00
Monday 4th April - Friday 8th April	5 days	£93.75

30 minute sessions available between 10am & 12noon



Bookings from 9am on Monday 29th February. Please note that places are limited and must be booked in advance, contact Customer Services on 01483 443322 , option 4.

Term Time Courses & Activities for adults and children

Information on our courses can be found on our website:

www.guildfordspectrum.co.uk

by visiting Customer Services or calling:

01483 443322

(select option 4)



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

Booking Form

Course Code	Surname	First Name	Age	£	p

Address	

County		Postcode	
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Telephone		Daytime		Evening	
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Email	
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I have read and fully understand the terms and conditions of booking. It is the responsibility of the course member to inform the instructor of any medical conditions.

Signed		Name (print)	
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Guildford Spectrum offers a wide range of activities to suit everyone. If you would not like to receive information on any of these activities via our mailing list please tick the box.



GS/EH16

Booking Arrangements

- Bookings for the Activate programme can be made Monday-Friday from 9am-5.30pm and Saturdays from 9am-1pm. Bookings will commence on Monday 29th February 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.

Telephone: 01483 443322
web: www.guildfordspectrum.co.uk
email: info@guildfordspectrum.co.uk

Freedom Leisure working
in partnership with
Guildford Borough Council



GUILDFORD
SPECTRUM
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