

# Summer ACTIVATE 2015



**COURSES & ACTIVITIES FOR CHILDREN & ADULTS**

**MONDAY 20th JULY - TUESDAY 1st SEPTEMBER 2015**

A FANTASTIC FAMILY FUN DAY OUT

# Guildford Spectrum



ice skating,  
tenpin bowling or  
swimming in the  
leisure pool



All 3 activities for only  
£60.00 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](http://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, £4.40 or multi-ticket (5 sessions) £21.05

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

### 2 hours

Babies, £6.10 2-4 yrs, £5.75

### Drop and Shop

Children can be left in the care of Specky's Crèche  
for parents/guardians that wish to leave the  
premises. The maximum time your child can  
stay is 4 hours. The fee charged is £6.90 per hour

To book a place please

telephone 01483 443322

(select option 5)



## 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
- 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".

## 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 27th July to Friday 31st July	10am-4pm	5-12yrs	£24.00 per day £110.00 per week
Monday 3rd August to Friday 7th August	10am-4pm	5-12yrs	£24.00 per day £110.00 per week
Monday 10th August to Friday 14th August	10am-4pm	5-12yrs	£24.00 per day £110.00 per week
Monday 17th August to Friday 21st August	10am-4pm	5-12yrs	£24.00 per day £110.00 per week
Monday 24th August to Friday 28th August	10am-4pm	5-12yrs	£24.00 per day £110.00 per week

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

Monday 27th July to Friday 31st July	8.30am-6pm	5-12yrs	£33.00 per day £155.00 per week
Monday 3rd August to Friday 7th August	8.30am-6pm	5-12yrs	£33.00 per day £155.00 per week
Monday 10th August to Friday 14th August	8.30am-6pm	5-12yrs	£33.00 per day £155.00 per week
Monday 17th August to Friday 21st August	8.30am-6pm	5-12yrs	£33.00 per day £155.00 per week
Monday 24th August to Friday 28th August	8.30am-6pm	5-12yrs	£33.00 per day £155.00 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.guldfordspectrum.co.uk](http://www.guldfordspectrum.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.

**27th July-  
28th August**  
5-12 years  
10am - 4pm &  
8.30am - 6pm  
from £24



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 20th July - Friday 28th August 2015

## Bouncy Castle Fun



Monday 3rd August	9am-10am	From Walking-4yrs	£3.00	BOUNC1/S
Monday 10th August	2pm-3pm	From Walking-4yrs	£3.00	BOUNC2/S
Monday 17th 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.

## Trampolining



Thursday 30th July	2.30pm-4pm	4-12yrs	£9.00	TRAMP1/S
Thursday 6th August	10am-11.30am	4-12yrs	£9.00	TRAMP2/S
Thursday 13th August	2.30pm-4pm	4-12yrs	£9.00	TRAMP3/S
Thursday 20th August	10am-11.30am	4-12yrs	£9.00	TRAMP4/S
Thursday 27th August	2.30pm-4pm	4-12yrs	£9.00	TRAMP5/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.

## Synergy Dance® Workshops



Monday 27th July	1.15pm-2.15pm	6yrs+	£6.20
Thursday 27th August	2.30pm-3.30pm	6yrs+	£6.20

Come and experience Synergy Dance® and learn a variety of different dance styles. Whether you want to jive, stamp, wiggle, break or twirl... this is the workshop for you! Have lots of fun with your friends while dancing to the very latest songs.

## 'Frozen' Theme Workshop



Monday 27th July	2.30pm-3.30pm	3-5yrs	£6.20
Monday 3rd August	1.15pm-2.15pm	3-5yrs	£6.20
Monday 3rd August	2.30pm-3.30pm	5yrs+	£6.20
Thursday 27th August	1.15pm-2.15pm	5yrs+	£6.20

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

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



# TUMBLE SUMMER CAMP

## Gymnastics, Trampolining and Acrobatics

### A 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](http://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 27th July	9am-1pm
Tuesday 28th July	9am-1pm
Wednesday 29th July	9am-1pm
Thursday 30th July	9am-1pm
Friday 31st July	9am-1pm

Monday 24th August	9am-1pm
Tuesday 25th August	9am-1pm
Wednesday 26th August	9am-1pm
Thursday 27th August	9am-1pm
Friday 28th August	9am-1pm

Prices are from  
£39.97 per day  
OR Book a 5 day  
saver ticket and  
receive a further  
discount

MORE  
DISCOUNTS  
AVAILABLE ON  
THE FLAIR  
WEBSITE

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

## Junior Fast Track Gym Course

**Monday 10th - Friday 14th August** 10am-11am 12-15yrs **£33.30** inclusive of the casual user fee  
**Monday 17th - Friday 21st August** 10am-11am 12-15yrs **£33.30** 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



<b>Friday 7th August</b>	<b>9.30am-11.30am</b>	<b>8-14yrs</b>	<b>£15.20</b>	<b>ARCH1/S</b>
<b>Wednesday 19th August</b>	<b>2.30pm-4.30pm</b>	<b>8-14yrs</b>	<b>£15.20</b>	<b>ARCH3/S</b>
<b>Wednesday 26th August</b>	<b>9.30am-11.30am</b>	<b>8-14yrs</b>	<b>£15.20</b>	<b>ARCH3/S</b>

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

## Badminton



<b>Monday 10th August</b>	<b>10am-12noon</b>	<b>8-14yrs</b>	<b>£10.00</b>	<b>BADK1/S</b>
<b>Friday 14th August</b>	<b>10am-12noon</b>	<b>8-14yrs</b>	<b>£10.00</b>	<b>BADK2/S</b>

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 27th, Tuesday 28th and Wednesday 29th July**

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

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

### Full Day and Half Day Courses

Wednesday 22nd to Friday 24th July

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](http://www.chelsea.com/foundation) click on 'Soccer Schools Surrey'**

**Please meet at the clubhouse on the athletics track 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**

# OK Tennis...



## MINI TENNIS MUNCHKINS (requires parent participation)

Tuesday 18th August	2pm-3pm	3-5yrs	£8.60	SHORT1/S
Wednesday 19th August	2pm-3pm	3-5yrs	£8.60	SHORT2/S
Thursday 20th August	2pm-3pm	3-5yrs	£8.60	SHORT3/S

## MINI TENNIS RED

Tuesday 18th August	3pm-5pm	5-9yrs	£10.50	SHORT3/S
Wednesday 19th August	3pm-5pm	5-9yrs	£10.50	SHORT4/S
Thursday 20th August	3pm-5pm	5-9yrs	£10.50	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).**

## Roller Skate Fun



Tuesdays 11th, 18th & 25th August	1.15pm-3.15pm	All ages	£10.30*	ROLLER1/S
Tuesdays 11th, 18th & 25th August	3.30pm-5.30pm	All ages	£10.30*	ROLLER2/3

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.



**CRAZY CLIMBING FUN  
IN THE ROCK BOX AT  
GUILDFORD SPECTRUM**

**TASTER SESSIONS,  
HAVE A GO'S AND PARTY  
BOOKINGS AVAILABLE**

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)



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

## 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. 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, 8.15am-9.30am, last admission to the session is 8.30am. £4.35 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, 8.15am-9.30am, Soft Play 10am-11am. Combo ticket £6.80 for the first child with accompanying adult and £4.35 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 £6.00, Juniors £5.20,  
Family of Four (maximum 2 adults) £19.00, Skate hire £2.00 per person.

Monday 20th July to Sunday 30th August 2015

	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	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-10pm <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 22nd August	Ice Xtreme 7.30pm-9.30pm   8.30pm - 10.30pm from 23rd 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.



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 27th - Friday 31st July

11am-11.30am

Beginners 5-10yrs

£50.00

SKATE1/S

11.30am-12noon

Beginners 5-10yrs

£50.00

SKATE2/S

### Monday 3rd - Friday 7th August

11am-11.30am

Beginners 5-10yrs

£50.00

SKATE3/S

11.30am-12noon

Beginners 5-10yrs

£50.00

SKATE4/S

### Monday 10th - Friday 14th August

11am-11.30am

Beginners 5-10yrs

£50.00

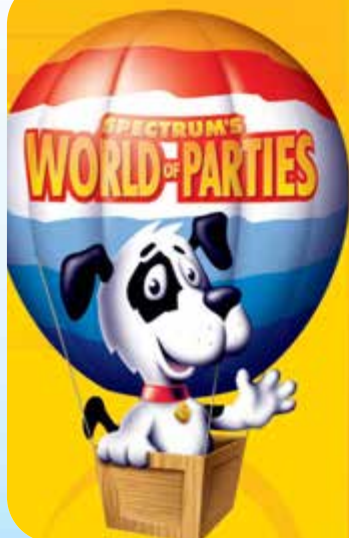
SKATE5/S

11.30am-12noon

Beginners 5-10yrs

£50.00

SKATE6/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](http://www.guildfordspectrum.co.uk)

or call: **01483 443322**, (select option 4)  
Monday to Friday 9am-5.30pm,  
Saturday 9am-1pm, Sunday closed

# Pools Timetable

Peak Prices; Leisure Pool from 13th July-6th September

Peak holiday hours & peak prices: Teaching, 25M & Diving Pools from 21st July to 31st August.

Leisure Pool Prices\*: Adults £6.90, Juniors £5.20, Family of Four (max 2 adults) £21.30

## Monday 13th July - Sunday 19th July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Leisure Pool</b>	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	Swim For All 9.30am-6.30pm	Toddler Splash* 10.45am-12.30pm  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 8.15am-9.30am  Swim For All 9.30am-6pm

## Monday 20th July - Sunday 6th September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Leisure Pool</b> No Aqua classes on Monday 31st 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	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 8.15am-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, £4.35 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 21st July until Thursday 3rd 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 20th July - Sunday 2nd 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	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-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 12noon-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 5.30pm-7pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming 12noon-1.30pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming (4 lanes) 12noon-1.30pm	Swim For All 10.30am-3.55pm	
		Lane Swimming 5.30pm-7pm	Lane Swimming 5.30pm-7pm	Adult Swim 8.30pm-10pm	Lane Swimming 5.30pm-7pm	Lane Swimming (4 lanes) 12noon-1.30pm	

## Monday 3rd August - Monday 31st 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	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
	Swim For All 10.30am-5.30pm	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
	Lane Swimming (4 lanes) 12noon-1.30pm	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 5.30pm-7pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming 12noon-1.30pm	Lane Swimming (4 lanes) 12noon-1.30pm	Lane Swimming (4 lanes) 12noon-1.30pm	Swim For All 10.30am-5.30pm	
		Lane Swimming 5.30pm-7pm	Lane Swimming 5.30pm-7pm	Adult Swim 8.30pm-10pm	Lane Swimming 5.30pm-7pm	Lane Swimming (4 lanes) 12noon-1.30pm	

Please refer to the term-time brochure from Tuesday 1st September

## Monday 20th July - Sunday 2nd 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-3.30pm	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 3rd August - Sunday 30th 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 31st August - Sunday 6th 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-3.55pm	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 20th July to Monday 31st August

	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 12noon-4pm	Swim For All 12noon-4pm
			Adult Swim 8.30pm-10pm	1pm-4pm on 13/8/15			

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 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 3rd August – Friday 7th August**  
**Monday 17th August – Friday 21st August**

9am - 9.45am	Flip n Fun	5+yrs*	£36.75
9.45am - 10.30am	Diving level 1	5+yrs**	£36.75

\* 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 27th July – Friday 31st July**  
**Monday 10th August – Friday 14th August**  
**Monday 24th August – Friday 28th August**

9am - 9.30am	Stage 1	4yrs+	£49.75
9.30am - 10am	Stage 2	4yrs+	£49.75
10am - 10.30am	Stage 3A	4yrs+	£49.75



## 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

### 5 Days

Monday 27th July - Friday 31st July	£93.75
Monday 3rd August - Friday 7th August	£93.75
Monday 10th August - Friday 14th August	£93.75
Monday 17th August - Friday 21st August	£93.75
Monday 24th August - Friday 28th August	£93.75

30 minute sessions available between 9am and 12noon.

### 25 Metre Pool

### 4 Days

### 5 Days

Monday 27th July - Thursday 30th July	£75.00	£93.75
Monday 3rd August - Thursday 6th August	£75.00	£93.75
Monday 10th August - Thursday 13th August	£75.00	£93.75
Monday 17th August - Thursday 20th August	£75.00	£93.75
Monday 24th August - Thursday 27th August	£75.00	£93.75

30 minute sessions available between 9am and 10.30am (4 days).

30 minute sessions available between 10.30am and 12noon (5 days).

**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.

**Wednesday 29th July to Friday 31st July**

**Monday 17th August to Friday 21st 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 dark shorts is on the right. They are all smiling and have their arms raised. The pool is blue with lane lines. In the background, there is a building with a clock tower and some trees under a clear sky.

**Open until  
20th September!**

# **Guildford Lido**

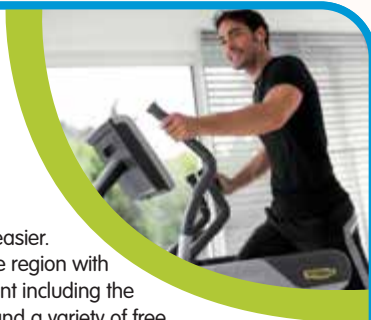
**Come and join in the fun**

- **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 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.

energy level 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 £24.50 per month, What's more our qualified instructors are always on hand to help you achieve your health and fitness goals.

**For further information, please call 01483 443355, visit [www.energylevelgym-spa.co.uk](http://www.energylevelgym-spa.co.uk) or pop in and see us at the Spectrum Gym.**

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

**MEMBERSHIPS**  
at Guildford Spectrum  
**FROM £24.50**

**NO contract**  
**NO joining fee**  
**NO suspension fee**  
**NO cancellation fee**

[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk) • 01483 44 33 55





GUILDFORD  
**SPECTRUM**  
LEISURE COMPLEX



# Junior Fitness

## Drop in Sessions

12 - 15 years

Keep fit and healthy throughout the  
Summer with Spectrum gym & spa



**4 weeks of fun  
fitness covering:**

**Week 1; Kettlebell Challenge**

**Week 2; Boxing Circuits**

**Week 3; Gym Bootcamp**

**Week 4; Spinning**

**ONLY £4.15 PER SESSION**

**FREE TO JUNIOR MEMBERS**

**SATURDAYS, 1PM-2PM**

**8th AUGUST -**

**20th AUGUST**

**01483 443355**

**[www.guildfordspectrum.co.uk](http://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 £5.70, Juniors £5.20 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.

## Happy Hour Bowling (Early Bird Special)

Every **WEEKDAY** between 20th July and 30th 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.**

**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.



# Booking Form

Course Code	Surname	First Name	Age	£	p

<b>Address</b>	

<b>County</b>		<b>Postcode</b>	
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<b>Telephone</b>	<b>Daytime</b>	<b>Evening</b>

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.

<b>Signed</b>		<b>Name (print)</b>	
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## 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 22nd June 2015. Bookings can be made in person at the Customer Service Desk or by telephoning 01483 443322 option 4. Course bookings will only be accepted with payment. All major credit and debit cards are accepted (not American Express). All course places are sold on a first come, first served basis. We regret we can not guarantee a place on any course. Waiting lists will be opened once a course becomes full.
- All courses include admission to Guildford Spectrum for the course member and one guardian. All courses include skate/shoe hire where applicable. In the event of Spectrum management being forced to cancel courses, customers shall be entitled to a full refund of fees. In the event of any accident

which requires immediate hospital attention, Spectrum reserves the right to adopt appropriate emergency action. Instructors should be notified in advance of any children with medical problems.

- Customer requests for refunds more than 7 days before the start of the course will be subject to a £5.00 administration charge. No refunds will be given for courses cancelled by the customer 7 days prior to, or any time after the start of the course. Request for refunds must be given in writing.
- Guildford Spectrum accepts most childcare vouchers. Payment using the online account system must be made within 48 hours of booking being made. Vouchers cannot be used for payment on the day.
- Every effort has been taken to maintain the accuracy of all times and prices in this brochure. We will endeavour to communicate any amendments and inaccuracies that may occur.

tel: 01483 443322

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

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



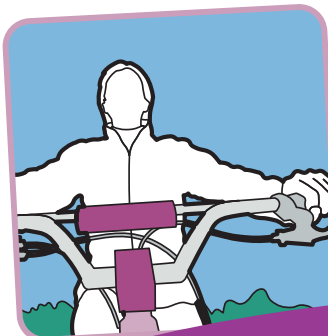
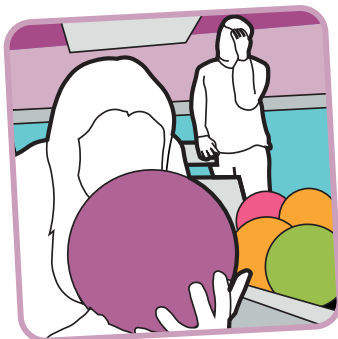


ON YOUR MARKS,  
GET SET, GO!



# f junior summer fitness challenge

20 july - 6 september 2015  
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