COURSES & ACTIVITIES FOR CHILDREN & ADULTS
MONDAY 24th JULY - MONDAY 4th SEPTEMBER 2017

www.guildfordspectrum.co.uk • (01483) 443322
1 SUMMER ACTIVATE MONDAY 24th JULY - MONDAY 4th SEPTEMBER 2017

A FANTASTIC FUN DAY OUT AT

Guildford Spectrum

ice skating
tenpin bowling
swimming

www.guildfordspectrum.co.uk
For more information call 01483 443322

BOOK NOW
Leisure Pool, Skating & Bowling
Tickets Online

Tickets are available to book online for school holidays and weekends.
guildfordspectrum.co.uk
or call our box office on:
(01483) 443333

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, £4.60 or multi-ticket (5 sessions) £22.10
2-4 yrs, £3.90 or multi-ticket (5 sessions) £18.10

2 hours
Babies, £6.60 2-4 yrs, £6.10

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 £7.30 per hour.

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

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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

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Start/End Time</th>
<th>Age Group</th>
<th>Cost per Day</th>
<th>Cost per Week</th>
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<tbody>
<tr>
<td>Monday 24th July to Friday 28th July</td>
<td>10am-4pm</td>
<td>5-12yrs</td>
<td>£25.50</td>
<td>£117.50</td>
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<tr>
<td>Monday 31st July to Friday 4th Aug</td>
<td>10am-4pm</td>
<td>5-12yrs</td>
<td>£25.50</td>
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<tr>
<td>Monday 7th Aug to Friday 11th Aug</td>
<td>10am-4pm</td>
<td>5-12yrs</td>
<td>£25.50</td>
<td>£117.50</td>
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<tr>
<td>Monday 14th Aug to Friday 18th Aug</td>
<td>10am-4pm</td>
<td>5-12yrs</td>
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<td>10am-4pm</td>
<td>5-12yrs</td>
<td>£25.50</td>
<td>£117.50</td>
</tr>
<tr>
<td>Tuesday 29th Aug to Friday 1st Sept</td>
<td>10am-4pm</td>
<td>5-12yrs</td>
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*Xtreme Activate Xtra: 8.30am-6pm

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<th>Date Range</th>
<th>Start/End Time</th>
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<th>Cost per Day</th>
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<td>5-12yrs</td>
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<td>Monday 31st July to Friday 4th Aug</td>
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<td>5-12yrs</td>
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<td>£165.00</td>
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<td>£35.00</td>
<td>£165.00</td>
</tr>
<tr>
<td>Tuesday 29th Aug to Friday 1st Sept</td>
<td>8.30am-6pm</td>
<td>5-12yrs</td>
<td>£35.00</td>
<td>£132.00</td>
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</table>

*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*

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

*Over 9’s only

24th July - 1st September
5-12 years
10am - 4pm & 8.30am - 6pm
from £25.50

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 24th July - Monday 4th September 2017

Junior Fast Track Gym Course
Monday 31st July - Friday 4th August 10am-11am 12-15yrs £42.50 inclusive of the casual user fee
Monday 14th - Friday 18th August 10am-11am 12-15yrs £42.50 inclusive of the casual user fee
The junior course is a fully instructor led introduction to the use of cardiovascular and fixed resistance training in the gym. A prerequisite for 12 - 13 year olds to use the gym.

Archery
Wednesday 2nd August 9.30am-11.30am 8-14yrs £16.00 ARCH1/S
Thursday 17th August 2.30pm-4.30pm 8-14yrs £16.00 ARCH3/S
Wednesday 30th August 9.30am-11.30am 8-14yrs £16.00 ARCH3/S
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
Monday 31st July, Tuesday 1st & Wednesday 2nd August
Wednesday 23rd, Thursday 24th and Friday 25th 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.

To book, please visit www.guildford.gov.uk/startrack or call 01483 444769
Synergy Dance® Workshops

**FROZEN Theme Workshop**

- **Monday 24th July**
  - 1.15pm - 2.15pm
  - 3-7 yrs
  - £6.30

- **Wednesday 23rd August**
  - 1.15pm - 2.15pm
  - 3-7 yrs
  - £6.30

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’! Children aged 3 may be accompanied by an adult for “stay and play” or drop and collect - only one adult per child, any siblings must also have a ticket.

**Beauty & The Beast Musical Theatre/Dance**

- **Thursday 27th July**
  - 1.15pm – 2.15pm
  - 5 yrs
  - £6.30

- **Monday 21st August**
  - 1.15pm – 2.15pm
  - 5 yrs
  - £6.30

Explore the exciting world of Beauty & the Beast as we act, sing and dance to the songs. See if you can break the spell during our fun mix of games, challenges and adventures. Finish with a Beauty & the Beast Snow Disco to celebrate Belle’s victory! Dressing up encouraged!

**STAR WARS Theme Workshop**

- **Friday 28th July**
  - 2.15pm – 3.15pm
  - 5+yrs
  - £6.30

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.

**Circus Theme Acrobatics Workshop**

- **Tuesday 1st August**
  - 1.15pm – 2.15pm
  - 6-12 yrs
  - £6.30

- **Monday 14th August**
  - 1.15pm – 2.15pm
  - 6-12 yrs
  - £6.30

Love “The Next Step”? Try our fabulous Synergy Dance Acro workshop! Includes intro to basic dance technique as well as acrobatic postures, balances, limbering and tumbling skills. Explore Acro Dance through basic movements such as bear walks, forward rolls and log rolls and progress to cartwheels, walkovers and handstands. Musicality and performance technique included. Teachers use progression and mindfulness to transform basic postures, transitions, tumbling and limbering into beautiful AcroDance routines to up to date, fun music. Suitable for complete beginners. Synergy Dance® is an approved studio for the Acrobatic Arts.

**Glow in the Dark, Break Dance & Street**

- **Friday 4th August**
  - 2.15pm – 3.15pm
  - 5+yrs
  - £6.30

- **Friday 18th August**
  - 2.15pm – 3.15pm
  - 5+yrs
  - £6.30

Glow in the dark while you groove to Street and Break Dance moves! “Light up your day” with our action-packed fun with glow in the dark paint, light sabers and more! Suitable for all levels and abilities.

**Minions and Mayhem Theme Workshop**

- **Wednesday 2nd August**
  - 1.15pm – 2.15pm
  - 4-8yrs
  - £6.30

- **Wednesday 23rd August**
  - 2.30pm – 3.30pm
  - 4-8yrs
  - £6.30

Dance to “Happy” and have “Fun, Fun, Fun” in our Minion themed dance workshop. Join our army of yellow minions and help us to win back the moon! Includes movement, dance games, parachute fun, “Despicable Statues”, “Despicable FootSteps” and “Battling the Minions”. Finish with our Snow Disco to blast away the Purple Minions. Optional yellow or purple face paint to add to the fun!
junior summer fitness challenge

ON YOUR MARKS, GET SET, GO!

24 July - 3 September 2017
for everyone between the ages of 4 and 14

register at Guildford Spectrum
or online at www.freedom-leisure.co.uk/JSFC

in support of
be food smart
change 4 life

freedomleisure
where you matter
Don't miss the FLAIR HOLIDAY TUMBLE CAMPS and TRAMPOLINING MASTER-CLASSES this SUMMER!!

3 Super-FUN 'action' packed learning zones!

GYMNASTICS - TRAMPOLINE - ACROBATICS

Amazing Flair coaching professionals!
You can book 1 day, or all week and multiple bookings receive a great discount.
Suitable for children aged 4-17 years.

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

AND

- Tuesday 29th August 9am - 1pm
- Wednesday 30th August 9am - 1pm
- Thursday 31st August 9am - 1pm
- Friday 1st September 9am - 1pm

PLUS TRAMPOLINING MASTERCLASS

Reach for the sky at this fun-packed holiday masterclass. Get some BIG air, twist, turn, and for the more advanced SOMERSAULT!

Suitable for children aged 5-17 years

- Thursday 27th July 2pm - 3.30pm
- Thursday 31st August 2pm - 3.30pm

To book or for more information Call 01483 654440
www.gymnasticscamp.co.uk
OK Tennis

MINI TENNIS MUNCHKINS (requires parent participation)

**Wednesday 2nd August**  
2pm-3pm  
3-5yrs  
£9.10  
SHORT2/S

MINI TENNIS RED

**Wednesday 2nd August**  
3pm-5pm  
5-9yrs  
£11.20  
SHORT6/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.

Roller Skating Fun

**Tuesdays 22nd & 29th August**  
1.15pm-3.15pm  
All ages  
£10.80*  
ROLLER1/S

**Tuesdays 22nd & 29th August**  
3.30pm-5.30pm  
All ages  
£10.80*  
ROLLER1/S

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

1 HOUR TASTERS  |  HAVE-A-GO’S PARTIES  |  CLUB AND NEW HOLIDAY FUN SESSIONS

BOOK ONLINE AT [WWW.HIGH-SPORTS.CO.UK/ROCKBOX](http://WWW.HIGH-SPORTS.CO.UK/ROCKBOX)  OR CALL 0345 363 1177

SUMMER ACTIVATE MONDAY 24th JULY - MONDAY 4th SEPTEMBER 2017
**Specky’s Pirate Ship (soft play)**

Monday 10am-4pm public session
Tuesday 10am-4pm public session
(**Toddler Splash and Soft Play combo ticket 10am – 11am**)
Wednesday 10am-4pm public session
Thursday 10am-4pm public session
(**Toddler Splash and Soft Play combo ticket 10am – 11am**)
Friday 10am-4pm public session
Saturday & Sunday 9am-12.30pm public session
Hourly Session times 9am, 10am, 11.15am, 12.45pm, 2pm, 3pm

**Soft Play Prices** (During busy times - 1 hour sessions)
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, £4.95 (includes 1 accompanying adult), for each additional child 18 months+, £4.05. Prices for 12-18 months, £2.95.

**Toddler Splash**
Exclusive session for adults and under 5’s in our Leisure Pool. (Tuesdays & Thursdays 8.45am-9.45am) and Sundays, 8.30am-9.30am, last admission to the session is 8.45am. £4.80 for 1 adult and 1 under 5.

**Toddler Splash & Soft Play Combo Session**
Available Tuesday and Thursday mornings in the Summer holidays, exclusively for parents and under 5’s. Toddler Splash, 8.45am-9.45am, Soft Play 10am-11am.

Combo ticket £8.40 for the first child with accompanying adult and £4.30 for each additional child.
# Ice Timetable

**Skate For All Prices*: Adults £6.20, Juniors £5.30, Family of Four (maximum 2 adults) £19.60, Skate hire £2.10 per person.**

<table>
<thead>
<tr>
<th>Monday 24th July to Sunday 3rd September 2017</th>
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<tr>
<th><strong>EARLY MORNING</strong></th>
<th><strong>Monday</strong></th>
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<th><strong>Sunday</strong></th>
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<tbody>
<tr>
<td><strong>Training Ice</strong></td>
<td>5.30am-10.45am</td>
<td>5.30am-10.45am</td>
<td>5.30am-10.45am</td>
<td>5.30am-10.45am</td>
<td>5.30am-10.45am</td>
<td>5.30am-10.45am</td>
<td>Lesson Ice 9.15am-10.15am</td>
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<tr>
<td><strong>Skate For All</strong></td>
<td>11am-1pm</td>
<td>11am-1pm</td>
<td>11am-1pm</td>
<td>11am-1pm</td>
<td>11am-1pm</td>
<td>10.30am-12noon</td>
<td>Family Time 10.30am-12noon</td>
</tr>
<tr>
<td><strong>Aldwych Speed Skating Club</strong></td>
<td>7.15pm-8.15pm</td>
<td>7.15pm-8.15pm</td>
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<td>7.15pm-8.15pm</td>
<td>7.15pm-8.15pm</td>
<td>7.15pm-8.30pm</td>
<td>Ice Disco 3pm-4.30pm</td>
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<thead>
<tr>
<th><strong>DAYTIME</strong></th>
<th><strong>Monday</strong></th>
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<th><strong>Saturday</strong></th>
<th><strong>Sunday</strong></th>
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<tbody>
<tr>
<td><strong>Skate For All</strong></td>
<td>11am-1pm</td>
<td>11am-1pm</td>
<td>11am-1pm</td>
<td>11am-1pm</td>
<td>11am-1pm</td>
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<td>7.15pm-8.30pm</td>
<td>Ice Disco 3pm-4.30pm</td>
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<td><strong>Training Ice</strong></td>
<td>4.45pm-7pm</td>
<td>Ice Dance Club</td>
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<td>Skate For All</td>
<td>11am-1pm</td>
<td>10.30am-12noon</td>
<td>Family Time</td>
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<tr>
<td><strong>Aldwych Speed Skating Club</strong></td>
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<td>Ice Disco 3pm-4.30pm</td>
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<tr>
<td><strong>Simply Skate</strong></td>
<td>8.30pm-10.30pm</td>
<td>Simply Skate</td>
<td>8.30pm-10.30pm</td>
<td>Retro Night</td>
<td>8.30pm-10.30pm</td>
<td>Ice Xtreme</td>
<td>Ice Xtreme</td>
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<td><strong>15 minute dance interval at 9.15pm</strong></td>
<td>8.30pm-10.30pm</td>
<td>8.30pm-10.30pm</td>
<td>8.30pm-10.30pm</td>
<td>8.30pm-11pm</td>
<td>7.30pm-9.30pm</td>
<td>7.30pm-9.30pm</td>
<td>8.30pm-10.30pm</td>
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**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.
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 5-16 years. Classes are strictly for beginners only. Classes will be allocated/grouped on ability not age.

**Monday 24th - Friday 28th July**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Age</th>
<th>Price</th>
<th>Code</th>
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<tbody>
<tr>
<td>11am-11.30am</td>
<td>Beginners 5-16yrs</td>
<td>£51.00</td>
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<tr>
<td>11.30am-12noon</td>
<td>Beginners 5-16yrs</td>
<td>£51.00</td>
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**Monday 31st July - Friday 4th August**

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**Monday 7th - Friday 11th August**

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<td>Beginners 5-16yrs</td>
<td>£51.00</td>
<td>SKATE5/S</td>
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<td>Beginners 5-16yrs</td>
<td>£51.00</td>
<td>SKATE6/S</td>
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**SUMMER ACTIVITIES MUST BE BOOKED IN ADVANCE**

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***Spectrum's World of Parties***

- Football
- Dance
- Trampolining
- Swimming
- Ice Skating
- Tenpin Bowling
- Pit Slot Scalextric Racing
- Rock Box Indoor Climbing
- Specky's Pirate Ship

Let Spectrum organise a party your child will remember!

Catering options to suit all

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

www.guildfordspectrum.co.uk
## Pools Timetable

**Peak Prices; Leisure Pool from 10th July to 3rd September**

Peak holiday hours & peak prices: Teaching, 25M & Diving Pools from 18th July to 4th September.

Leisure Pool Prices*: Adults £7.50, Juniors £5.60, Family of Four (max 2 adults) £23.00

### Monday 10th July - Sunday 16th July

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<thead>
<tr>
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<tbody>
<tr>
<td><strong>Leisure Pool</strong></td>
<td>Core Water Workout</td>
<td>Toddler Splash*</td>
<td>Swim For All</td>
<td>Toddler Splash*</td>
<td>Core Water Workout</td>
<td>Swim For All</td>
<td>Toddler Splash*</td>
</tr>
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### Monday 17th July - Sunday 3rd September

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*Exclusive session for parents and under 5’s on Tuesday and Thursdays - strictly 8.45am-9.45am session, £4.60 for 1 adult and 1 under 5. Swimmers will be asked to leave the pool at 9.45am. Last admission to this session is at 9am. Sessions start Tuesday 18th July until Thursday 31st August.

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.

This pool will be closed for essential maintenance work between Monday 4th September and Thursday 19th October 2017.
### Monday 24th July - Sunday 30th July

<table>
<thead>
<tr>
<th>Day</th>
<th>25M Pool</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Dawn Dippers (4 lanes) 7am-8.30am</td>
<td>Dawn Dippers (4 lanes) 7am-8.30am</td>
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<tr>
<td>Tuesday</td>
<td>Swim For All 10.45am-3.40pm Lane Swimming (4 lanes) 12noon-1.30pm</td>
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### Monday 31st July - Sunday 6th August

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**This pool will be closed for essential maintenance work between Monday 7th August and Sunday 3rd September 2017.**
Pool Closures August, September & October 2017

Guildford Spectrum are to undergo refurbishment works to repair and replace parts of the roof, steelwork and drainage over the next few months and a necessary period of pool closures are needed in order to complete these works.

The dates have been planned specifically to reduce disruption and to accommodate swimmers in alternative pools where necessary.

The 25 Metre Pool, Teaching Pool and Diving Pools will be closed from Monday 7th August to Sunday 3rd September 2017

The Leisure Pool will be closed from Monday 4th September to Thursday 19th October 2017

Guildford Lido, is a 50 metre heated outdoor swimming pool and offers swimming for all ages and abilities. Swimmers will have access to lane swimming sessions as per the timetable below during the period the 25 Metre Pool is closed.

Members will be able to gain access to the Lido sessions as part of their current membership. Casual swimmers will need to purchase tickets on arrival at Guildford Lido reception.

Guildford Lido
Lane Swimming Programme

Monday 7th August - Sunday 3rd September

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<tr>
<td>Guildford Lido 50M Pool</td>
<td>Early Morning Lane Swim 6.30am-10am</td>
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Lane swimming is also available during public swimming times of 10.30am - 6.30pm unless there is a high demand of the pool.
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**Monday 24th July - Sunday 30th July**

**Monday 31st July - Sunday 6th August**

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**Monday 24th July to Sunday 6th August**

**This pool will be closed for essential maintenance work between Monday 7th August and Sunday 3rd September 2017**

**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.

www.guildfordspectrum.co.uk  Telephone: 01483 443322 16
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 24th July - Friday 28th July
Monday 31st July - Friday 4th August
30 minute sessions available between 9am and 12noon (5 days) - £101.25

25 Metre Pool
Monday 24th July - Friday 28th July
Monday 31st July - Friday 4th August
30 minute sessions available between 9am and 10.30am (4 days) - £81.00
30 minute sessions available between 10.30am and 12noon (5 days) - £101.25

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.

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 31st July – Friday 4th August
9am - 9.45am                      Flip n Fun
5+yrs*                    £43.75
* Minimum 25 metres

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 24th July – Friday 28th July
Monday 31st July – Friday 4th August
9am - 9.30am                        Stage 1
4yrs+                    £53.75
9.30am - 10am                      Stage 2
4yrs+                    £53.75
10am - 10.30am                     Stage 3A
4yrs+                    £53.75
Open until 17th 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
Getting in shape and feeling fitter and healthier this Summer couldn’t be easier! Guildford Spectrum’s gym boasts as one of the largest in the region and with the latest technology to enhance your exercise experience. With dedicated stretch and functional, cardiovascular, resistance and specialised strength and conditioning exercise zones and equipment, Spectrum Gym provides the perfect variety for any gym user.

Spectrum Gym offers cutting edge equipment and technology to Guildford, provided by Technogym. Our state of the art gym includes unique equipment ergonomically designed to tone, sculpt and strengthen.

Members can also experience the spa area and truly release the stresses and strains of life in our sauna, jacuzzi, aroma and steam rooms.

Great value memberships are available with no joining fee, cancellation or renewal fees from just £25.50 per month. What’s more is that our qualified and specialist Personal Trainers are always on hand to help you meet your health and fitness goals with 5 free sessions.

This Summer we are offering membership discounts on bespoke Personal Training packages. For more information, to book your free consultation or to discuss your personalised programme, please call 01483 443355 or email info@guildfordspectrum.co.uk to get started today!

memberships... at guildford spectrum

- 5 free fitness consultations • From £25.50
- No joining fee • No cancellation fee

Book a free trial today

Call: 01483 443337
www.guildfordspectrum.co.uk
junior fitness course
fastrack...

- A fun and friendly course for teenagers (12–15 year olds) to learn how to exercise safely and effectively in the gym
- An introduction to cardio vascular and fixed resistance weight training
- Learn how to develop exercise programmes with supervision from our qualified staff
- Start an active, healthy and happy lifestyle!

course dates: 31st July–4th August, 14th–18th August
monday–friday 10am–11am

£42.50 per course

Call now for more information: 01483 443355
or visit the website:
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 £6.00, Juniors £5.50 for the first game. Cheaper 2nd and even cheaper 3rd game rates available. Families £22.00 (max 2 adults & 2 under 16’s).
*Last game sold 45 minutes before shown time.

Happy Hour Bowling
(Early Bird Special)
Every WEEKDAY between 24th July and 1st September - 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 Arrangements

- Bookings for the Activate programme can be made Monday-Friday from 9am-5.30pm and Saturday from 9am to 1pm. Bookings will commence on Monday 26th June 2017. 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.
get up & get active day
at guildford spectrum
saturday 5 august
10am – 4pm
a full day of activities...
find something new to get you active and join in the fun!

Visit www.guildfordspectrum.co.uk to view the full activity timetable and book your sessions in advance.