

# Swimming pool and Steam room

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Price

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Execution deadline in working days

-



Recipient

Individual person



Receiving restrictions

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## Swimming pool

The pool can be used for water aerobics or relaxation. In this pool, both confident swimmers and those who don't yet feel too safe in the water, will feel comfortable. The depth of the pool is 1,45 metres, water temperature + 30° C. The swimming pool complex is equipped with a special hoist, to be accessible for persons with reduced mobility.

## Working hours

Working days: 08:30 - 20:30 (each Monday sanitary hour form 20:00 to 21:00)

Saturday: 08:30 - 20:30

Sunday: 08:30 - 17:30

On the last Wednesday of each month the swimming pool from 15:00 to 17:00 is closed for the technical reasons.

## Free swimming:

swimming pool with water treatment system with UV radiation lamp and reduced amount of chlorine;

underwater current;

children under 3 years of age must use watertight pants and be supervised by adults;  
children and people who cannot swim should use swimming accessories when visiting the pool.



## Steam room

Steam room improves the bloodstream, purifies and moisturizes the skin. It's a great rest after a physical load in a gym. Steam room reduce stress and effectively helps to reduce cellulitis. Steam room is located in the swimming pool rest area.

## Working hours

Working days: 09:00 - 21:00 (each Monday sanitary hour form 20:00 to 21:00)

Saturday: 10:00 - 21:00

Sunday: 10:00 - 20:00

## Important!

Before visiting the pool and steam room, please refer to the rules for their use.

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## Payments

Prices

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## Service inquiries

Rehabilitation services  
department

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<https://www.siva.gov.lv/en/services/swimming-pool-and-steam-room>