

Schedule



Monday to Friday	from 6am to 10pm Water area open until 9:30pm.
Saturday	from 8am to 3pm
Sunday	from 9am to 2pm
Holidays	from 9am to 2pm

Services included in the fee



- Free use of large and small swimming pools.
- A Fitness room of more than 400 square meters equipped with the latest fitness machines for cardiovascular workouts, an area of resistance and isotonic machines, an area of free weights, and an area set aside for stretching.
- 150 weekly guided activities:
 - Fitness Room activities:
Aerobics, Steps, GAC, Spinning, Power Pump, Stretching, Taichi, Yoga, ABD, Pilates, Activities for Senior Citizens, and much more!
 - Water activities:
Aqua gym, TBA, Aquadeq, Aquatono and Aquamater.
- Natural Solarium.
- Use of large lockers during visits.
- Sauna with color therapy.
- Initial medical check-up.

What do I need to become a member?



When signing up you'll need to bring:

- Completed sign-up form of the installation.
- One recent passport-sized photograph.
- Photocopy of DNI, passport or like.
- Photocopy of bank details.

* **IMPORTANT** Payment of inscription and first month must be paid in cash or with credit card in the center's reception.

Services not included in the fee



- Swimming courses for different levels: infants, toddlers, adults and senior citizens.
- Tanning booths.
- Sports Medicine.
- Physiotherapy and Massage.
- Dietetics and Nutrition.
- Traditional Chinese Medicine.
- Rental of permanent lockers.
- Sale of sporting articles.
- Personal Trainer: standard, aquatic, pilates and therapeutic.
- ...

Special prices for members!

Diagram of areas and activities permitted according to user's age



	Services included						Services not included			
	Small Pool	Large Pool	Guided activities	Fitness room	Sauna	Solarium	Swimming courses	Tanning booths	Medical services	Locker rentals
0-3 years		✗	✗	✗	✗		✓	✗	✗	✗
3-14 years			✗	✗	✗		✓	✗	✗	✗
14-15 years			✗		✗		✓	✗	✗	✗
+ 16 years	✓	✓	✓	✓	✓	✓	✓	✓ +18 years	✓	✓

✓ permitted. ✗ not permitted. permitted under supervision of adult. Permitted with previous written authorization of parents or tutors. Fitness room: Cardiovascular activities only.

Of further interest



- To process inscription all required documentation is necessary.
- Payments are for upcoming month by automatic bank with drawal.
- Payment are non-refundable.
- Sign-up forms are to be signed by bank account holder.
- Cancellation of membership must be made before the 25th of previous month.
- Signing of membership form implies full acceptance of and compliance with our rules and regulations.

Ask for our rules and regulations at Reception