

## Booking Form

Course Code	Surname	First Name	Age	£	p

Address

County  Postcode

Daytime  Evening

Telephone

Email

I have read and fully understand the terms and conditions of booking. It is the responsibility of the course member to inform the instructor of any medical conditions.

Signed  Name (print)

Guildford Spectrum offers a wide range of activities to suit everyone. If you would not like to receive information on any of these activities via our mailing list please tick the box.

GS/EH12

## 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 5th March 2012. Bookings can be made in person at the Customer Service Desk or by telephoning 01483 443322 option 4. Course bookings will only be accepted with payment. All major credit and debit cards are accepted (not American Express). Cheques should be made payable to Freedom Leisure. All course places are sold on a first come, first served basis. We regret we can not guarantee a place on any course. Waiting lists will be opened once a course becomes full.
- All courses include admission to Guildford Spectrum for the course member and one guardian. All courses include skate/shoe hire where applicable. In the event of Spectrum management being forced to cancel courses, customers shall be entitled to a full refund of fees. In the event of any accident which requires immediate hospital attention, Spectrum reserves the right to adopt appropriate emergency action. Instructors should be notified in advance of any children with medical problems.
- Customer requests for refunds more than 7 days before the start of the course will be subject to a £5.00 administration charge. No refunds will be given for courses cancelled by the customer 7 days prior to, or any time after the start of the course. Request for refunds must be given in writing.
- Guildford Spectrum accepts a variety of different child care vouchers for Xtreme Activate and Specky's Crèche. Please call Guildford Spectrum 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.

Telephone: 01483 443322  
 web: [www.guilfordspectrum.co.uk](http://www.guilfordspectrum.co.uk)  
 email: [info@guilfordspectrum.co.uk](mailto:info@guilfordspectrum.co.uk)

Freedom Leisure working  
 in partnership with  
 Guildford Borough Council



Guildford Spectrum, Parkway, Guildford, Surrey GU1 1UP Telephone: 01483 443322

# 2012 Easter ACTIVATE

Monday 2nd-Friday 13th April 2012  
 COURSES & ACTIVITIES FOR CHILDREN & ADULTS



CHILDREN'S  
 SPECTRUM  
 LEISURE COMPLEX



[www.guilfordspectrum.co.uk](http://www.guilfordspectrum.co.uk) • Tel: 01483 443322



For Lido & Workshop Gym opening times or further information  
 Call: 01483 449108 [www.guildfordlido.co.uk](http://www.guildfordlido.co.uk)



Open 28th April to  
 16th September 2012



- Set in 3 acres of landscaped grounds
- Children's Splash Pools
- Available for private hire, events and BBQs
- Season tickets available

With  
 Guildford's only  
 sports gym



## 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, £4.00 or multi-ticket (5 sessions) £19.00  
 2 - 4 yrs, £3.30 or multi-ticket (5 sessions) £15.60

### 2 hours

Babies, £5.60 2 - 4 yrs, £5.00

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

### 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 £6.10 per hour.



## Book Skating Tickets Online

Skating tickets are available to book online for school holidays, weekends and Christmas Day. Visit our website;

[guildfordspectrum.co.uk](http://guildfordspectrum.co.uk)  
 click 'on-line box office - ice skating'

or call our box  
 office on:  
 (01483) 443333



## THE CHOICES ARE ENDLESS WITH A FANTASTIC RANGE OF ACTIVITIES



- TRAMPOLINING • ARCHERY
- DANCE • BOUNCEABOUT
- SPRINGBOARD DIVING
- TENNIS • FOOTBALL AND MUCH MORE

The emphasis is definitely on fun and if you're a budding sports star, you'll find some seriously professional coaching from experienced and friendly course leaders. Our courses give you the opportunity to learn to swim, ice skate or even acquire springboard diving skills.

Spectrum, the UK's biggest and most exciting Leisure Complex, offers the whole family a packed entertainment programme. There's something for all ages and all levels of ability - and we'll keep even the most active child entertained!

Come to Guildford Spectrum for guaranteed family fun. There's ample free parking, a variety of restaurants and family tickets for most activities.

Don't miss out - read on for details and further course information, book as soon as you can, as places are limited!

Please note: all courses need to be booked and paid for in advance  
 Booking will commence on Monday 5th March 2012

If you are out & about during the Easter holidays why not take a trip to Ash Manor Sports Centre. This multi-functional indoor/outdoor centre at Ash Manor Secondary School offers a wide range of facilities. For further information call 01252 325484 or visit [www.energylevel-ash.co.uk](http://www.energylevel-ash.co.uk)

## Contents:

Page 3	Spectrum Dance Studio
Pages 4-10	Holiday Activities
Page 7	FLAIR Gymnastics
Page 12	Spectrum Bowl
Pages 13-14	Ice Timetable & Courses
Pages 15-16	Pools Timetable
Page 17	Swimming & Diving Courses
Page 19	Booking Information





Spectrum Dance Studio offers a wide range of courses to bring the dancer out of everyone! Courses vary from Street Dance to exam based Tap & Modern (Jazz). Visit [www.spectrumdancestudio.co.uk](http://www.spectrumdancestudio.co.uk) for more information.

## Street Cheer Mix

Monday 2nd April	9.30am-10.45am	8-10 years	£6.50	STCHEER1/E
Monday 9th April	9.30am-10.45am	8-10 years	£6.50	STCHEER2/E

Bring it on! With this fun packed high energy class, filled with smiles and pom poms. Become part of a team as you learn to cheer, chant and perform the latest Street Dance and Cheerleading moves. Please wear comfortable, loose clothing and clean trainers or plimsoles and a bottle of water is advisable.

## Junior Street Dance

Tuesday 3rd April	9.30am-10.45am	7-11 yrs	£6.50	DANCE1/E
Tuesday 10th April	9.30am-10.45am	7-11 yrs	£6.50	DANCE1/E

Want to dance like Diversity? Fun moves, grooves and funky sounds with a dance fusion of Hip-Hop, Latin, Disco and Street. You'll be taught easy to follow combinations in order to master and perform the final choreographed routines. Please wear comfortable loose clothing, clean trainers or plimsoles and a bottle of water is advisable.

## ZumbAtomic

Wednesday 4th April	9.30am-10.45am	8-11yrs	£6.50	ZUMBA1/E
Wednesday 11th April	9.30am-10.45am	8-11yrs	£6.50	ZUMBA2/E

ZumbAtomic® is a fun dance - inspired fitness class full of entertainment with original music specifically designed for ZUMBA® FOR KIDS. **FUN music! FUN dances! A FUN time!**

Please wear comfortable clothing, with socks and comfortable trainers or soft dance shoes. A bottle of water is advisable.

## Michael Jackson 'Thriller' Workshop

Friday 6th April	9.30am-10.45am	8-11yrs	£6.50	THRILL1/E
Friday 13th April	9.30am-10.45am	8-11yrs	£6.50	THRILL2/E

Come along and learn the moves from the iconic 'King of Pop's' show-stopping videos. 'Beat-it' to the sounds and be 'Thrilled' on this roller-coaster ride of cult choreography. Then 'WoW' your friends and family with what you've learnt. Michael Jackson hats and gloves are optional if you have them, bring them along. Please wear comfortable loose clothing, clean trainers or and bring along a bottle of sealed water.



# Holiday Activities

MONDAY 2ND APRIL - FRIDAY 13TH APRIL 2012

## All Day Activities... Xtreme Activate:



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 details.

\*If over 9 years

Monday 2nd April	10am-4pm	5-12yrs	£21.50	XTR1/E
Tuesday 3rd April	10am-4pm	5-12yrs	£21.50	XTR2/E
Wednesday 4th April	10am-4pm	5-12yrs	£21.50	XTR3/E
Thursday 5th April	10am-4pm	5-12yrs	£21.50	XTR4/E
Tuesday 10th April	10am-4pm	5-12yrs	£21.50	XTR5/E
Wednesday 11th April	10am-4pm	5-12yrs	£21.50	XTR6/E
Thursday 12th April	10am-4pm	5-12yrs	£21.50	XTR7/E
Friday 13th April	10am-4pm	5-12yrs	£21.50	XTR8/E

## Xtreme Activate Xtra:

Monday 2nd April	8.30am-6pm	5-12yrs	£29.50	XTRA1/E
Tuesday 3rd April	8.30am-6pm	5-12yrs	£29.50	XTRA2/E
Wednesday 4th April	8.30am-6pm	5-12yrs	£29.50	XTRA3/E
Thursday 5th April	8.30am-6pm	5-12yrs	£29.50	XTRA4/E
Tuesday 10th April	8.30am-6pm	5-12yrs	£29.50	XTRA5/E
Wednesday 11th April	8.30am-6pm	5-12yrs	£29.50	XTRA6/E
Thursday 12th April	8.30am-6pm	5-12yrs	£29.50	XTRA7/E
Friday 13th April	8.30am-6pm	5-12yrs	£29.50	XTRA8/E

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 the first session booked.

## Parent & Toddler Bounceabout

Friday 13th April 9am-10am From Walking-4yrs £5.20 BOUNCI/E

This is an activity for parents and toddlers to have fun together, with the bouncy castle, ball pond, trampolines and soft play equipment. A parent must accompany their child throughout the session. Long trousers and socks must be worn for trampolining. Session fee for 1 adult and 1 child.

## 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 £4.30 for 1 child and an accompanying adult. **No booking required.**

## Toddler Splash

Exclusive session for adults and under fives in our Leisure Pool. Tuesday and Thursdays, 8.30am-9.30am, last admission to the session is 8.45am. £3.80 for 1 adult and 1 under 5.

## Toddler Splash & Soft Play Session

Available Tuesday and Thursday mornings in the Easter holidays, exclusively for parents and under 5's. Toddler Splash, 8.30am-9.30am, Soft Play 10am-11am. Combo ticket £6.10 for the first child with accompanying adult and £3.50 for each additional child.



## Little Golfers



Thursday 5th April	9.30am-12.30pm	5-11 yrs	£15.30	GOLF1/E
Tuesday 10th April	1.30pm-4.30pm	5-11 yrs	£15.30	GOLF2/E

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 training Little Golfers coach. All sessions are designed for active children; we use specially adapted equipment which ensures all children are safe.

## Trampolining

Tuesday 3rd April	2.30pm-4pm	4-12yrs	£8.00	TRAMP1/E
Thursday 12th April	2.30pm-4pm	4-12 yrs	£8.00	TRAMP2/E

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 (no jeans please), and bring trainers for warm up and no jewellery.

## Rugby Tots



Wednesday 4th April	10am-10.30am	2-3½yrs	£4.80	RUGBY1/E
Wednesday 4th April	10.45am-11.45am	3½-5 yrs	£7.60	RUGBY2/E
Wednesday 11th April	10am-10.30am	2-3½yrs	£4.80	RUGBY3/E
Wednesday 11th April	10.45am-11.45am	3½-5 yrs	£7.60	RUGBY4/E

Rugby Tots® combines the multiple skills used in rugby with a fun, energetic and structured play programme designed to enhance your child's physical skills.

## Mini Musketeers

Wednesday 4th April	2pm-3pm	6-10yrs	£8.20	FENCE1/E
---------------------	---------	---------	-------	----------

Mini Musketeers provide fun fencing classes which help improve co-ordination, balance, confidence and self-control. The child friendly system uses colourful foam swords and plastic masks.

## Pre School Drama and Music Workshop

Tuesday 3rd and Wednesday 4th April				
10am-10.30am	18months-2½yrs	£3.70 (with guardian)	DRAMUS1/E	
10.45am-11.30am	3-5 yrs	£5.20 (without guardian)	DRAMUS2/E	

An introduction to drama, building confidence, stimulating imagination and having fun. Activities include drama games, story telling, improvisation, singing with a guitar and puppetry.



ACTIVITIES  
MUST  
BE BOOKED  
IN ADVANCE

## 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

\*Over 9's only.

**2nd-13th April**  
5-12 years  
10am - 4pm &  
8.30am - 6pm  
from £21.50

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

# Gymnastics, Trampolining & Acrobatics

A fun packed 'upside-down' holiday course

**Ages 4yrs - 17yrs, all levels and all abilities**

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

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

The courses will include 3 fun packed learning zones:

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

**ACROBATICS** - Human balancing, pyramids, tricks and flips

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

**PRICE £36 per day**

## Who's doing the coaching? 'Flair Gymnastics'

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.



<b>Tuesday 3rd April</b>	<b>10am - 1pm</b>	<b>£36.00</b>
<b>Wednesday 4th April</b>	<b>10am - 1pm</b>	<b>£36.00</b>



Siblings and  
Flair Gym Club  
Member  
Discount price  
£32.40

To book or for  
more information  
Call 08450 346700  
[www.ukflair.com](http://www.ukflair.com)

guildford spectrum offers you  
a whole day of



ice skating,  
tenpin bowling or  
swimming in the leisure pool

**Call 01483 443322**

Choose any 2 of these 3 activities for £39.00  
(family of 4, maximum 2 adults) or all 3 activities for £59.00.  
Individual tickets are also available.

Juniors can enjoy 2 activities from £9.90 & adults 2 activities from £17.00. Family Fun tickets available 7 days a week, May 1st - December 31st 2012. Your last activity must be started before 5pm.

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. Where both children are under 4 years they must be accompanied on a 1 adult to 1 child basis.

Terms and conditions apply.

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

any 2  
activities  
for only  
**£39.00**  
For a family of four

all 3  
activities  
for only  
**£59.00**  
For a family of four

## Archery

Monday 2nd April 12.30pm-2.30pm 8-14yrs £13.50 ARCH1/E

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

## Tennis Together



### SUPER TOTS

Friday 13th April 1pm-2pm 3-5yrs £8.00 SHORT1/E

### INSTRUCTION CAMP

Friday 13th April 2pm-4pm 5-10yrs £9.80 SHORT2/E

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.

**(SUPER TOTS REQUIRES PARENT PARTICIPATION)**

## Guildford Heat Basketball Camp



Thursday 12th April 10am-4pm 8-16yrs £27.00 BASK1/E

Spectrum offers a clinic for those who wish to try their hand at this great sport. Heat players and coaches will take you through the main skills and drills of the game.

## Star Track Athletics



Wednesday 11th April, Thursday 12th April and Friday 13th April.

1 Day	10am-3.30pm	8-14yrs	£25.00
2 Days	10am-3.30pm	8-14yrs	£35.00
3 Days	10am-3.30pm	8-14yrs	£45.00

Using junior athletics equipment with a variety of running, jumping and training games, the camps will culminate in a fun team competition on the second day. The camps are led by UK Athletics qualified coaches.

**For more information, or to book please call Star Track directly on 01483 444766**



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

# Soccer Skills Course



in association with Chelsea F.C.

## 4 Day Soccer School

Outside

For children aged 6-14yrs

Monday 2nd to Thursday 5th April 10am-3pm £64.00 CFCSS1/E

## 4 Day Goalkeepers Course

Outside

For children aged 6-14yrs

Monday 2nd to Thursday 5th April 10am-3pm £72.00 CFCSS2/E

## 2 Half Day Mini Kickers

Outside

For children aged 4-5yrs

Monday 2nd & Tuesday 3rd April 10am-12noon £17.00 CFCSS3/E

Please meet at Ice Box 3 half an hour before the course start time for registration.

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

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



GUILDFORD  
**SPECTRUM**  
LEISURE COMPLEX

Take a look at  
energy level gym & spa

We've been  
working out...

a membership deal offering  
Gym, Swim, Spin and much more



**energy**  
direct+

Come in and see us or call today:  
**01483 443355**  
www.guildfordspectrum.co.uk



energy level

# Spectrum Bowl

Spectrum Bowl will be open Monday-Wednesday 9.30am-10.45pm\*, Thursday & Friday 9.30am-11.15pm\*, Saturday & Sunday 9am-11.15pm\*

\*Last game sold 45 minutes before the last time shown

Adults £5.50 per game, Juniors £5.20 per game, Families £20.10 (family of 4, maximum 2 adults) Prices now include shoe hire. Bookings can be made up to two months in advance. Peak prices apply. For lane bookings contact Spectrum Bowl on 01483 443377.

A £3.00 non refundable booking fee applies. Multi-game discount may be available, see Bowl reception for details

## ACTIVE OFFER

- Buy one game and get the next one FREE, per Active cardholder, Mon-Fri 6pm-10pm, on production of your Active card.
- Bowl for £10 for 1 hour, 1 lane per Active cardholder, max 6 people per lane, Monday-Friday, 10am-10pm.

## Family Bowling (Early Bird Special)\*

Monday 2nd to Friday 6th April and Monday 9th to Friday 13th April, 9.30am-11am

One game of bowling for a family of 4 (maximum 2 adults and 2 under 16's) including shoe hire for £17.50



## Neon Pin Night\*

Thursdays 5th & 12th April 6pm-Close

...when the house lights go down and the party lights come up. (There will be music & effect lighting during this session).

## Easter Holiday Bonanza\*

Friday 6th and Monday 9th April 7pm-Close

1 game for £3.00, 2 games for £5.50, includes shoe hire (subject to availability)

## Saturday Disco Night

Saturdays 7th and 14th April 7pm-Close

Bowl to the sounds of your favourite songs and artists - a great saturday night out! There will be music and effect lighting during these sessions.













## 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.

\*Normal booking terms and conditions apply

# Ice Timetable

Skate For All Prices: Adults **£5.70**, Juniors **£5.00**,  
Family of Four (maximum 2 adults) **£18.00**, Skate hire **£1.70** per person

Day	Early Morning	Daytime	Teatime	Evening
<b>Monday 2nd April</b>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm	Training Ice 4.45pm-7pm Aldwych Speed Skating Club 7.15pm-8.15pm	Simply Skate 8.30pm-10pm
<b>Tuesday 3rd April</b>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm	Junior Ice Hockey 4.45pm-7.15pm Ice Dance Club 7.30pm-8.30pm	Simply Skate 8.30pm-10.30pm <small>(Hockey skates not permitted) 15 minute dance interval at 9.15pm</small>
<b>Wednesday 4th April</b>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm	SKATE FOR ALL 4.45pm-6.15pm Aldwych Speed Skating Club 7.15pm-8.15pm	Simply Skate 8.30pm-10.30pm
<b>Thursday 5th April</b>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm	SKATE FOR ALL 4.45pm-6.15pm Junior Figure Skating Club 6.30pm-8.15pm	Ice Cool Classics 8.30pm-10.30pm
<b>Friday 6th April</b>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm	Training Ice 4.45pm-6.30pm 2XTREME 6.30pm-8pm	Ice Xtreme 8.30pm-11pm 
<b>Saturday 7th April</b>	Training Ice 5.30am-9.45am Lesson Ice 9.45am-10.45am	 Family Time 11am-1pm <small>(Hockey skates not permitted)</small> Parties 1.15pm-2pm SKATE FOR ALL 2pm-4.30pm*	Ice Hockey 4.45pm-8.15pm	Ice Xtreme 8.30pm-11pm 
<b>Sunday 8th April</b>	Junior Hockey Club 5.30am-10.45am	 Family Time 11am-1pm <small>(Hockey skates not permitted)</small> Training Ice 1.15pm-2pm Family Disco 2pm-4.30pm*	Guildford Flames v TBC 6pm-8.15pm	Ice Xtreme 8.30pm-10.30pm 

 Public Skating Session  
\*Resurface at 3.15pm

## Children's Learn To Skate

### 4 DAY BEGINNERS COURSES - AGES 5-10 YEARS

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.**

Monday 2nd - Thursday 5th April


11am-11.30am	5-10yrs	£37.20	SKATE1/E
11.30am-12noon	5-10yrs	£37.20	SKATE2/E

Tuesday 10th - Friday 13th April

11am-11.30am	5-10yrs	£37.20	SKATE3/E
11.30am-12noon	5-10yrs	£37.20	SKATE4/E



Penguin shaped skating aids are available to hire on a first come first served basis for our younger skaters at these sessions. £2.00 per 15 minutes.

Day	Early Morning	Daytime	Teatime	Evening
<b>Monday 9th April</b>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm	Training Ice 4.45pm-7pm Aldwych Speed Skating Club 7.15pm-8.15pm	Simply Skate 8.30pm-10pm
<b>Tuesday 10th April</b>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm	Junior Ice Hockey 4.45pm-7.15pm Ice Dance Club 7.30pm-8.30pm	Simply Skate 8.30pm-10.30pm <small>(Hockey skates not permitted) 15 minute dance interval at 9.15pm</small>
<b>Wednesday 11th April</b>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm	SKATE FOR ALL 4.45pm-6.15pm Aldwych Speed Skating Club 7.15pm-8.15pm	Simply Skate 8.30pm-10.30pm
<b>Thursday 12th April</b>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm	SKATE FOR ALL 4.45pm-6.15pm Junior Figure Skating Club 6.30pm-8.15pm	Ice Cool Classics 8.30pm-10.30pm
<b>Friday 13th April</b>	Training Ice 5.30am-10.15am	 SKATE FOR ALL 10.30am-12.30pm 2pm-4.30pm	Training Ice 4.45pm-6.30pm 2XTREME 6.30pm-8pm	Ice Xtreme 8.30pm-11pm 
<b>Saturday 14th April</b>	Training Ice 5.30am-9.45am Lesson Ice 9.45am-10.45am	 Family Time 11am-1pm <small>(Hockey skates not permitted)</small> Parties 1.15pm-2pm SKATE FOR ALL 2pm-4.30pm*	Ice Hockey 4.45pm-8.15pm	Ice Xtreme 8.30pm-11pm 
<b>Sunday 15th April</b>	Junior Hockey Club 5.30am-10.45am	 Family Time 11am-1pm <small>(Hockey skates not permitted)</small> Training Ice 1.15pm-2pm Family Disco 2pm-4.30pm*	Ice Hockey 4.45pm-8.15pm	Ice Xtreme 8.30pm-10.30pm 

 Public Skating Session  
\*Resurface at 3.15pm

**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.

# Pools Timetable

Leisure Pool Prices: Adults £6.10, Juniors £4.70, Family of Four (max 2 adults) £19.00  
Please note the Leisure Pool will be opening at 9.30am-6.30pm on Friday 30th March and Monday 16th April.

Day	Leisure Pool	25M Pool	Teaching Pool	Diving Pool
<b>Monday 2nd April</b>	Gentle Water Aerobics 8am-9am <b>SWIM FOR ALL</b> 9.30am-6.30pm Splashfit 7pm-8pm	Lane Swim (4 lanes) 11am-1.30pm <b>SWIM FOR ALL</b> 10.30am-4.30pm 4.30pm-5.30pm ■ Lane Swim 5.30pm-6.30pm (4 lanes) 8.30pm-9.30pm	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 11am-4pm  <b>NO AQUA CLASSES</b>
■ Limited access during these times				
<b>Tuesday 3rd April</b>	• Toddler Splash 8.30am-9.30am <b>SWIM FOR ALL</b> 9.30am-6.30pm Hydrokick 6.45pm-7.45pm Aqua Zumba 7.45pm-8.30pm	Dawn Dippers 6.30am-8.30am 60+ Swim 8am-9.30am Lane Swim (4 lanes) 11am-1.30pm <b>SWIM FOR ALL</b> 10.30am-4.30pm Lane Swim 5.30pm-6.30pm 9.30pm-10.30pm	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 11am-4pm
• Exclusive session for parents and under 5's - strictly 8.30am-9.30am session, £3.80 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				
<b>Wednesday 4th April</b>	<b>SWIM FOR ALL</b> 9.30am-6.30pm Dunk your Bump 7pm-7.45pm	Dawn Dippers 6.30am-8.30am Lane Swim (4 lanes) 11am-1.30pm <b>SWIM FOR ALL</b> 10.30am-4.30pm ■ Lane Swim 5.30pm-6.30pm Adult Swim 8.30pm-10pm	<b>SWIM FOR ALL</b> 10.30am-4pm Adult Swim 8.30pm-10pm	<b>SWIM FOR ALL</b> 11am-4pm Adult Swim 8.30pm-10pm
<b>Thursday 5th April</b>	• Toddler Splash 8.30am-9.30am <b>SWIM FOR ALL</b> 9.30am-6.30pm Aqua Attack 6.45pm-7.45pm Aqua Zumba 7.45pm-8.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 8am-9am Lane Swim (4 lanes) 11am-1.30pm <b>SWIM FOR ALL</b> 10.30am-4.30pm Lane Swim 5.30pm-6.30pm (6 lanes) 8.30pm-9.30pm	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 11am-4pm
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.				
<b>Friday 6th April</b>	<b>SWIM FOR ALL</b> 9.30am-6.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim (4 lanes) 7.30am-8.30am Lane Swim (4 lanes) 11am-1.30pm <b>SWIM FOR ALL</b> 10.30am-5.30pm Lane Swim 5.30pm-6.30pm	<b>SWIM FOR ALL</b> 9.30am-6.30pm	<b>SWIM FOR ALL</b> 10.30am-4pm
<b>Saturday 7th April</b>	<b>SWIM FOR ALL</b> 9.30am-6pm	Lane Swim (4 lanes) 9am-11am <b>SWIM FOR ALL</b> 11am-5pm	<b>SWIM FOR ALL</b> 11am-4pm	<b>SWIM FOR ALL</b> 12noon-4pm
<b>Sunday 8th April</b>	Family Time 9.30am-12noon <b>SWIM FOR ALL</b> 12noon-6pm	Lane Swim 8.30am-11am <b>SWIM FOR ALL</b> 11am-5pm	<b>SWIM FOR ALL</b> 8.30am-5pm	<b>SWIM FOR ALL</b> 12noon-4pm

Day	Leisure Pool	25M Pool	Teaching Pool	Diving Pool
<b>Monday 9th April</b>	<b>SWIM FOR ALL</b> 9.30am-6.30pm  <b>NO AQUA CLASSES</b>	Lane Swim (4 Lanes) 11am-1.30pm <b>SWIM FOR ALL</b> 10.30am-5.30pm Lane Swim 5.30pm-6.30pm (4 Lanes) 8.30pm-9.30pm	<b>SWIM FOR ALL</b> 9.30am-6.30pm	<b>SWIM FOR ALL</b> 10.30am-4pm  <b>NO AQUA CLASSES</b>
<b>Tuesday 10th April</b>	• Toddler Splash 8.30am-9.30am <b>SWIM FOR ALL</b> 9.30am-6.30pm Hydrokick 6.45pm-7.45pm Aqua Zumba 7.45pm-8.30pm	Dawn Dippers 6.30am-8.30am 60+ Swim 8am-9.30am Lane Swim 11am-1.30pm <b>SWIM FOR ALL</b> 10.30am-4.30pm Lane Swim 5.30pm-6.30pm 9.30pm-10.30pm	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 11am-4pm
• Exclusive session for parents and under 5's - strictly 8.30am-9.30am session, £3.80 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				
<b>Wednesday 11th April</b>	<b>SWIM FOR ALL</b> 9.30am-6.30pm Dunk your Bump 7pm-7.45pm	Dawn Dippers 6.30am-8.30am Lane Swim 11am-1.30pm <b>SWIM FOR ALL</b> 10.30am-4.30pm ■ Lane Swim 5.30pm-6.30pm Adult Swim 8.30pm-10pm	<b>SWIM FOR ALL</b> 10.30am-4pm Adult Swim 8.30pm-10pm	<b>SWIM FOR ALL</b> 11am-4pm Adult Swim 8.30pm-10pm
■ Limited access during these times				
<b>Thursday 12th April</b>	• Toddler Splash 8.30am-9.30am <b>SWIM FOR ALL</b> 9.30am-6.30pm Aqua Attack 6.45pm-7.45pm Aqua Zumba 7.45pm-8.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 8am-9am Lane Swim 11am-1.30pm <b>SWIM FOR ALL</b> 10.30am-4.30pm Lane Swim 5.30pm-6.30pm Lane Swim (6 Lanes) 8.30pm-9.30pm	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 11am-4pm
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.				
<b>Friday 13th April</b>	<b>SWIM FOR ALL</b> 9.30am-6.30pm	Dawn Dippers 6.30am-8.30am 50+ Swim 7.30am-8.30am Lane Swim (4 Lanes) 11am-1.30pm <b>SWIM FOR ALL</b> 10.30am-4.30pm Lane Swim 5.30pm-6.30pm	<b>SWIM FOR ALL</b> 10.30am-4pm	<b>SWIM FOR ALL</b> 11am-4pm
<b>Saturday 14th April</b>	<b>SWIM FOR ALL</b> 9.30am-6pm	Lane Swim (4 Lanes) 9am-11am <b>CLOSED FOR GALA</b>	<b>CLOSED FOR GALA</b>	<b>CLOSED FOR GALA</b>
<b>Sunday 15th April</b>	Family Time 9.30am-12noon <b>SWIM FOR ALL</b> 12noon-6pm	<b>CLOSED FOR GALA</b>	<b>CLOSED FOR GALA</b>	<b>CLOSED FOR GALA</b>

# Swimming & Diving Courses

## Springboard Diving

### Learn To Dive And Improver Workshops 4 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.

The Beginner Level Diving course introduces children to the first 2 stages of the ASA Diving Awards programme and offers a structured progression following completion of the Flip n Fun Awards.

**Monday 2nd - Thursday 5th April and Tuesday 10th - Friday 13th April**

9.30am-10am	Flip n Fun	5+yrs	£23.20	FLIP1/E
10am-10.30am	Diving Beginners	5+yrs	£23.20	FLIP2/E

Children must be able to swim 25m unaided to join this course.

See pools programme for public dive sessions

## Learn to Swim 4 Day Courses



Learn to Swim courses are on offer for those with different levels of ability. The course takes place in Spectrum's Teaching Pool and must be booked in advance.

**Monday 2nd - Thursday 5th April and Tuesday 10th - Friday 13th April**

9am-9.30am	Non Swimmers	4+yrs	£23.20	SWIM1/E
9.30am-10am	Ability 5-10m (without armbands)	4+yrs	£23.20	SWIM2/E
10am-10.30am	Ability 10-25m (without armbands)	4+yrs	£23.20	SWIM3/E

## 1:1 Swimming

**Monday 2nd - Thursday 5th April  
Tuesday 10th - Friday 13th April**

1:1 Intensive lessons also available between 9am-10.30am. These sessions provide children with individual attention and a faster learning rate.

**Places are limited and must be booked in advance, contact Customer Services on 01483 443322 (select option 4) for more details.**



**SPECTRUM'S WORLD OF PARTIES**

- FOOTBALL • GO KARTS
- TRAMPOLINING • SWIMMING
- ICE SKATING • TENPIN BOWLING
- SPECIAL AGENT ACADEMY
- CHEERLEADING
- SPECKY'S PIRATE SHIP

*Catering options to suit all*

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

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

**Let Spectrum organise a party  
your child will remember!**