



# ***Olympic Swimming Pool Lloret de Mar***

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*Sports Destination since 2006*

The [Olympic pool](#) is located in Lloret de Mar, a key environment for tourism, sport and leisure. Lloret de Mar has a privileged location in the South of the Costa Brava.

The Olympic pool is located in the area surrounded by a wide range of accommodation and leisure and sports of Lloret de Mar, in the heart of the population and only 800m from the beach. Since 2006, Lloret de Mar is certified as a sports tourism destination of the sportive modalities as soccer, track and field, cycling, swimming, team sports and triathlon.

One of its advantages is the possibility of all movements on foot, in a way that saves time and unnecessary costs, making the sports stay the true protagonist. Also, the Mediterranean weather is excellent to enjoy the practice at its most, with soft temperatures and long hours of sun all year long.

The swimming pool, in addition to the Olympic swimming pool also has a wide range of services.



## Services:

The Olympic swimming pool can accommodate almost all sports water (Swimming, synchronized swimming, water polo, triathlon, etc ... ) for competitions and training for sports stays.

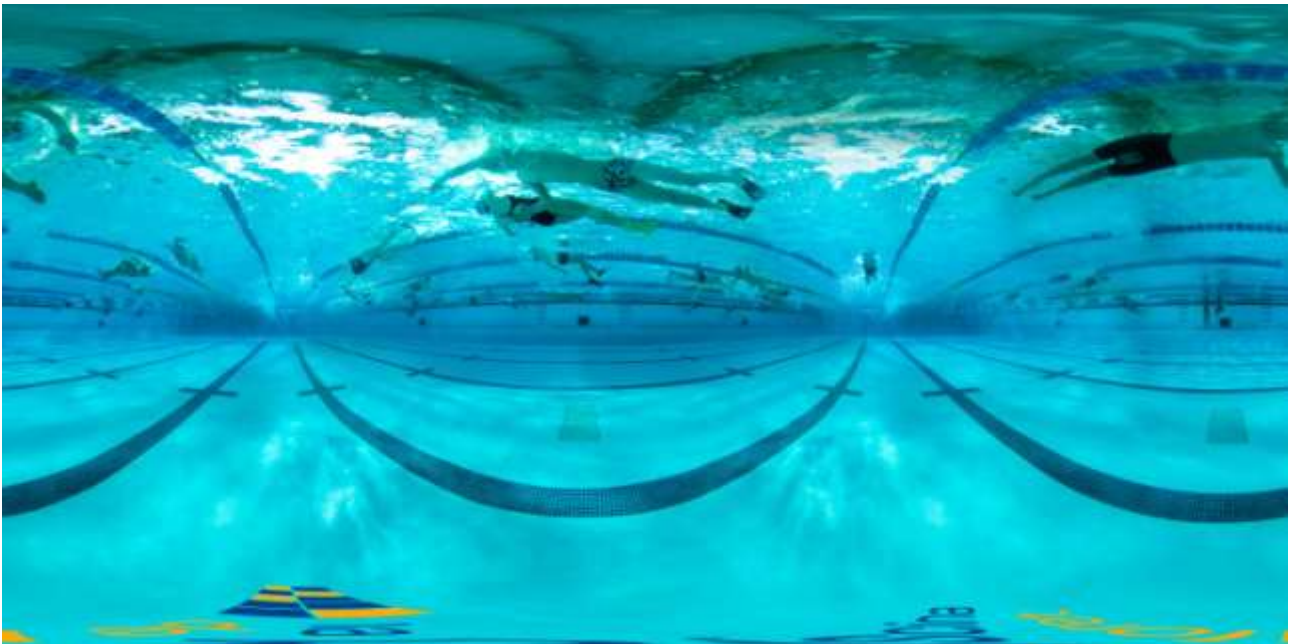
It also boasts a **fitness room** where perform cardiovascular and muscle training in fixed stations and free weight.

A new **functional training** room of 130m2.

In two **activities rooms**, multitude of choreographed activities fun and enjoyable working the cardiorespiratory, muscular strength or elasticity can be.

It also has a brand new **racket area** with 6 paddle courts, 3 tennis clay courts and a fast tennis court which allows others sports practices such as indoor soccer or basketball.


The **cycling room** is specially designed to exercise on a stationary bike in legs and resistance force. The Olympic-size pool aims to offer a global service so that athletes can maintain their workout routines during their stay.



### Uses:

- Swimming, Synchronized Swimming and Waterpolo
- Competitions
- Training
- Team and Swimming School CNSO
- Aquatic activities (teaching, fitness, etc.)
- Recreational / Free swimming for members
- Rentable installations

### Characteristics and additional areas:

- Olympic swimming pool of 50 m long and 25 wide with mobile glass of 9 m. Maximum depth 2 mts
- 2 individual dressing rooms 4 changing rooms for groups
- 430 m stations Matrix cardiovascular, muscle and free weight fitness room.
- 3 activities halls.
- 1 functional training room of 130m<sup>2</sup> and cycling.
- 1 outdoor training room
- Nursing room
- Vending zone
- Fully-accessible facility for persons of reduced mobility. 
- 6 paddle courts
- 3 tennis clay courts
- 1 polyvalent court
- 1 automatic coffee shop with relaxing zone (meeting point)





## Functional training:



## Contact:

Piscina de Lloret  
Av. del Rieral, 22 17310 Lloret de Mar Girona  
T: (+34) 972 364 384  
[piscina@lloret.cat](mailto:piscina@lloret.cat)  
[www.piscinalloret.cat](http://www.piscinalloret.cat) [www.lloret.cat](http://www.lloret.cat)



[Platja de Lloret, Lloret de Mar \(Costa Brava\)](#)



Lloret de Mar Sport Destination

## Useful Information:

[Sports Destination – Sports Tourism](#)  
[Welcome to Lloret](#)  
[Where to Sleep](#)(Lloret's booking service)

[Esports Lloret](#)  
[Esports – Sports Facilities](#)