



GSC SPORTS CENTER AQUATIC SPORTS

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SPORTS CENTER
ANTALYA TURKEY



Swimming

GSC Aquatic Center offers all Olympic water sport facilities in touch with the 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. GSC Aquatic Sport Center has a mobile Contemplas high speed video analysis system for all pools.

Pools and Facilities

- *10 lane outdoor & 5 lane indoor 50 m equipped with Swiss Timing System
- *6 lane outdoor (25m)
- *Waterpolo equipped with Swiss Timing System
- *Diving 1, 3, 5, 7,5, 10 m 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 sport studio with functional training equipment (TRX, bosuball & pilates balls, etc)
- *Studios for mat and group training
- *17 km outdoor natural running trall
- *1,5 & 2,5 degrees incline running track
- *Stair climbing areas with various heights.

Swim-Specific Performance Test

- *High speed underwater video recording –Contemplas Video Analysis System
- *Isokinetic & isometric measurement- isomed 2000
- *Body Composition with gold standard BODPOD
- *Aerobic capacity
- *Posture& spine analysis – Contemplas Video Analysis System



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Recovery Opportunities

- *Whole body cryotherapy
- 110 C Icelab (3 chamber)
- Zimmer Medizin Systeme
- *Hydroworx Underwater Treadmill
- *Stream Bath & Sauna, Cave Sauna
- *Pre – post activity Massage

Medical Utilities

- *Color Doppler Untrasound for diagnosis of musculoskeletal pathologies.
- *3 therapy rooms fully equipped with zimmer Medicine System newest line of all physical therapy products including high energy laser
- *Isomed 2000 isokinetic system and technobody prokin for strength proprioception and balance exercises
- *Medically approved Technogym Selection Med series equipment.
- *Additional 3 manual physical therapy tables
- *Platelet Rich Plasma and other specific injections

3ADIM SPORT TRAVEL & TOURS

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