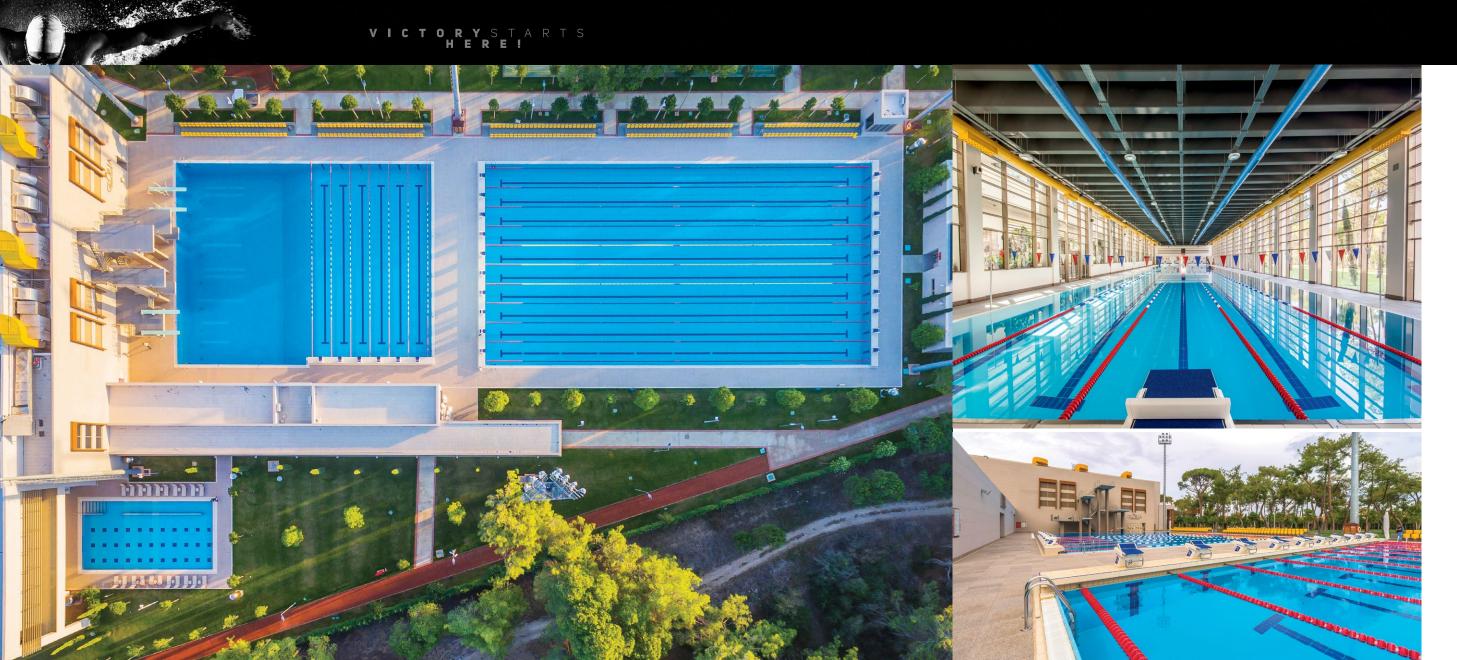




AQUATIC SPORTS

GSA Aquatic Center offers 5800 m² Olympic water sports facilities in close proximity with the dryland training facilities.



AQUATIC SPORTS

Gloria Sports Arena Aquatic Center offers all Olympic water sports facilities adjacent to dryland training facilities. The 5800 m² 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...
- 2000m² 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 & VO₂max tests) QUARK CPET
- Posture & spine analysis Contemplas Video Analysis System

Belek Mah. Turizm Cad. No: 4B/1 Serik - Antalya - TURKEY T. +90 242 710 50 00 (Pbx) • F. +90 242 710 50 10

