

# Ice Timetable

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

\*Ice resurfaced 3.15pm

\*Figure skates only at this session

☐ Public Sessions

	Early Morning	Daytime	Teatime	Evening
<b>Monday 27th October</b>	Training Ice 5.30am - 10.15am	SKATE FOR ALL 10.30am - 12noon Ice Disco Session 1pm - 2.30pm SKATE FOR ALL 3.30pm - 5pm	Aldwych Speed Skating Club 7.15pm - 8.15pm	
<b>28th October</b>	Training Ice 5.30am - 10.15am	SKATE FOR ALL 10.30am - 12noon Ice Disco Session 1pm - 2.30pm SKATE FOR ALL 3.30pm - 5pm	Ice Dance Club 7.30pm - 8.30pm	Simply Skate* 8.30pm - 10.00pm (15 minute dance interval at 9.15pm)
<b>Wednesday 29th October</b>	Training Ice 5.30am - 10.15am	SKATE FOR ALL 10.30am - 12noon Ice Disco Session 1pm - 2.30pm SKATE FOR ALL 3.30pm - 5pm	Guildford Flames vs Sheffield Steeldogs 7.30pm Face Off <b>KIDS are FREE</b> visit <a href="http://www.guildfordflames.com">www.guildfordflames.com</a> for details	
<b>Thursday 30th October</b>	Training Ice 5.30am - 10.15am	SKATE FOR ALL 10.30am - 12noon Ice Disco Session 1pm - 2.30pm SKATE FOR ALL 3.30pm - 5pm		Ice Cool Classics 8.30pm - 10.30pm
<b>Friday 31st October</b>	Training Ice 5.30am - 10.15am	SKATE FOR ALL 10.30am - 12noon Ice Disco Session 1pm - 2.30pm SKATE FOR ALL 3.30pm - 5pm	Panto Rehearsals 5.30pm - 6.30pm 2 Xtreme 6.30pm - 8pm	Ice Xtreme 8.30pm - 11pm
<b>Saturday 1st November</b>	Training Ice 5.30am - 9.15am Lesson Ice 9.15am - 10.15am	SKATE FOR ALL 10.30am - 12noon SKATE FOR ALL 12.30pm - 2pm SKATE FOR ALL 3pm - 4.30pm	Ice Hockey 5pm - 8.15pm	Ice Xtreme 8.30pm - 11pm
<b>Sunday 2nd November</b>	Junior Hockey Club 5.30am - 10.15am	Family Time* 10.30am - 12noon SKATE FOR ALL 12.30pm - 2pm Family Disco 3pm - 4.30pm	Ice Hockey 6pm Guildford Flames vs Basingstoke Bison	Ice Xtreme 8.30pm - 10.30pm

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

## Children's Ice Skating Courses Monday 27th October to Friday 31st October

Beginners Learn to Skate	10.30am-11.00am	5-10 yrs	£50.00	5 days	SKATE1/O
Beginners Learn to Skate	11.00am-11.30am	5-10 yrs	£50.00	5 days	SKATE2/O
Beginners Learn to Skate	11.30am-12noon	5-10 yrs	£50.00	5 days	SKATE3/O

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).

# Pools Timetable

Swim For All prices: Adults £6.60, Juniors £5.00, Family of four (maximum 2 adults) £20.00. Please note the Leisure Pool will be opening at 9.30am - 6.30pm on Friday 24th October and Monday 3rd November

Book Online

Pre-book your weekend & school holiday Leisure Pool tickets online  
[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)

	Leisure Pool	25 Metre Pool	Teaching Pool	Diving Pool
<b>Monday 27th October</b>	Gentle Water Aerobics 8am - 9am SWIM FOR ALL 9.30am - 6.30pm Splashfit 7pm - 8pm	Dawn Dippers 7.00am - 8.30am Lane Swimming (4 lanes) 12noon - 1.30pm SWIM FOR ALL 10.30am - 3.55pm Lane Swimming 5.30pm - 6.30pm (4 lanes) 8.30pm-9.30pm	SWIM FOR ALL 10.30am - 3.30pm	SWIM FOR ALL 10.30am - 4pm
<b>Tuesday 28th October</b>	Toddler Splash* 8.15am - 9.15am SWIM FOR ALL 9.30am - 6.30pm Hydrokick 6.45pm - 7.45pm	Dawn Dippers 6.30am - 8.30am 60+ Swim 8am - 9am Lane Swimming (4 lanes) 12noon - 1.30pm SWIM FOR ALL 10.30am - 3.55pm Lane Swimming 5.30pm - 6.30pm 8.30pm - 10.00pm (4 lanes)	SWIM FOR ALL 10.30am - 4pm	SWIM FOR ALL 10.30am - 4pm
<b>Wednesday 29th October</b>	SWIM FOR ALL 9.30am - 6.30pm	Dawn Dippers 6.30am - 8.30am Lane Swimming (4 lanes) 12noon - 1.30pm SWIM FOR ALL 10.30am - 3.55pm Lane Swimming 5.30pm - 6.30pm Adult Swim 8.30pm - 10pm	SWIM FOR ALL 10.30am - 4pm Adult Swim 8.30pm - 10pm	SWIM FOR ALL 10.30am - 4pm Adult Swim 8.30pm - 10pm
<b>Thursday 30th October</b>	Toddler Splash* 8.15am - 9.15am SWIM FOR ALL 9.30am - 6.30pm Aqua Attack 6.45pm - 7.45pm	Dawn Dippers 6.30am - 8.30am 50+ Swim 8am - 9am Lane Swimming (4 lanes) 12noon - 1.30pm SWIM FOR ALL 10.30am - 3.55pm Lane Swimming 5.30pm - 6.30pm (6 lanes) 8.30pm - 9.30pm	SWIM FOR ALL 10.30am - 4pm	SWIM FOR ALL 10.30am - 4pm
<b>Friday 31st October</b>	Gentle Water Aerobics 8am - 9am SWIM FOR ALL 9.30am - 6.30pm	Dawn Dippers 6.30am - 8.30am 50+ Swim (4 lanes) 7.30am - 8.30am Lane Swimming (4 lanes) 12noon - 1.30pm SWIM FOR ALL 10.30am - 3.55pm Lane Swimming 5.30pm - 6.30pm	SWIM FOR ALL 10.30am - 4pm	SWIM FOR ALL 10.30am - 4pm
<b>Saturday 1st November</b>	SWIM FOR ALL 9.30am - 6pm	Lane Swimming (4 Lanes) 9am - 10.55am SWIM FOR ALL 12noon - 5pm	SWIM FOR ALL 12noon - 4pm	SWIM FOR ALL 12noon - 4pm
<b>Sunday 2nd November</b>	Toddler Splash* 8.15am - 9.15am SWIM FOR ALL 9.30am - 6pm	Lane Swimming 8.30am - 11am SWIM FOR ALL 11am - 5pm	SWIM FOR ALL 9.30am - 5pm	SWIM FOR ALL 12noon - 4pm

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

\*Exclusive session for parents and under 5's - strictly 8.15am-9.15am session. £4.10 for 1 adult and 1 under 5. Swimmers will be asked to leave the pool at 9.15am. Last admission to this session is at 8.30am

# Spectrum Bowl

## High Score Night

Friday 31st October 6pm - Close

Bowl 150 pins or more and win a voucher for a free game of bowling (max 2 vouchers per person).

## Early Bird

Monday - Friday, 9.30am-10.30am

£25 for 1 hour of bowling. (Maximum 6 people)

## Nighttime Special

8pm-Close

£4 Adult, £2 Junior per game.

Call 01483 443377 to book or 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.

Multi game discount may be available see Bowl reception for details.

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 per game, Juniors £5.00 per game, Families £21.00 (maximum 2 adults & 2 under 16's)

\*Last game sold 45 minutes before shown time.

# Booking Arrangements

- Bookings for the Activate programme can be made Monday-Thursday from 9am-6.30pm, Friday from 9am-6pm and Saturday from 9am- 1pm. Bookings will commence on Monday 29th September 2013. 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 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](http://www.guildfordspectrum.co.uk)

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

Freedom Leisure working in partnership with Guildford Borough Council

GUILDFORD BOROUGH

GUILDFORD SPECTRUM LEISURE COMPLEX

Monday 27th October - Sunday 2nd November 2014

Half Term October 2014

# ACTIVATE

COURSES & ACTIVITIES



**f** freedomleisure  
where you matter

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

**01483 443322**

BOOKINGS FOR OCTOBER ACTIVATE START ON MONDAY 29TH SEPTEMBER - REMEMBER ALL COURSES MUST BE BOOKED AND PAID FOR IN ADVANCE

SELECT OPTION 4

\*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](http://www.guildfordspectrum.co.uk) and must be completed and returned at least a week before the date of your first session.



**\*Xtreme Activate Day Camps**

Monday 27th October	10am-4pm	5-12 yrs	£23.50	XTR1/O
Tuesday 28th October	10am-4pm	5-12 yrs	£23.50	XTR2/O
Wednesday 29th October	10am-4pm	5-12 yrs	£23.50	XTR3/O
Thursday 30th October	10am-4pm	5-12 yrs	£23.50	XTR4/O
Friday 31st October	10am-4pm	5-12 yrs	£23.50	XTR5/O

£107.50 per week

Xtreme Activate will keep your child active and entertained for the whole day! Your child will take part in a range of activities on different days including: bowling, swimming\*, ice skating, trampolining, athletics, arts and crafts and more! Activities will change on a daily basis, please see our website or call Customer Services on 01483 443322 for further details. \*If over 9 year

**\*Xtreme Activate Xtra Day Camp**

Monday 27th October	8.30am-6pm	5-12 yrs	£32.50	XTRA1/O
Tuesday 28th October	8.30am-6pm	5-12 yrs	£32.50	XTRA2/O
Wednesday 29th October	8.30am-6pm	5-12 yrs	£32.50	XTRA3/O
Thursday 30th October	8.30am-6pm	5-12 yrs	£32.50	XTRA4/O
Friday 31st October	8.30am-6pm	5-12 yrs	£32.50	XTRA5/O

£152.00 per week

**Junior Fast Track Fitness Course**

Monday 27th October to Friday 31st October	10am-11am	12-15 yrs	£32.50	inclusive of the casual user fee
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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.

**Little Golfers**

Wednesday 29th October	12.30pm-3.30pm	5-11 yrs	£16.40	GOLF1/O
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Come and try a range of fun filled games and activities which incorporate the basics of golf. Learn the basics of putting, chipping, the long game and find out how fun golf is, from a trained Little Golfers coach. We use specially adapted equipment which ensures all children are safe.

**Rugby Tots**

Wednesday 29th October	10am-10.30am	2-3 1/2 yrs	£5.20	RUGT1/O
	10.45am-11.45am	3 1/2 -5 yrs	£8.20	RUGT2/O

Rugby Tots® 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.

**Trampolining**

Tuesday 28th October	2.30pm-4pm	4-12 yrs	£8.60	TRAMP1/O
Thursday 30th October	2.30pm-4pm	4-12 yrs	£8.60	TRAMP2/O

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.

**Soccer Skills Course**

**in association with Chelsea F.C. Foundation**

**3 DAY SOCCER SCHOOL - OUTDOOR**

Monday 27th October and Wednesday 29th October	9.30am-3pm	6-14 yrs	£51.00	CFCSS1/O
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**3 HALF DAY MINI KICKERS - INDOOR**

Monday 27th October and Wednesday 29th October	9.30am-12noon	4-5 yrs	£30.00	CFCSS3/O
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\*Book online with Chelsea FC Foundation - [www.chelseafc.com/foundation](http://www.chelseafc.com/foundation)

It is advisable to bring suitable clothing: (top/shorts/socks/towel/boots and trainers/warm and waterproof clothing).

**Bouncy Castle Fun**

Monday 27th October	9am-10am	From walking-4 yrs	£3.00	BOUNCE/O
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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**

Tuesday 28th October	10am-10.30am	18months-2 1/2 yrs	£4.00 (with guardian)	DRAMUS/O
	10.45am-11.30am	3-5 yrs	£5.60 (without guardian)	DRAMUS1/O

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

**Archery**

Monday 27th October	2.30pm-4.30pm	8-14 yrs	£14.70	ARCH/O
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Whether you have experience or are a complete novice come along for an afternoon of tuition and competition in this noble sport.

**Star Track Athletics**

Wednesday 29th, Thursday 30th October & Friday 31st October				
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.

Course Times & Descriptions

**Roller Skating**

Tuesday 28th October	1.15pm-3.15pm	All ages	£10.00
Tuesday 28th October	3.30pm-5.30pm	All ages	£10.00

Have fun and practice on both quad & inline skates suitable for all ages, equipment provided, skates, wrist, elbow & knee pads. Supervision required by a guardian for under 6 year olds.



**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	10am-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.

**Badminton**

Monday 27th October	2.00pm-4.00pm	8-14yrs	£10.00
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Come along and learn the basics. Our instructor will organise the session and give advice on technique and how to improve. Equipment provided.

**"Frozen" Workshop**

Friday 1st November	1.15pm-2.15pm	3-5yrs (must be accompanied by a guardian)	£6.00
Friday 1st November	2.30pm-3.30pm	All ages	£6.00

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'!

**Diving and Swimming Courses**  
**Learn to Dive 5 Day Courses**

Flip n Fun courses have been created for children between the ages of 5 and 11 who would like to experience diving and learning new skills in a fun and safe environment. It is part of a structured programme ideal to help you get a grasp of the basics and provides a development pathway to the ASA Diving Awards.

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

Monday 27th October - Friday 31st October			
9am - 9.45am	Flip n Fun	5+yrs	£36.75
9.45am - 10.30am	Flip n Fun	5+yrs	£36.75

**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 27th October - Friday 31st October			
9am - 9.30am	Stage 1 & 2	4yrs+	£32.50

**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 October - Friday 31st October			
9.30am - 10am	Stage 1	4yrs+	£49.75
10am - 10.30am	Stage 2	4yrs+	£49.75
10.30am - 11am	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 swimming skills/stroke technique or follow the relevant stage in the ASA syllabus.

**Teaching Pool**

Monday 27th October - Friday 31st October  
30 minute sessions available between 9am & 12noon - £88.75

**25 Metre Pool**

Monday 27th - Thursday 30th October  
30 minute sessions available between 9am & 12noon - £71.00



**Technical Workshops - 45 minute intensive sessions**

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

Frontcrawl Workshop	Monday 27th October	9.00am - 9.45am	£7.35*	4 day £25.80
	Thursday 30th October	9.45am - 10.30am	£7.35*	
Backstroke Workshop	Tuesday 28th October	9.00am - 9.45am	£7.35*	4 day £25.80
	Wednesday 29th October	9.45am - 10.30am	£7.35*	
Breaststroke Workshop	Tuesday 28th October	9.45am - 10.30am	£7.35*	4 day £25.80
	Wednesday 29th October	9.00am - 9.45am	£7.35*	
Butterfly Workshop	Monday 27th October	9.45am - 10.30am	£7.35*	4 day £25.80
	Thursday 30th October	9.00am - 9.45am	£7.35*	

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

**SLEEPING BEAUTY ON ICE**

**12th-14th December**  
[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)