

Where to swim in winter in Madrid: top 3 and much more.

Where can you jump off a 10-meter high springboard in olympic style? Play waterpolo? Or swim laps? Look no further, cause we're about to tell you...

Summer is technically over in September, yet that doesn't mean the pool fever has to stop. Quite the opposite, actually, as winter is the perfect time to suit up your speedo, dive into the water, take a deep breath and start moving like a dolphin (or a shark) in the pool. And the best part is that you can do all this without having to share your pool lane with a thousand people.

Madrid boasts many state-of-the-art sports complexes with indoor pools around the city, allowing you to splash around all year long. Whether you like the front crawl, backstroke, butterfly, breaststroke or even just floating around and enjoying the silence (my favorite style), you'll be able to do it all. What's more, you can also partake in water sports like **waterpolo**, **scuba-diving** or, the coolest option, **springboard jump!**

So lets go dive into Madrid, shall we?

[Real Canoe](#)



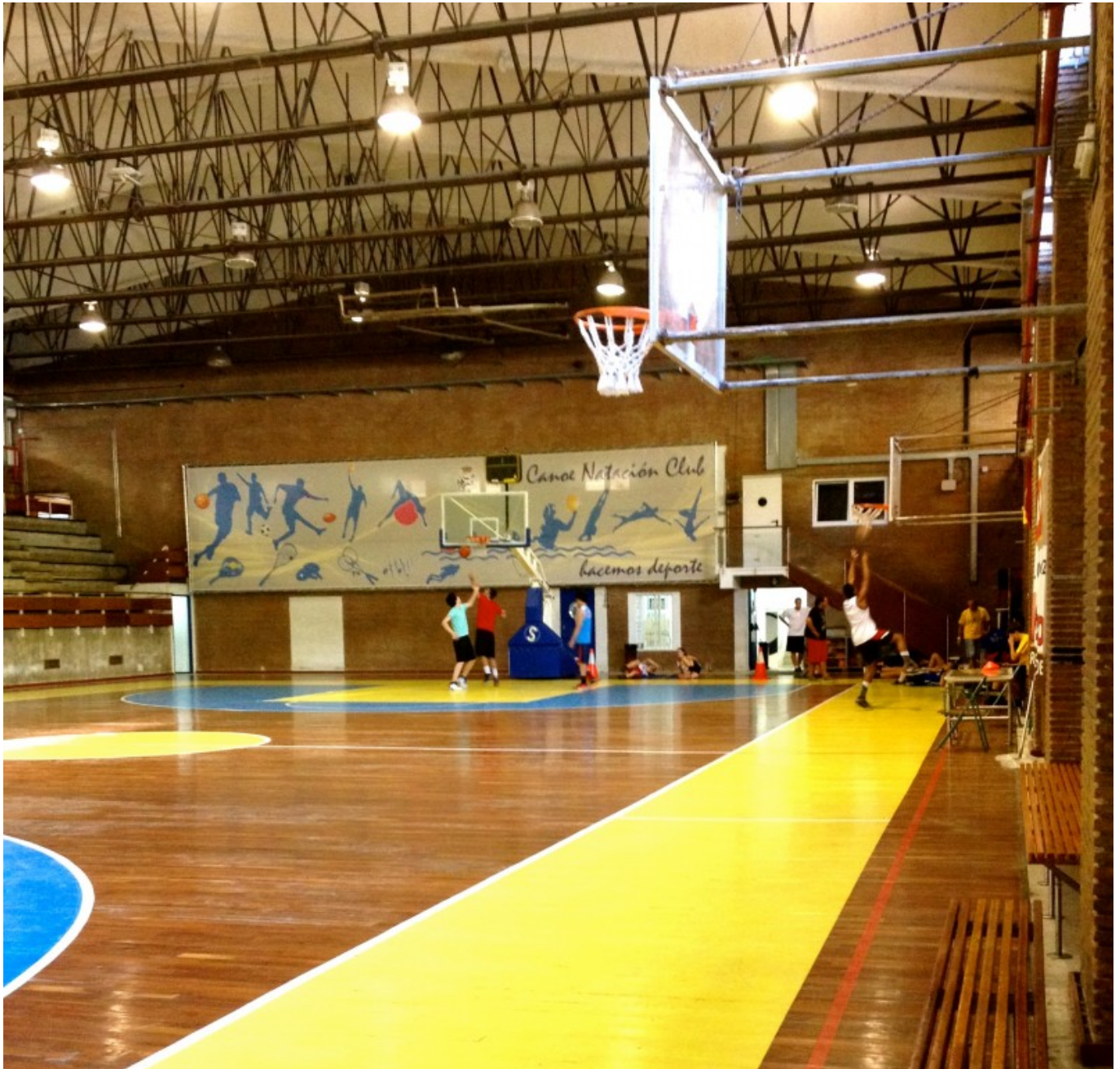
The club was established in the 1930's. Since then, it's been a home to all kinds sports like rugby, basketball, squash, football, and of course, water sports such as swimming, synchronized swimming or waterpolo. Today you have many different ways to enjoy the place, from becoming a full member to having the swim pass to enjoy your favorite sport. They've also got a **scuba-diving club!**

Facilities

- 2 main pools
- Basketball court or multisport center
- A few squash and *pádel* courts
- Fully equipped gym
- Cafeteria







Fees

They have a few options and ways to enjoy their facilities, but these are the main ones:

A) Full Canoe membership. This option is really good if you are planning on staying in Madrid long term.

- Schedule from **7am to 9.55pm (everyday – no limitations)**
- It costs **500€ (one time fee) + 97,52 € every two months**. Although it can be expensive to become a full member, sometimes they offer promotions, such as by

waiving the initial fee or reducing the membership fee

B) Free use of pool in Canoe. They have more options but these are the ones I would get:

▪ **Schedule**

- Mondays to Fridays.....7am-4pm (option 1)
- Saturday and Sunday.....8pm-9.55pm (option 2)

▪ **Fees**

- 1 month.....62€ (option 1) | 50€ (option 2)
- 2 months.....101€ (option 1) | 77€ (option 2)
- 3 months.....150€ (option 1) | 113€ (option 2)
- 4 months.....189€ (option 1) | 143€ (option 2)

*For more options check out this [link](#) (only in spanish)

Contact Canoe

- **Adress:** *Calle Pez Volador, 30*
- **Neighborhood / District:** *Estrella, Retiro*
- **Tel:** *91 504 40 45*

[Centro de Natación mundial 86](#)



In the summer of 1986, Madrid was home to the World Aquatics Championships, therefore, the city built a complex to celebrate such an event. Today, thousands of Madrileños enjoy the facilities all year long; in the summer pools where you can spend the day swimming and having fun, and in the winter pools, where you can swim at your leisure or take affordable swimming lessons.

Here you will find a very special class: **Springboard jump**. No matter your age or level, [prepare to learn how to jump off a 10-meter high springboard in olympic style!](#) Continue reading for more details.

Facilities

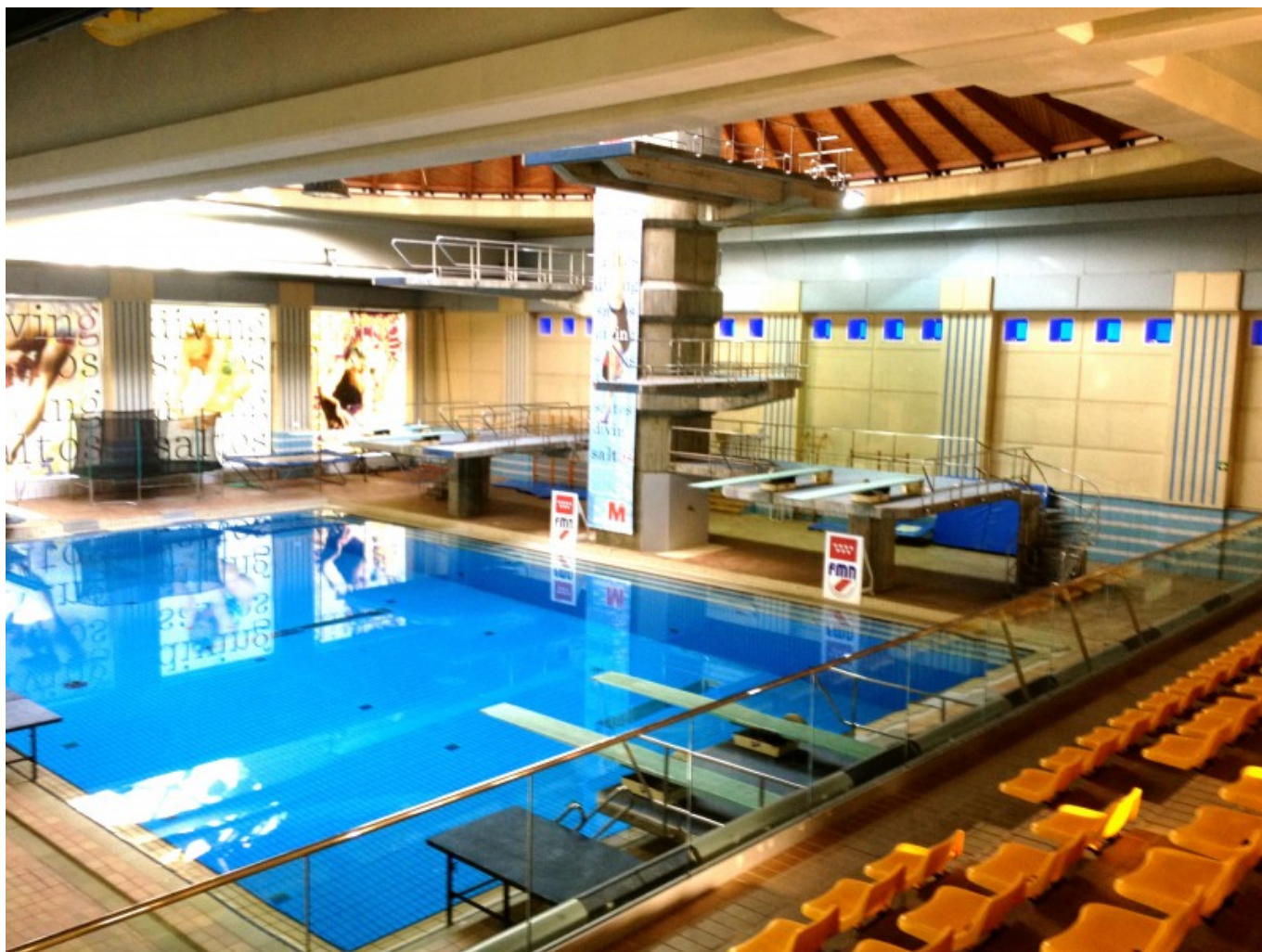
- Two olympic size pools (10 and 8 lanes)
- Springboard jump / diving pool

- Fully equipped gym
- Sauna

1. High dive / springboard jump (max. 10 meters high). Main activities:







What you have to know about the class:

▪ **Schedule:**

▪ Monday to Friday1.30pm-3.30pm

▪ **Price 60€ (10 hours per week)**

One-time trial class: **15€**

*They are working on new schedules and rates, depending on how many people would like to join the class.

**For more info, keep an eye on our [Facebook](#).

Contact: Álvaro 636 628 455 / alvaroprietolafuente@gmail.com
(only Spanish)

2. Free use of pool, Mundial 86.



Here is what you should know:

▪ **Schedule:**

- Monday to Friday8.30am-10pm
- Saturday & Sunday..... 9am-1pm

▪ **Price**

- Abono club (Highly recommended)**43,15€/monthly fee**
- Other rates for less young people:
 - Senior (55 – 64 years old) 39,05€
 - 65 years old or more 22€

Contact

- **Adress:** *Calle José Martínez de Velasco, 3*
- **Neighborhood / District:** *Estrella, Retiro*

▪ **Tel:** 914 091 026 | 663 854 716

Some other options: Piscinas Municipales (Public Pools)

If going to Estrella doesn't sound good to you, or you just want to go to the closest public sport center, there is also a wide variety of places where your swim. The one that I, along with many Madrileños, like the most, is [Escuelas de San Antón](#), which we mentioned in a previous post on the [Best Places to Break a Sweat in Madrid](#). Although you can also have a look at the list of [Madrid's public gyms](#) to find the most convenient center for you.

Centro Deportivo Municipal Escuelas de San Antón



Facilities

- Swimming pool
- Spa
- Gym

Schedule

- Monday to Friday.....7am-10.30pm
- Saturday.....8am-8.30pm
- Sunday.....9am-6.30pm

[*All classes schedule](#)

Fees

Monthly fee **47,45€**

* [All fees list \(Spanish\)](#)

Contacto

- **Adress:** *Calle Farmacia, 13*
- **Neighborhood / District:** *Justicia, Centro*
- **Tel:** *918 289 006*

[Lista completa de Piscinas climatizadas pública](#)

As you may already know, Madrid has a wonderful world of swimming pools that open up during summer. Here are my favorites:

- [Madrid's Best Public City Swimming Pools](#)
- [Madrid's Best Natural Swimming Pools \(in the mountains\)](#)

If you're looking for the best gyms and fitness clubs in Madrid, check out:

- [Best Places to Break a Sweat in Madrid](#)