

Guildford Spectrum Christmas & New Year 2018/19 Time Table

Rock Box Timetable

BOOK ONLINE

Monday 17th December	Tuesday 18th December	Wednesday 19th December	Thursday 20th December	Friday 21st December	Saturday 22nd December	Sunday 23th December
CLOSED	4pm-7pm	9:30am-4:45pm	9:30am-4:45pm	9:30am-4:45pm	10:30am-4:45pm	10:30am-4:45pm
Monday 24th December	Tuesday 25th December	Wednesday 26th December	Thursday 27th December	Friday 28th December	Saturday 29th December	Sunday 30th December
10:30am-3:30pm	CLOSED	CLOSED	9:30am-4:45pm	9:30am-4:45pm	10:30am-4:45pm	10:30am-4:45pm
Monday 31st December	Tuesday 1st January	Wednesday 2nd January	Thursday 3rd January	Friday 4th January	Saturday 5th January	Sunday 6th January
10:30am-3:30pm	CLOSED	10:30am-4:45pm	CLOSED	4pm-7pm	10:30am-6:15pm	10:30am-6:15pm

Subject to availability due to birthday parties

Specky's Pirate Ship Timetable

BOOK ONLINE



Monday 17th December	Tuesday 18th December	Wednesday 19th December	Thursday 20th December	Friday 21st December	Saturday 22nd December	Sunday 23th December
10am-4pm	10am-4pm	10am-4pm	10am-4pm	10am - 4pm	9am - 12.45pm	9am - 12.45pm
Monday 24th December	Tuesday 25th December	Wednesday 26th December	Thursday 27th December	Friday 28th December	Saturday 29th December	Sunday 30th December
10am-4pm	CLOSED	11.15am-4pm	10am-4pm	10am-4pm	9am-12.45pm	9am-12.45pm
Monday 31st December	Tuesday 1st January	Wednesday 2nd January	Thursday 3rd January	Friday 4th January	Saturday 5th January	Sunday 6th January
10am-4pm	11.15am-4pm	10am-4pm	10am-4pm	10am-4pm	9am-12.45pm	9am-12.45pm

Spectrum Bowl Timetable

BOOK ONLINE

Monday 17th December	Tuesday 18th December	Wednesday 19th December	Thursday 20th December	Friday 21st December	Saturday 22nd December	Sunday 23rd December
BOWL FOR ALL 9.30am-10.45pm	BOWL FOR ALL 9.30am-10.45pm	BOWL FOR ALL 9.30am-10.45pm	BOWL FOR ALL 9.30am-11.15pm	BOWL FOR ALL 9.30am-11.15pm	BOWL FOR ALL 9am-11.15pm	BOWL FOR ALL 9am-11.15pm
Monday 24th December	Tuesday 25th December	Wednesday 26th December	Thursday 27th December	Friday 28th December	Saturday 29th December	Sunday 30th December
BOWL FOR ALL 9.30am-5pm	CLOSED	BOWL FOR ALL 10.30am-4pm	BOWL FOR ALL 9.30am-11.15pm	BOWL FOR ALL 9.30am-11.15pm	BOWL FOR ALL 9am-11.15pm	BOWL FOR ALL 9am-11.15pm
Monday 31st December	Tuesday 1st January	Wednesday 2nd January	Thursday 3rd January	Friday 4th January	Saturday 5th January	Sunday 6th January
BOWL FOR ALL 9.30am-5pm	BOWL FOR ALL 10.30am-5pm	BOWL FOR ALL 9.30am-10.45pm	BOWL FOR ALL 9.30am-11.15pm	BOWL FOR ALL 9.30am-11.15pm	BOWL FOR ALL 9am-11.15pm	BOWL FOR ALL 9am-11.15pm



Spectrum Pools Timetable

BOOK ONLINE

	Monday 17th December	Tuesday 18th December	Wednesday 19th December	Thursday 20th December	Friday 21st December	Saturday 22nd December	Sunday 23rd December
Leisure Pool	SWIM FOR ALL 12.30pm-6.15pm	Toddler Splash 10.45am-12.30am SWIM FOR ALL 12.30pm-6.15pm Aqua HIIT 6.45pm-7.45pm	SWIM FOR ALL 12.30pm-6.15pm	SWIM FOR ALL 9.45am-6.15pm No Toddler Splash	Core Water Workout 8am-9am SWIM FOR ALL 9.45am-6.15pm	SWIM FOR ALL 9.45am-5pm	Toddler Splash 8.30am-9.45am SWIM FOR ALL 9.45am-5pm
25M Pool	Dawn Dippers 7am-8.30am (4 lanes) Core Water Workout 8am-9am SWIM FOR ALL 1.30pm-3.55pm Lane Swim 12noon-1.30pm 5.30pm-6.30pm (5 lanes)	Dawn Dippers 6.30am-8.30am 60+ Swim 8am - 9am (4 lanes) SWIM FOR ALL 1.30pm-3.55pm Lane Swim 12noon-1.30pm 5.30pm-6.30pm (5 lanes) 8.30pm-9.30pm (4 lanes)	Dawn Dippers 6.30am-8.30am SWIM FOR ALL 1.30pm-3.55pm Lane Swim 12noon-1.30pm 5.30pm-6.30pm (5 lanes) Adult Swim 8.30pm-10pm	Dawn Dippers 6.30am-8.30am 50+ Swim 8am-9am (4 lanes) SWIM FOR ALL 1.30pm-3.55pm Lane Swim 12noon-1.30pm 5.30pm-6.30pm (5 lanes) 8.30pm-9.30pm (6 lanes)	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30am - 8.30am SWIM FOR ALL 1.30pm-3.55pm Lane Swim 12noon-1.30pm 5.30pm-6.30pm (5 lanes)	Lane Swim 9am-10.55am (4 lanes) SWIM FOR ALL 11am-3.45pm	Lane Swim 7.30am-11am (5 lanes) SWIM FOR ALL 11am-3.45pm
Teaching Pool	SWIM FOR ALL 12noon-3.40pm	SWIM FOR ALL 12noon-3.40pm	SWIM FOR ALL 12noon-3.40pm Adult Swim 8.30pm-10pm	SWIM FOR ALL 12noon-2.30pm	SWIM FOR ALL 12noon-2pm	SWIM FOR ALL 11am-3.45pm	SWIM FOR ALL 11am-3.45pm
Diving Pool			Deep Water Workout 8.00am-9.00am			SWIM FOR ALL 11am-3.45pm	SWIM FOR ALL 11am-3.45pm

	Monday 24th December	Tuesday 25th December	Wednesday 26th December	Thursday 27th December	Friday 28th December	Saturday 29th December	Sunday 30th December
Leisure Pool	SWIM FOR ALL 9.45am-5pm	SWIM FOR ALL 10am-12noon	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 9.45am-6.15pm No Toddler Splash	SWIM FOR ALL 9.45am-6.15pm	SWIM FOR ALL 9.45am-6pm	Toddler Splash 8.30am-9.45am SWIM FOR ALL 9.45am-6pm
25M Pool	Dawn Dippers 7am-8.30am (4 lanes) SWIM FOR ALL 10.45am-5pm (1/2 pool) Lane Swim 10.45am-5pm (4 lanes)	SWIM FOR ALL 10am-12noon (1/2 pool) Lane Swim 10am-12noon (4 lanes)  £6.40 Per Person	SWIM FOR ALL 10.30am-4pm (1/2 pool) Lane Swim 10.30am-4pm (4 lanes)	Dawn Dippers 6.30am-8.30am 50+ Swim 8am - 9am SWIM FOR ALL 10.45am-5.30pm (1/2 pool) Lane Swim 10.45-5.30pm (4 lanes) 5.30pm-7.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30am - 8.30am SWIM FOR ALL 10.45am-5.30pm (1/2 pool) Lane Swim 10.45am-5.30pm (4 lanes) 5.30pm-7.30pm	Lane Swim 9am-10.55am (6 lanes) SWIM FOR ALL 11am-4.45pm	Lane Swim 7.30am-11am (6 lanes) SWIM FOR ALL 11am-4.45pm
Teaching Pool	SWIM FOR ALL 10.45am-5pm	SWIM FOR ALL 10am-12noon	SWIM FOR ALL 10.30am-4pm	SWIM FOR ALL 10.45am-5.30pm	SWIM FOR ALL 10.45am-5.30pm	SWIM FOR ALL 11am-4.45pm	SWIM FOR ALL 11am-4.45pm
Diving Pool	SWIM FOR ALL 10.45am-3.45pm	SWIM FOR ALL 10am-12noon	SWIM FOR ALL 10.45am-3.45pm	SWIM FOR ALL 10.45am-3.45pm	SWIM FOR ALL 10.45am-3.45pm	SWIM FOR ALL 11am-3.45pm	SWIM FOR ALL 11am-3.45pm



Spectrum Pools Timetable

BOOK ONLINE

	Monday 31st December	Tuesday 1st January	Wednesday 2nd January	Thursday 3rd January	Friday 4th January	Saturday 5th January	Sunday 6th January
Leisure Pool	SWIM FOR ALL 9.45am-5pm	SWIM FOR ALL 11am-5pm No Toddler Splash	SWIM FOR ALL 9.45am-6.15pm	SWIM FOR ALL 9.45am-6.15pm No Toddler Splash	Core Water Workout 8am-9am SWIM FOR ALL 9.45am-6.15pm	SWIM FOR ALL 9.45am-6pm	Toddler Splash 8.30am-9.45am SWIM FOR ALL 9.45am-6pm
25M Pool	Dawn Dippers 7am-8.30am (4 lanes) SWIM FOR ALL 10.45am-5pm (1/2 pool) Lane Swim 10.45am-5pm (4 lanes)	SWIM FOR ALL 11am-5pm (1/2 pool) Lane Swim 11.00am-5pm (4 lanes)	Dawn Dippers 6.30am-8.30am SWIM FOR ALL 10.45am-5.30pm (1/2 pool) Lane Swim 10.45am-5.30pm (4 lanes) 5.30pm-7.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 8am-9am (4 lanes) SWIM FOR ALL 10.45am-5.30pm (1/2 pool) Lane Swim 10.45am-5.30pm (4 lanes) 5.30pm-6.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30am-8.30am SWIM FOR ALL 10.45pm-5.30pm (1/2 pool) Lane Swim 10.45am-5.30pm (4 lanes) 5.30pm-6.30pm	Lane Swim 9am-10.55am (4 lanes) SWIM FOR ALL 12.30pm-3.45pm	Lane Swim 7.30am-11am (5 lanes) SWIM FOR ALL 11am-4.45pm
Teaching Pool	SWIM FOR ALL 10.45am - 5pm	SWIM FOR ALL 11am-5.00pm	SWIM FOR ALL 10.45am-5.30pm	SWIM FOR ALL 10.45am-5.30pm	SWIM FOR ALL 10.45am-5.30pm	SWIM FOR ALL 12.30pm-3.45pm	SWIM FOR ALL 10.30am-4.45pm
Diving Pool	SWIM FOR ALL 10.45am - 3.45pm	SWIM FOR ALL 11am-3.45pm	Deep Water Workout 8am-9am SWIM FOR ALL 10.45am-3.45pm	SWIM FOR ALL 10.45am-3.45pm	SWIM FOR ALL 10.45am-3.45pm	SWIM FOR ALL 12.30pm-3.45pm	SWIM FOR ALL 12.30pm-3.45pm

**Swim For All prices: Adults £7.80, Juniors £5.85,
Family of Four (maximum 2 adults & 2 under 16's) £23.80**

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.

Toddler Splash - Exclusive session for parents and under 5's - strictly 8.30am-9.45am session. £6.05 for 1 adult and 1 under 5. Swimmers will be asked to leave the pool at 9.45am. Last admission at 9.00am.

Sports Arena & Squash Courts

Monday 17th December	Tuesday 18th December	Wednesday 19th December	Thursday 20th December	Friday 21st December	Saturday 22nd December	Sunday 23rd December
8am-11pm	8am-11pm	8am-11pm	8am-11pm	8am-11pm	8am-8pm	8am-8pm
Monday 24th December	Tuesday 25th December	Wednesday 26th December	Thursday 27th December	Friday 28th December	Saturday 29th December	Sunday 30th December
8am-5pm	CLOSED	11am-4pm	8am-10pm	8am-10pm	8am-8pm	8am-8pm
Monday 31st January	Tuesday 1st January	Wednesday 2nd January	Thursday 3rd January	Friday 4th January	Monday 31st December	
8am-5pm	11am-5pm	8am-9pm	8am-10pm	8am-11pm	Disco Skate Roller Disco 8pm-1am Tickets in advance	




Spectrum Ice Timetable

BOOK ONLINE

Training Ice / non public ice skating session

Monday 17th December	Tuesday 18th December	Wednesday 19th December	Thursday 20th December	Friday 21st December	Saturday 22nd December	Sunday 23rd December
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-9.15am	SKATE FOR ALL 10.30am - 12noon 12.30pm-2.00pm 3.00pm-4.30pm
SKATE FOR ALL 11.00am-3.00pm	SKATE FOR ALL 11.00am-2.45pm	SKATE FOR ALL 11.00am-12.30pm 2.00pm-3.30pm	SKATE FOR ALL 11.00am-12.30pm 2.00pm-3.30pm	SKATE FOR ALL 11.00am-12.30pm 2.00pm-3.30pm	SKATE FOR ALL 10.30-12noon 12.30pm-2.00pm 3pm-4.30pm	Guildford Flames vs. Cardiff Devils 6pm Face-off
Aldwych Speed Skating Club 7.15pm-8.30pm		Guildford Flames vs. Sheffield Steelers 7.30pm Face-off	Retro Skate 8.30pm - 10.30pm	2Xtreme 6.30pm - 8.00pm Ice Xtreme 8.30pm - 11.00pm	Ice Xtreme 8.30pm-11.00pm	Ice Xtreme 8.30pm-10.30pm

Monday 24th December	Tuesday 25th December	Wednesday 26th December	Thursday 27th December	Friday 28th December	Saturday 29th December	Sunday 30th December
Training Ice 8.15am-10.15am	XMAS DAY 10.30am-12noon	SKATE FOR ALL 11.00am-1.00pm 2.00pm-4.00pm	Training Ice 5.30am-10.15am	Training Ice 5.30am-10.15am 5.15pm-6.30pm	Training Ice 5.00am-9.15am	SKATE FOR ALL 10.30am-12noon 12.30pm-2.00pm 3.00pm-4.30pm
SKATE FOR ALL 10.30am-12.00pm 1.15pm-2.45pm	£6.30 per person + skate hire		SKATE FOR ALL 10.30am-12noon 1.00pm-2.30pm 3.30pm-5.00pm	SKATE FOR ALL 10.30am-12noon 1.15pm-2.45pm 3.30pm-5.00pm	SKATE FOR ALL 10.30am-12noon 12.30pm-2.00pm 3.00pm-4.30pm	Guildford Flames vs. Cardiff Devils 6pm Face-off
SKATE FOR ALL with Santa 3.00pm-4.30pm			Guildford Flames vs. Milton Keynes 7.00pm Face-off	2Xtreme 6.30pm-8.00pm Ice Xtreme 8.00pm-11.00pm	Ice Xtreme 8.30pm-11.00pm	Ice Xtreme 8.30pm-10.30pm

Monday 31st December	Tuesday 1st January	Wednesday 2nd January	Thursday 3rd January	Friday 4th January	Saturday 5th January	Sunday 6th January
Training Ice 8.30am - 10.15am	SKATE FOR ALL 10.30am - 12noon 12.30pm - 2.00pm 3.00pm - 4.30pm	Training Ice 5.30am-10.15am	Training Ice 5.30am-10.15am	Training Ice 5.30am-10.15am	Training Ice 5.30am-9.15am	SKATE FOR ALL 10.30am-12noon 12.30pm-2pm 3pm-4.30pm
SKATE FOR ALL 10.30am - 12noon 1.30pm - 3.00pm 3.30pm - 5.00pm		SKATE FOR ALL 10.30am-12noon 1.30pm-3.00pm 3.30pm-5.00pm	SKATE FOR ALL 10.30am-12noon 1.30pm-3.00pm 3.30pm-5.00pm	SKATE FOR ALL 10.30am-12noon 1.30pm-3.00pm 3.30pm-5.00pm	SKATE FOR ALL 10.30am-12noon 12.30pm-2pm 3pm-4.30pm	Guildford Flames vs. Milton Keynes 6pm Face-off
		SIMPLY SKATE 8.30pm-10.00pm	Retro Skate 8.30pm-10.30pm	2Xtreme 6.30pm - 8.00pm Ice Xtreme 8.30pm - 11.00pm	Ice Xtreme 8.30pm-11pm	Ice Xtreme 8.30pm-10.30pm

Skate For All prices: Adults from £6.30, Juniors £5.40, Family of Four (maximum 2 adults, minimum of 2 under 16's) £20.00, Skate hire £2.20 per person

Penguin shaped skating aids are available to hire for our younger skaters at these sessions. £3.00 for 30 minutes. Safety helmets are available free of charge for children under 10 years. Book online



Gym & Spa Timetable

BOOK ONLINE

Monday 17th December	Tuesday 18th December	Wednesday 19th December	Thursday 20th December	Friday 21st December	Saturday 22nd December	Sunday 23th December
6.30am-10.30pm	6.30am-10.30pm	6.30am-10.30pm	6.30am-10.30pm	6.30am-10.00pm	8.30am-6.00pm	8.30am-6.00pm
Monday 24th December	Tuesday 25th December	Wednesday 26th December	Thursday 27th December	Friday 28th December	Saturday 29th December	Sunday 30th December
6.30am-3.00pm	CLOSED	11am-4.00pm	6.30am - 10.30pm	6.30am-10.00pm	8.30am-6.00pm	8.30am-6.00pm
Monday 31st December	Tuesday 1st January	Wednesday 2nd January	Thursday 3rd January	Friday 4th January	Saturday 5th January	Sunday 6th January
6.30am-3pm	11am-4.00pm	6.30am-10.30pm	6.30am - 10.30pm	6.30am-10.00pm	8am-6.00pm	8. am-6.00pm

