



Semi Olympic sized swimming pool

25 metre swimming pool with 8 lanes separated by anti-wave lane lines and with raised starting blocks . This pool holds most of our swimming courses for all ages , including therapeutic swimming club, classes of synchronized swimming , leaving at least one lane free at all times for our members and pool users.

Shallow pool

Shallow swimming pool , the water at a suitable temperature for our initiation classes for babies and parents , classes for young beginners without parents , and rehabilitation work with injured clients and those with chronic muscular and orthopaedic illnesses . There is a bar along the length of the pool to help support the swimmer during rehabilitation.

RELAXACION AND WELL-BEING

Spa area

Kidney shaped pool for classes of Aqua-gym and Aqua -training , 3 jacuzzis of different temperatures , Finnish sauna , Turkish bath , foot bath and cold showers. Thanks to our innovative water treatment , we have been able to eliminate 95% of residual chlorine in our kidney pool .

We also offer our hydrotherapy service with water jets of different pressures aimed at different parts of the body , to obtain a sensation of relaxation , physical as well as mental , combining this treatment with our foot bath and the changes of temperature in our jacuzzi , stimulating the body's circulation.



PISCINA CLIMATIZADA LA NUCÍA

CIUDAD DEPORTIVA CAMILO CANO



www.piscinanucia.com

Partida Muixara, s/n

03530 La Nucía

Tfno.: 96 689 51 06 - Fax: 96 689 67 38

info@piscinanucia.com

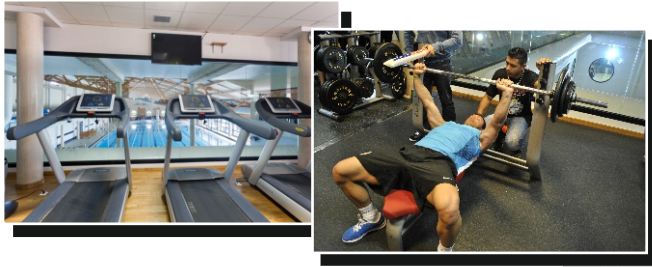
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Fitness Hall



Spacious gym equipped with the latest cardio-fitness equipment and a wide range of equipment for muscle exercising as well as a weight training room with a great variety of weights. In this room classes are given of Gap, Abdominals and Stretching.

Outside

Making use of the magnificent countryside around us, there are classes of Running, Outcycling etc...



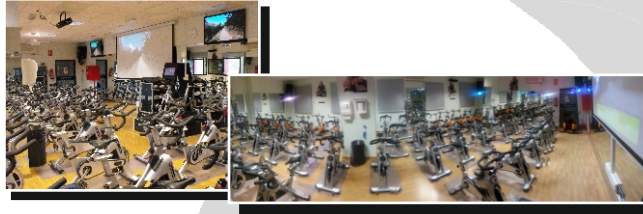
Pavillion Hall

Activities of TRX, Zumba, Latin rhythms, Energy-Box etc. And a range of equipment for muscle strengthening.



Hall 1

In Hall 1 there are classes of Spinning.



Hall 2

In Hall 2 there are classes of Body-power, Pole dancing, Fitness and Extreme-fit.



Tatami Hall

The Hall is the quietest and most relaxing place for classes of Taichi, Yoga, Pilates and Chikun.



Hall

In the upper Hall in the complex there is also walking equipment.



Other Services

Daycare Centre
Cafeteria
Sports Shop
Personal Training
Swimming courses
More collective classes
Control of "Mywellness" training
Physiotherapy
Osteopathy
Chiropractic
Nutrition
Beautician
Towel Service
Psychologist
Virtual Classes
Prenatal and Postnatal Classes
Ultraviolet treatment
and a lot more...



PRESENTING THIS BONO



**ENTRY DAY TO GIFT A
FRIEND BY GENERAL
SUBSCRIPTION**

BONO NO COMBINABLE WITH OTHERS OFFERS