

V I C T O R Y S T A R T S  
H E R E !



## AQUATIC SPORTS

GSA Aquatic Center offers 5800 m<sup>2</sup> Olympic water sports facilities in close proximity with the dryland training facilities.

VICTORY STARTS  
HERE!

# AQUATIC SPORTS

Gloria Sports Arena Aquatic Center offers all Olympic water sports facilities adjacent to dryland training facilities. The 5800 m<sup>2</sup> aquatic facilities include 10-lane Olympic outdoor swimming pool, 5-lane 50 m indoor pool, 6-lane short-course (25m) outdoor swimming pool, Olympic diving pool, Olympic water polo pool, and rehabilitation pool. Gloria Sports Arena Aquatic Sports Center has a mobile Contemplas high speed video analysis system for all pools.

## Pools and Facilities

- 10 lane outdoor & 5 lane indoor 50m equipped with Swiss Timing System
- 6 lane outdoor 25m
- Waterpolo equipped with Swiss Timing System
- Diving 1, 3, 5, 7.5, 10m platforms & 2x1m, 2x3m spring boards
- Synchronized swimming
- Underwater hockey & rugby...
- 2000m<sup>2</sup> main gym with latest Technogym Cardio & Strength training devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, bosuball & pilates balls, etc.)
- Studios for mat and group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track
- Stair climbing areas with various heights

## Swim-Specific Performance Tests

- High speed underwater video recording -Contemplas Video Analysis System
- Isokinetic & isometric measurement – Isomed 2000
- Body Composition with gold standard BODPOD
- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) – QUARK CPET
- Posture & spine analysis – Contemplas Video Analysis System

