

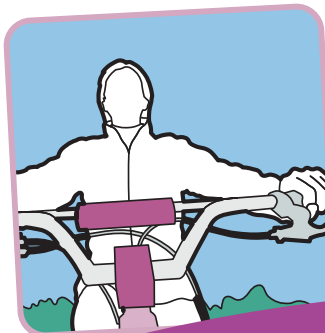
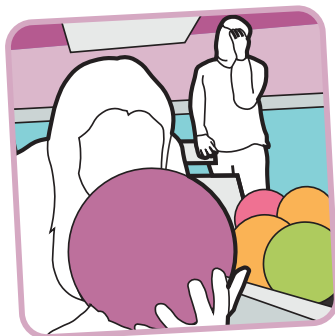


ON YOUR MARKS,
GET SET, GO!



f
junior
summer fitness
challenge

21 july - 7 september 2014
for everyone between the ages of 4 and 14



register at your local freedomleisure centre
or online at www.freedom-leisure.co.uk



freedomleisure
where you matter



Summer **ACTIVATE** 2014



COURSES & ACTIVITIES FOR CHILDREN & ADULTS

MONDAY 21st JULY - MONDAY 1st SEPTEMBER 2014

A FANTASTIC FAMILY FUN DAY OUT

Guildford Spectrum



ice skating,
tenpin bowling or
swimming in the
leisure pool



All 3 activities for
only £59.00 for a
family of four

Call 01483 443322

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.
Terms & Conditions apply



www.guildfordspectrum.co.uk

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, £4.25 or multi-ticket (5 sessions) £20.30
2-4 yrs, £3.55 or multi-ticket (5 sessions) £16.65

2 hours

Babies, £6.10 2-4 yrs, £5.50

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 £6.65 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

or call our box
office on:
(01483) 443333



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

Summer **ACTIVATE** 2014

- ARCHERY
- BADMINTON
- TRAMPOLINING
- TENNIS
- FOOTBALL
- & 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".

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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 28th July to Friday 1st August	10am-4pm	5-12yrs	£23.50 per day £107.50 per week
Monday 4th August to Friday 8th August	10am-4pm	5-12yrs	£23.50 per day £107.50 per week
Monday 11th August to Friday 15th August	10am-4pm	5-12yrs	£23.50 per day £107.50 per week
Monday 18th August to Friday 22nd August	10am-4pm	5-12yrs	£23.50 per day £107.50 per week
Tuesday 26th August to Friday 29th August	10am-4pm	5-12yrs	£23.50 per day £86.00 4 days

*Xtreme Activate Xtra: 8.30am-6pm

Monday 28th July to Friday 1st August	8.30am-6pm	5-12yrs	£32.50 per day £152.50 per week
Monday 4th August to Friday 8th August	8.30am-6pm	5-12yrs	£32.50 per day £152.50 per week
Monday 11th August to Friday 15th August	8.30am-6pm	5-12yrs	£32.50 per day £152.50 per week
Monday 18th August to Friday 22nd August	8.30am-6pm	5-12yrs	£32.50 per day £152.50 per week
Tuesday 26th August to Friday 29th August	8.30am-6pm	5-12yrs	£32.50 per day £122.00 4 days

*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 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

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

XTREME activate

*Over 9's only.

28th July-
29th August
5-12 years
10am - 4pm &
8.30am - 6pm
from £23.50

Telephone (01483) 443322 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

by visiting Customer
Services or calling:

01483 443322

(select option 4)



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

Holiday Activities

Monday 21st July - Friday 29th August 2014

Bouncy Castle Fun



Monday 4th August	9am-10am	From Walking-4yrs	£3.00	BOUNC1/S
Monday 11th August	2pm-3pm	From Walking-4yrs	£3.00	BOUNC2/S
Monday 18th August	9am-10am	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.

Music & Drama with Majella



Friday 1st August	10am-10.30am	18months-2½yrs	£4.00 (with guardian)
	10.45am-11.30am	3-5yrs	£5.60

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

Trampolining



Thursday 31st July	2.30pm-4pm	4-12yrs	£8.60	TRAMP1/S
Thursday 7th August	10am-11.30am	4-12yrs	£8.60	TRAMP2/S
Thursday 14th August	2.30pm-4pm	4-12yrs	£8.60	TRAMP3/S
Thursday 21st August	10am-11.30am	4-12yrs	£8.60	TRAMP4/S
Thursday 28th August	2.30pm-4pm	4-12yrs	£8.60	TRAMP5/S

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, Trampolining & Acrobatics

A fun packed 'upside-down' holiday course

Who's doing the coaching? 'Flair Gymnastics'



We are a professional gymnastics company. We run 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.

Agnes 4yrs - 17yrs, all levels and all abilities

FOR BEGINNERS	no past experience
FOR INTERMEDIATES	you've done a bit of gym before
FOR EXPERTS	you can backflip, or belong to a club

MORE
DISCOUNTS
AVAILABLE ON
THE FLAIR
WEBSITE

Your child will be grouped correctly for their level of ability so that they achieve maximum results and have maximum **FUN** during their time with us.

The courses will include 3 fun packed learning zones:

GYMNASTICS - Learn to tumble and vault from the experts, from complete beginner through to advanced levels, using our advanced gymnastic equipment

ACROBATICS - Human balancing, pyramids, tricks and flips

TRAMPOLINING - Get some air, twist, turn and somersault! Under the safe instruction of high level Flair coaches

Monday 28th July	10am-1pm	£41.99
Tuesday 29th July	10am-1pm	£41.99
Wednesday 30th July	10am-1pm	£41.99
Thursday 31st July	10am-1pm	£41.99
Friday 1st August	10am-1pm	£41.99

Tuesday 26th August	10am-1pm	£41.99
Wednesday 27th August	10am-1pm	£41.99
Thursday 28th August	10am-1pm	£41.99
Friday 29th August	10am-1pm	£41.99

10% discount
for 2nd child and
for children who
belong to a Flair
Gym Club

To book or for
more information
Call 08450 346700
www.ukflair.com

Junior Fast Track Course

Monday 11th - Friday 15th August 10am-11pm 12-15yrs £32.50 inclusive of the casual user fee
 Monday 18th - Friday 22nd August 10am-11pm 12-15yrs £32.50 inclusive of the casual user fee

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

Archery



Friday 8th August	9.30am-11.30pm	8-14yrs	£14.70	ARCH1/S
Monday 20th August	2.30pm-4.30pm	8-14yrs	£14.70	ARCH3/S
Wednesday 27th August	9.30am-11.30am	8-14yrs	£14.70	ARCH3/S

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

Badminton



Monday 11th August	10am-12noon	8-14yrs	£10.00	BADK1/S
Thursday 14th August	10am-12noon	8-14yrs	£10.00	BADK2/S

Come along and learn the basics. Our instructor will organise the session and give advice on technique and how to improve. Equipment is provided.

Star Track Athletics



Monday 28th, Tuesday 29th and Wednesday 30th July
 Wednesday 20th, Thursday 21st and Friday 22nd 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)



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



Soccer Skills Course in association with Chelsea FC Foundation

3 Half Day Mini Kickers - Outdoors

For children aged 3-5yrs

Monday 11th to Wednesday 13th August 9.30am-12noon £30.00 CFCSS3/S

Chelsea FC Foundation advanced courses cater for the more advanced player playing at club/team level, the course training sessions follow a structured syllabus and consists of practices incorporating technical, skill, tactical and game related aspects of the game

Book online with Chelsea FC Foundation www.chelsea.com/foundation click on 'Soccer Schools Guildford'

Please meet at Ice Box 3 (Level 2) half an hour before the course starting time for registration.

Bring suitable clothing: (top/shorts/socks/towel/boots and trainers/warm and waterproof clothing in the event of inclement weather (Outdoor Courses).

All children should bring a packed lunch and plenty of liquids. Children will be fully supervised throughout the day by Coaching Staff including lunchtime.



ACTIVITIES
MUST
BE BOOKED
IN ADVANCE

Rugby Tots



Wednesday 30th July	10am-10.30am	2-3½yrs	£5.20	RUGT1/S
	10.45am-11.45am	3½-5yrs	£8.20	RUGT2/S
Wednesday 13th August	10am-10.30am	2-3½yrs	£5.20	RUGT3/S
	10.45am-11.45am	3½-5yrs	£8.20	RUGT4/S

Rugbytots® is a play session for children between the ages of two and five. Separated into two age groups, Rugbytots® combines the multiple skills used in rugby with a fun, energetic and structured play programme designed to enhance your child's social and physical skills.

All Rugbytots® classes are run by an RFU qualified lead coach who is trained in paediatric first aid and has been CRB checked.

For further information please call 0845 313 3242 or email at: david@rugbytots.co.uk

Little Golfers



Thursday 31st July	12.30pm-3.30pm	5-11 yrs	£16.40	GOLF1/S
Thursday 7th August	12.30pm-3.30pm	5-11 yrs	£16.40	GOLF2/S
Thursday 14th August	12.30pm-3.30pm	5-11 yrs	£16.40	GOLF3/S

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. We use specially adapted equipment which ensures all children are safe.

OK Tennis...



MINI TENNIS MUNCHKINS (requires parent participation)

Wednesday 6th August	2pm-3pm	3-5yrs	£8.40	SHORT1/S
Friday 8th August	2pm-3pm	3-5yrs	£8.40	SHORT2/S

MINI TENNIS RED

Wednesday 6th August	3pm-5pm	5-9yrs	£10.30	SHORT3/S
Thursday 7th August	3pm-5pm	5-9yrs	£10.30	SHORT4/S
Friday 8th August	3pm-5pm	5-9yrs	£10.30	SHORT5/S

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. 3 day price £30.00 (for mini tennis red classes). **3 day price £30.00 (for mini tennis red classes).**

Learn to Roller Skate



Tuesdays 5th, 19th & 26th August	1.15pm-3.15pm	All ages	£10.00*	ROLLER1/S
Tuesdays 5th, 19th & 26th August	3.30pm-5.30pm	All ages	£10.00*	ROLLER2/3

Have fun and learn both quad and inline skating. Skates suitable for all ages, equipment provided (skates, wrist & elbow pads). *Per session

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-11.45am	public session

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, £4.70 (includes 1 accompanying adult), for each additional child 18 months+, £3.90. Please enquire for prices for 12 - 18 months, £2.80

*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 £4.70 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. £4.10 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 £6.50 for the first child with accompanying adult and £3.80 for each additional child.



Ice Timetable

Public Skating Session



Penguins are available to hire for our younger skaters at these sessions. £2.00 per 15 minutes

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

Monday 21st July to Sunday 31st August 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EARLY MORNING	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-9.45am Lesson Ice 9.45am-10.45am	*Royal Skating Club 7am-9am *Ice Dance Club 9.15am-10.45am *Ends 11th August
DAYTIME	Skate For All 11am-1pm	Skate For All 11am-1pm	Skate For All 11am-1pm	Skate For All 11am-1pm	Skate For All 11am-1pm	Family Time 11am-1pm (Figure skates only)	Family Time 11am-1pm (Figure skates only)
	2.30pm-4.30pm	2.30pm-4.30pm	2.30pm-4.30pm	2.30pm-4.30pm	2.30pm-4.30pm	Parties 1pm-2pm	Training Ice 1.15pm-2pm
						Skate For All** 2pm-4.30pm	Skate For All** Family Disco 2pm-4.30pm
TEATIME	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 6.45pm-8.15pm	Skate For All 4.45pm-6.15pm Junior Club Ice 6.30pm-7.30pm	Training Ice 4.45pm-6.30pm 2Xtreme 6.30pm-8pm	Private Hire 5pm-7.15pm	Private Hire 5pm-7.15pm
	EVENING	Simply Skate 8.30pm-10pm	Simply Skate 8.30pm-10.30pm <small>(Figure skates only)</small> 15 minute dance interval at 9.15pm	Simply Skate 8.30pm-10.30pm	Ice Cool Classics 8.30pm-10.30pm	Ice Xtreme 8.30pm-11pm 	Ice Xtreme 7.30pm-10pm 8.30pm - 11pm from 16th August

** Ice resurfaced at 3.15pm

Beat the queues at reception! 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 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.

**SUMMER
ACTIVITIES MUST
BE BOOKED
IN ADVANCE**

Learn to Skate 5 Day Courses

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 21st - Friday 25th July

11am-11.30am	Beginners 5-10yrs	£50.00	SKATE1/S
11.30am-12noon	Beginners 5-10yrs	£50.00	SKATE2/S

Monday 28th July - Friday 1st August

11am-11.30am	Beginners 5-10yrs	£50.00	SKATE3/S
11.30am-12noon	Beginners 5-10yrs	£50.00	SKATE4/S

Monday 4th - Friday 8th August

11am-11.30am	Beginners 5-10yrs	£50.00	SKATE5/S
11.30am-12noon	Beginners 5-10yrs	£50.00	SKATE6/S

Tuesday 26th - Friday 29th August

11am-11.30am	Beginners 5-10yrs	£40.00	SKATE7/S
11.30am-12noon	Beginners 5-10yrs	£40.00	SKATE8/S



Let Guildford Spectrum organise a party to remember for your child

We can offer parties to suit all ages and interests - from Football to Cheerleading! Joint parties can also be catered for and birthday meals are easily arranged.

For further information on any of our parties, please visit: www.guildfordspectrum.co.uk

or call: **01483 443322**, (select option 4)

Monday to Friday 9am-5.30pm,
Saturday 9am-1pm, Sunday closed

Pools Timetable

Off Peak Price; Leisure Pool from 7th-11th July.

Peak Prices; Leisure Pool from 14th July - 5th September.

Peak holiday hours & peak prices: Teaching, 25M & Diving Pools from 21st July to 29th August

Leisure Pool Prices*: Adults £6.60, Juniors £5.00, Family of Four (max 2 adults) £20.00

Monday 7th July - Sunday 20th July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Pool	Gentle Water Aerobics 8am-9am Swim For All 9.30am- 6.30pm Splash Fit 7pm-8pm	Toddler Splash* 10.45am - 12.30pm Swim For All 12.30pm- 6.30pm Hydrokick 6.45pm- 7.45pm Aqua Fitness 7.45pm- 8.30pm	Swim For All 9.30am- 6.30pm Dunk Your Bump 7pm-7.45pm	Toddler Splash* 10.45am - 12.30pm Swim For All 12.30pm- 6.30pm Aqua Attack 6.45pm- 7.45pm Aqua Fitness 7.45pm- 8.30pm	Gentle Water Aerobics 8am- 9am Swim For All 9.30am- 6.30pm	Swim For All 9.30am-6pm	Toddler Splash* 8.30am- 9.30am Swim For All 9.30am-6pm

Monday 21st July - Sunday 7th September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Pool No Aqua classes on Monday 25th August	Gentle Water Aerobics 8am-9am Swim For All 9.30am- 6.30pm Splash Fit 7pm-8pm	Toddler Splash* 8.30am- 9.30am Swim For All 9.30am- 6.30pm Hydrokick 6.45pm- 7.45pm	Swim For All 9.30am- 6.30pm Dunk Your Bump 7pm-7.45pm	Toddler Splash* 8.30am- 9.30am Swim For All 9.30am- 6.30pm Aqua Attack 6.45pm- 7.45pm	Gentle Water Aerobics 8am- 9am Swim For All 9.30am- 6.30pm	Swim For All 9.30am-6pm	Toddler Splash* 8.30am- 9.30am Swim For All 9.30am-6pm

*Exclusive session for parents and under 5's on Tuesday and Thursdays - strictly 8.30am-9.30am session, £4.10 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 22nd July until Thursday 4th 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



Monday 21st July - Sunday 3rd August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25M Pool Please refer to Times and Prices brochure for prices	Dawn Dippers 7.00am-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 (4 lanes) 10.30am-3.55pm	60+ Swim 8am-9am	Swim For All 10.30am-3.55pm	50+ Swim 8am-9am	50+ Swim 7.30am-8.30am	Swim For All 11am-5pm	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 (4 lanes) 5.30pm-7pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming (4 lanes) 5.30pm-7pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming (4 lanes) 12noon-1.30pm		
	Lane Swimming (4 lanes) 8.30pm-9.30pm	Lane Swimming (4 lanes) 5.30pm-7pm	Adult Swim 8.30pm-10pm	Lane Swimming (4 lanes) 5.30pm-7pm	Lane Swimming (4 lanes) 5.30pm-7pm		
		Lane Swimming (4 lanes) 8.30pm-10pm		Lane Swimming (6 lanes) 8.30pm-9.30pm			

Monday 4th August - Sunday 31st August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25M Pool Please refer to Times and Prices brochure for prices	Dawn Dippers* (4 lanes) 7.00am-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-11am	Lane Swimming 8.30am-11am
	*Not on 25th August	60+ Swim 8am-9am	Swim For All 10.30am-5.30pm	50+ Swim 8am-9am	50+ Swim 7.30am-8.30am	Swim For All 11am-5pm	Swim For All 11am-5pm
	Swim For All 10.30am-5.30pm	Swim For All 10.30am-5.30pm	Lane Swimming (4 lanes) 12noon-1.30pm	Swim For All 10.30am-5.30pm	Swim For All 10.30am-5.30pm		
	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming** 5.30pm-7pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming (4 lanes) 12noon-1.30pm		
	Lane Swimming (4 lanes) 5.30pm-7pm	Lane Swimming** 5.30pm-7pm	Adult Swim 8.30pm-10pm	Lane Swimming** 5.30pm-7pm	Lane Swimming** 5.30pm-7pm		
		Lane Swimming 8pm-10pm		Lane Swimming 8.30pm-9.30pm			

****The tea-time lane swim session will finish at 6.30pm, Tuesday 26th to Friday 29th August**

Monday 21st July - Sunday 3rd August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teaching Pool Please refer to Times and Prices brochure for prices	Swim For All 10.30am-3.30pm	Swim For All 10.30am-4pm	Swim For All 10.30am-4pm Adult Swim 8.30pm-10pm	Swim For All 10.30am-4pm	Swim For All 10.30am-4pm	Swim For All 12noon-4pm	Swim For All 9.30am-5pm

Monday 4th August - Sunday 24th August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teaching Pool 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 Adult Swim 8.30pm-10pm	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

Monday 25th August - Sunday 31st August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teaching Pool Please refer to Times and Prices brochure for prices	Swim For All 10.30am-6.30pm	Swim For All 10.30am-6pm	Swim For All 10.30am-6.00pm Adult Swim 8.30pm-10pm	Swim For All 10.30am-6pm	Swim For All 10.30am-6pm	Swim For All 9.30am-4pm	Swim For All 9.30am-5pm

Monday 21st July to Sunday 31st August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Diving Pool 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 Adult Swim 8.30pm-10pm	Swim For All 10.30am-4pm	Swim For All 10.30am-4pm	Swim For All 12noon-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.

Diving & 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.

Children must be able to swim a minimum of 25 metres and to be able to complete a forward dive.

Monday 28th July – Friday 1st August

Monday 11th August – Friday 15th August

9am - 9.45am	Flip n Fun	5+yrs	£35.50
9.45am - 10.30am	Flip n Fun	5+yrs	£35.50

Learn to Swim 5 Day Courses

These are group lessons with a maximum number of 10 in a class held in the Teaching Pool

Monday 28th July - Friday 1st August

Monday 11th August - Friday 15th August

9am - 9.30am	Stages 1 & 2	4yrs+	£31.50
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Premium Learn to Swim 4 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 28th July - Friday 1st August

Monday 11th August - Friday 15th August

9.30am - 10am	Stage 1	4yrs+	£48.25
10am - 10.30am	Stage 2	4yrs+	£48.25
10.30am - 11am	Stage 3A	4yrs+	£48.25

Skills Workshop - 30 minute sessions

For children at ASA Stage 4 or above who like to focus on developing a range of swimming skills rather than the 4 main strokes. Individual sessions running each day during the following periods.

Skills Workshop	Monday 28th July to Thursday 31st July	9.45am - 10.15am	£6.30
Skills Workshop	Monday 11th August to Thursday 14th August	9.45am - 10.15am	£6.30



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 28th July	9am - 9.45am	£7.10*
Backstroke Workshop	Tuesday 29th July	9am - 9.45am	£7.10*
Breaststroke Workshop	Wednesday 30th July	9am - 9.45am	£7.10*
Butterfly Workshop	Thursday 31st July	9am - 9.45am	£7.10*
Frontcrawl Workshop	Monday 11th August	9am - 9.45am	£7.10*
Backstroke Workshop	Tuesday 12th August	9am - 9.45am	£7.10*
Breaststroke Workshop	Wednesday 13th August	9am - 9.45am	£7.10*
Butterfly Workshop	Thursday 14th August	9am - 9.45am	£7.10*

*Workshops can be booked individually at £7.10 per session or as a 4 day block at £24.40.

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

Teaching Pool

Monday 28th July - Friday 1st August	5 days	£85.00
Monday 4th August - Friday 8th August	5 days	£85.00
Monday 11th August - Friday 15th August	5 day	£85.00
Monday 18th August - Friday 22nd August	5 days	£85.00
Tuesday 26th August - Friday 29th August	4 days	£68.00

30 minute sessions available between 9am and 12noon

25 Metre Pool

Monday 28th July - Thursday 31st July	4 days	£68.00
Monday 4th August - Thursday 7th August	4 days	£68.00
Monday 11th August - Thursday 14th August	4 days	£68.00
Monday 18th August - Thursday 21st August	4 days	£68.00
Tuesday 26th August - Thursday 28th August	3 days	£51.00

30 minute sessions available between 9am and 12.00noon.

Ad-hoc lessons are also available on request.

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 dark 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, and a church tower under a clear blue sky.

**Open until
14th 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

Gym & Spa

Getting in shape and feeling fit and healthy couldn't be easier. Guildford Spectrum boasts one of the largest gyms in the region with over 100 pieces of unique and top of the range equipment including the Cardio Wave, Excite Vario and Power Plate® machines and a variety of free weights equipment. Members can also experience the spa area and truly release the stresses and strains of life in our jacuzzi, aroma and steam rooms.

Spectrum Gym offers cutting edge technology unique to Guildford, provided by Beijing Olympics supplier, Technogym. Our state of the art pieces of equipment include unique cardio vascular machines and resistance equipment, designed to tone, shape and strengthen your body.

Great value memberships are available with no joining, cancellation or renewal fees from just £34.00 per month, What's more our qualified instructors are always on hand to help you achieve your fitness goals whether that's to lose weight or tone up.

For further information, please call 01483 443355, visit www.guildfordspectrum.co.uk or pop in and see us at the Spectrum Gym.



**5 FREE
ONE TO ONE
SESSIONS** (see over)



MEMBERSHIPS
at Guildford Spectrum
FROM £23.50

NO contract
NO joining fee
NO suspension fee
NO cancellation fee

www.guildfordspectrum.co.uk • 01483 44 33 55



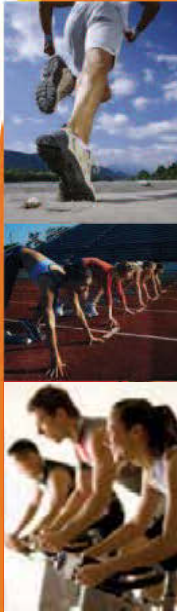


Junior Fitness

Drop in Sessions

12 - 15 years

Keep fit and healthy throughout the Summer with energy level gym & spa



4 weeks of fun fitness covering:

- Kettlebell Challenge
- Boxing Circuits
- Gym Bootcamp
- Spinning

ONLY £3.80 PER SESSION

FREE TO JUNIOR MEMBERS

SATURDAYS, 1PM-2PM

2ND AUGUST -

23RD AUGUST

01483 443355

www.guildfordspectrum.co.uk

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 £5.50, Juniors £5.00 for the first game. Cheaper 2nd and even cheaper 3rd game rates available.

Families £20.00 (max 2 adults & 2 under 16's).

*Last game sold 45 minutes before shown time.

Breakfast Bowling Early Bird Special

Every WEEKDAY between 21st July and 29th August - 9.30am-10.30am

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

£15.00 includes shoe hire.

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.



Booking Form

Course Code	Surname	First Name	Age	£	p

Address	

County		Postcode	
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Telephone	Daytime	Evening

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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GS/SH14

Booking Arrangements

- Bookings for the Activate programme can be made Monday-Friday from 9am-5.00pm and Saturday from 9am to 1pm. Bookings will commence on Monday 23rd June 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 Freedom Leisure. 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 a variety of different childcare vouchers for Xtreme Activate and Specky's Crèche. Please call Customer Services on 01483 443322 for further information.
- 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

