

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

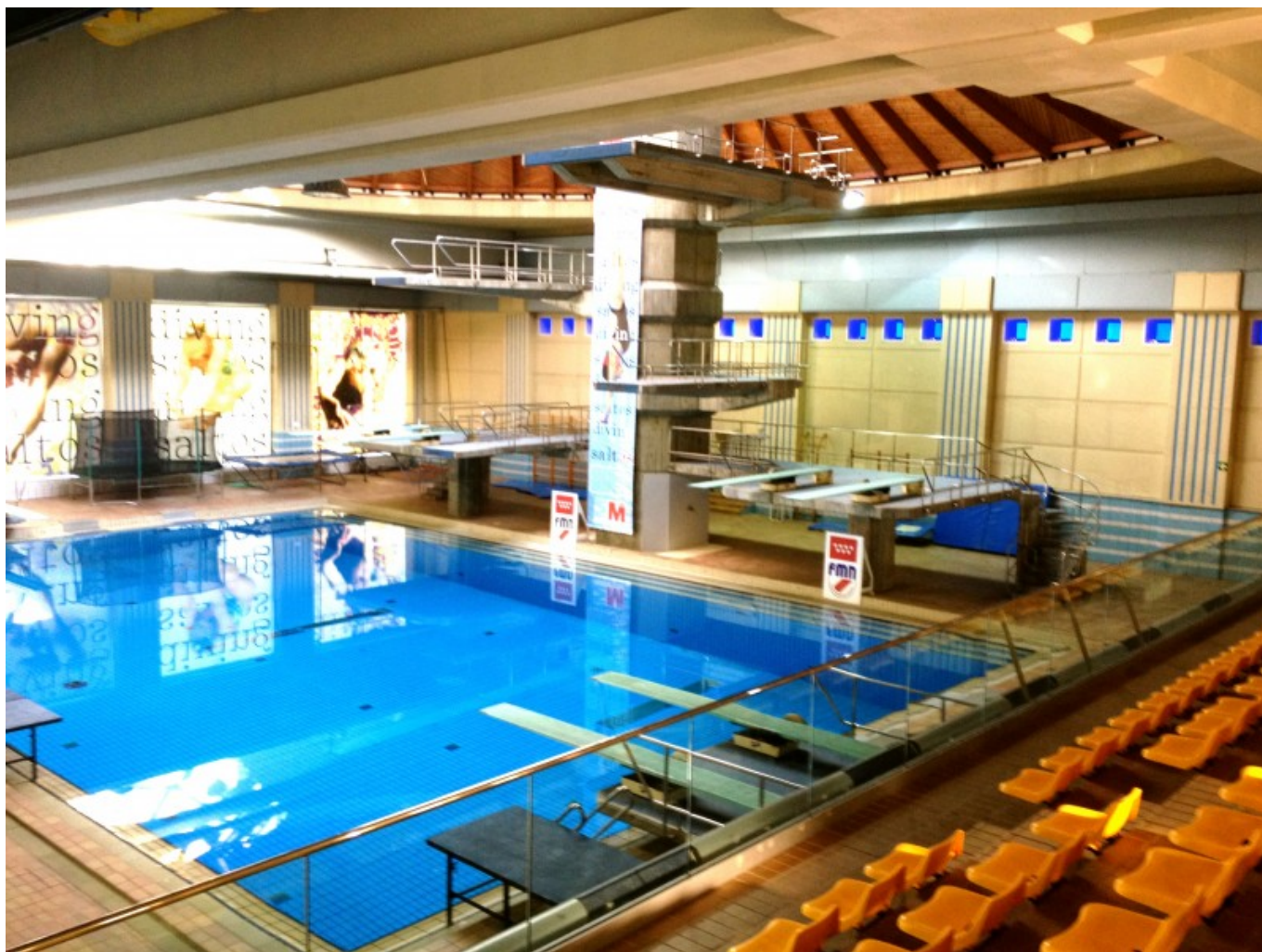
- Two olympic size pools (10 and 8 lanes)
- Springboard jump / diving pool

- 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 you can 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](#)

Best Natural Swimming Pools in Madrid (my top three)

Sometimes in life, you find yourself taking sides on what really matters: dogs or cats? living in the city or in a town? Here comes a difficult one: pizza or burger? From now on, you won't have to struggle on the next question in Madrid: **day trip to the ocean or hiking in the mountains?** Cause the answer is **piscina natural!!**

Las piscinas naturales, or **natural swimming pools/ponds**, are a pleasant alternative to the more common ones in the city (take a look at our previous post, [my top 4 city swimming pools in Madrid](#)). As far as I know, this kind of pool is **chemical free** and uses the water that flows from a river to fill the **pool**. Here in Madrid, we are lucky enough to live relatively close to a few of them. Since **summer** has now come and it's going to stick around for a while, go give yourself a break and enjoy life in the **"Sierra de Madrid"**.

Here are my top three!

(note—they're all open now but I highly recommend calling beforehand to confirm their hours, sometimes they change without warning)

1. Piscinas naturales de Cercedilla (Las Dehesas)



Cercedilla by Marcelo Concina



Cercedilla by ABC

What you need to know:

Cercedilla's pool is my favorite because it's the closest to the city and the easiest one to get to. Before going, you should know that there is a "small" 30-60min walk from **Cercedilla's train station** to the pool. Although you can get a bus that makes it shorter, I'd recommend walking and enjoying the **landscape**. Also, that way you'll really feel you deserve the swim.

Telephone: 91 852 57 40 / 91 852 22 00 (Tourism office)

Schedule: 10am to 8pm (Season 2014: They are open since June 13th!!)

How to get there:

- Quick link to [how to get to Cercedilla](#)
- [Bus from Cercanias train station to the pools](#)

How much is it?

- **Working days:** 5,50€

- **Weekends:** 6,50€
- **Others:** Children and elderly 3,50€ / They also have group prices.

**Note: If it's the first time you go there, ask somebody to tell you in which direction you have to walk.*

2. Piscinas naturales Buitrago de Lozoya (Riosequillo)



Buitrago de Lozoya by Kripsol



Buítrago de Lozoya by Canalgestión

What you need to know:

My perfect day trip would be visiting **Buítrago de Lozoya** town in the morning, follow by spending the afternoon at the pool while enjoying the view. Buítrago's pool is a bit farther than the one in Cercedilla, and the public transportation is not as convenient. However, the town and the pool deserve a try.

Telephone: 91 293 20 47 (Info) / 91 868 00 56 (City hall) / 91 545 10 00 (Canal de Isabel II)

Schedule: 10am to 8pm (Season 2014: They are open since June 21st!!)

- **Working days(From Tuesday to Friday):** 11.30 am to 8.30pm
- **Weekends and holidays:** 11am to 9pm

- **Note: Mondays are closed. Better to go on a weekday.*

How to get there:

- Quick link to [how to get to Buitrago](#)
- **Note. Ask the bus driver where to get off, it's not the last stop and you don't want to get lost!*

How much is it?

- **Working days:** 2,50€
 - **Weekends:** 3€
 - **Others:** Children and elderly 1,50€
-

3. Piscinas naturales Rascafría (Las Presillas)



Rascafría by rascafría.eu



rascafria by javidemadrid.tumblr.com

What you need to know:

Last but not least, *Las Presillas* pool in Rascafria is the farthest pond from Madrid and the less convenient to go by public transportation. Although the entrance is free and looks like the most natural and authentic. Plus, the bar area is great!

Telephone: 91 869 18 04 (Las Presillas) / 91 869 11 71 (Rascafria City hall)

Schedule: 9am to 9pm

How to get there:

- Quick link [to how to get to Rascafría](#)

How much is it?

- The entrance is free!!
- Parking is 5€ a day.

My top 4 city swimming pools in Madrid!

Some of these swimming pools only open in Summer—if you're looking to take a dip in Autumn, Winter or Spring, check out ["Madrid's top pools open year-round and much more"](#).

One of my very best memories as a child is **swimming** in **Madrid's summer pools**. Growing up in the city, we used to go to one of the pools close to my home near Retiro almost every day in summer. There, we would spend the day swimming, running and eating at the **cafetería**. A few years later, the story repeated itself but this time with my friends. We got together and talked and enjoyed the **summer heat and calmness** as if there was no tomorrow.

I'm writing this article today because summer is here, the pools are open and I want to relax and enjoy my day off. On **this list**, you'll read about **4 public swimming pools in the centre of Madrid** that you will most certainly find me in this summer. To be honest, I'm not really sure they are the **best of the city**, but I can guarantee you that all of them will make you forget that **Madrid** doesn't have the sea...

**at the end of this post you'll find a link to all of Madrid's municipal pools, prices and info. And if you're looking for natural swimming pools outside the city, check out our post on ["Madrid's Best Natural Swimming Pools"](#) which are located in nearby mountain towns.*



Summer pool by UCM

1. Complutense University of Madrid (La complu!)

Awesome student atmosphere and CHEAP bar food!!! It's a party.

Schedule: 11h to 20h (11am to 8pm)

What you need to know:

- **Address:** Avenida Obispo Trejo, s/n – 28040 Madrid ([Map](#))
- **Neighbourhood:** Ciudad Universitaria/Moncloa
- **Telephone:** 913 941 174

How to get there:

- **Metro:** Ciudad Universitaria
- **Bus:** 46

How much is it?

- **Complutense members:** 4,50€
- **University students** (Different than Complutense): 6,50€
- **Plus ones:** 8€

*Note: You or someone you are with must bring a student ID to get in. If you are a Complutense student you also get a discount.



Casa de Campo by ABC

2. Centro Deportivo Municipal Casa de Campo

One of Madrid's most popular public pools by far. There is a fun ambience here but you'll have to wait on a line. It gets crowded.

Schedule: 11h to 21h

What you need to know:

- **Address:** Paseo Puerta del Ángel, 7 28011 MADRID ([Map](#))
- **Neighborhood:** Casa de Campo/Moncloa-Aravaca
- **Telephone:** 914 630 050 / 914 649 889

How to get there:

- **Metro:** El Lago, Puerta del Ángel
- **Bus:** 31, 33, 36, 39, 65, 138

3. [Centro Deportivo Municipal Francos Rodríguez](#)

Great quality swimming pool and plenty of grass area to lay down on, situated in a residential neighbourhood yet close to the University, so you'll find a mix of both families and younger people.

Schedule: 11h – 21h

What you need to know:

- **Dirección:** Calle Numancia, 11 ([Map](#))
- **Neighborhood:** Ciudad Universitaria/ Moncloa-Aravaca
- **Teléfono:** 914 599 871

How to get there:

- **Metro:** Francos Rodríguez
 - **Bus:** 44, 64, 126, 127, 128, 132
-



Peñuelas by Rosalia Martinez

4. [Centro Deportivo Municipal Peñuelas](#)

Lay out on the sun, take a dip and grab a picnic table with your friends for lunch!

Schedule: 11h – 21h

What you need to know:

- **Dirección:** Calle Arganda, 25 ([Map](#))
- **Neighborhood:** Acacias/Arganzuela
- **Telephone:** 914 732 491

How to get there:

- **Metro:** Acacias, Embajadores, Pirámides
- **Bus:** 18, 36, 62
- **Renfe (Cercanías):** Pirámides

What do I need to bring?

- There are showers so bring flip flops
- Although some have lockers, most people just leave their stuff on their towels and don't bring anything valuable
- Bring snacks or a few euros to get a bite or drink at the cafeteria
- Lots of suntan lotion, you don't want to be that foreigner who gets burnt...

How much is it?

- **Single tickets:** Adults week-day 5€ (weekends 6€)
- **10 ticket pack:** 42,95€
- **Summer-long ticket** 126,15€

*Except Complutense. See *above*.

Full list of public summer swimming pools in Madrid: [Listado completo de piscinas municipales](#)

Check out [Madrid's Best Natural Swimming Pools!](#)