

POOLS & BEACHES

«Exuberance is beauty».

- William Blake

Water, water everywhere! The enthusiastic swimmer need never be disappointed in Zurich. Lake beaches and outdoor pools abound in summer, and the year-round opportunities for indoor swimming are not to be surpassed.



OUTDOOR SWIMMING

Outdoor Swimming Pools, River & Lake Beaches, Swimming Events

May to mid-September

In Zurich the water isn't just to look at! Lake Zurich and the Limmat River top the Swiss charts in water quality. You can enjoy a delicious dip at one of many public beaches dotting the banks of the lake and river. You'll find them generally well-equipped for toddlers, with wading pools set at a safe distance from the river or lake, playgrounds well-integrated and kiosks always stocked with ice cream. Zurich's *Katzensee* is one of warmest lakes to swim in due to its size, making it a great skating Mecca in the winter months.

OUTDOOR SWIMMING POOLS (FREIBÄDER)

Allenmoos Outdoor Swimming Pool

Unterstrass District, Ringstrasse 79, 8057 Zürich, 01 315 5000

This is the largest pool-park in Zurich with many large shady trees, a 72m slide, three pools (lap, recreational and a great wading pool for toddlers), 3m diving board, playground and an area for beach volleyball. It is quite crowded on warm summer days! The restaurant has a terrace overlooking the park and pool accessories shop. The *Mösslihalle* (35m x 6m) can be rented for events. *Blasio* (inflatable play equipment) events are organised during the summer holidays.

Auhof Outdoor Swimming Pool

Schwamendingen District, Luegislandstrasse 160, 8051 Zürich, 01 322 2141

Recently renovated (2001), there is a stream running through this park. It features a 58m slide, four heated pools (lap, recreational, learning and wading), a 1m and 3m diving board, playground and large playing field, table tennis, grill, restaurant, kiosk and pool accessories shop. An aquatic fitness course is offered once a week (childcare available).

Dolder Wave and Swimming Pool

Hottingen District, Adlisbergstrasse 36, 8044 Zürich, 01 267 7090

There is fun in the trip: take the Dolderbahn to the top of the Adlisberg and then jump into the heated wave pool. Situated on the edge of a forest, there is also an additional recreational pool, wading pool, playground, mini-golf course, sunbathing terrace and restaurant.

Heuried Outdoor Swimming Pool

Wiedikon District, Wasserschöpfli 71, 8055 Zürich, 01 455 5161

There is a lot to do here: three swimming pools (lap, recreational and wading pool), two 3m diving boards, volleyball, table tennis, inline skating, hockey, playground, restaurant, two grills and pool accessories shop. A new slide is planned for the summer of 2004. *Zürich Sportamt* (Zurich Sports Department) offers various courses here during the summer. The Heuried Community Centre is located directly next door.

Letzigraben Outdoor Swimming Pool

Altstetten District, Edelweissstrasse 5, 8048 Zürich, 01 492 1050

Max Frisch, famous architect turned writer, designed this heated swimming park which includes a Max Frisch museum. There are three pools (lap, recreational and wading) a 1m and 3m diving board, and a 6m slide. The two-story restaurant (selection includes Indian cuisine) has a sunbathing terrace. From June to mid-September there are supervised water games for kids one afternoon a week.

Seebach Outdoor Swimming Pool

Seebach District, Glattalstrasse 41, 8052 Zürich, 01 302 7833

In the recreational pool there's the *Wasserpilz* (a giant water fountain shaped like a mushroom) and a slide. There's a lap pool, wading pool, large playing field, playground, grills, restaurant (the Thai cuisine has even been written up in the local papers) with terrace and kiosk and a pool accessories shop. *Blasio* (inflatable play equipment) events are organised during the summer holidays. An aquatic fitness course is

offered once a week. In winter there is a Thai cooking course: www.thai-cooking-school.ch.

Zwischen den Hölzern – Outdoor Swimming Pool

Oberengstringen District, Oberengstringen, Zürich, 01 750 0177
A relaxed family-friendly pool located on the edge of the forest, with four pools (lap, recreational, learning and wading) playground, restaurant, picnic area and grilling sites.

RIVER BEACHES

Au-Höngg River Beach

Höngg District, Werdinsel 2, 8049 Zürich 01 341 7193
Referred to as the *Werdinsel*, here's an island paradise along the river dividing the Limmat and the canal. A great kids' wading pool featuring an upper and lower level linked by a stream of water running over smooth rocks set into the pavement. For the older kids and adults the river is roped off for swimming. A self-service restaurant with plenty of picnic tables and a playground located under the shade of trees overlooking the river. Grills available. Yoga lessons offered in July.

Unterer Letten River Beach

Wipkingen District, Wasserwerkstrasse 141, 8037 Zürich, 01 362 1080
Wooden decks reach out over the river offering room for sunbathers and river swimmers (fast current – only for older kids and adults). For the littler ones there are two swimming pools nestled into the trees above the river, a recreational pool and a wading pool with a frog whose slippery tongue serves as a slide and a giant red mushroom that showers its visitors. There is also a kiosk (serves excellent Thai food among other things) and a small playground. For parents and teenagers there is the *'Filmfluss'* (www.filmfluss.ch) that shows a series of films under the night sky in summer. For adults: *Bar am Fluss* serves food from the grill in summer and on weekends (along the river in the late evening).

LAKE BEACHES

Katzensee Lake Beach

Affoltern District, Katzenseestrasse, 8046 Zürich, 01 371 0890

Running along the *Untere Katzensee*, here's a long sandy beach in an idyllic natural setting surrounded by woods on the edge of the city. A bike path runs from Oerlikon. There is a kiosk at the beach as well as grills and a playground. At the nearby Restaurant Waldhaus Katzensee there are miniature railways and a playground.

Mythenquai Lake Beach

Enge District, Mythenquai 95, 8002 Zürich, 01 201 0000
Gigantic! Come take a dip in the water of this 250m long sandy beach along the lake of Zurich. There is a lot of room with an abundance of trees and shade, and a lot of people as well. A 4.5m *'Eisberg'* to climb up in the water, *Autoscooters* for little kids – something like an electric tricycle to zip around on. Pool accessories shop. Massage sessions and aerobics classes available. The restaurant is located under a large yellow sun umbrella and serves a breakfast buffet.

Tiefenbrunnen Lake Beach

Riesbach District, Bellerivestrasse 200, 8008 Zürich, 01 422 3200
Located at the *Zürhorn*, the main attraction for kids is the 62m green slide that drops them into the lake. There is a small wading pool for babies and toddlers, large playground, restaurant, kiosk, volleyball net, table tennis and a pool accessories shop.

Wollishofen Lake Beach

Wollishofen District, Seestrasse 451, 8038 Zürich, 01 480 1131, www.strandbad.ch
There is a baby pool and sandbox, *Blasio* inflatable play equipment, and for older ones, water-sports rentals as well as courses. You can also rent pedal boats. The restaurant offers a Sunday morning breakfast that can be enjoyed directly on the lakefront or on the terrace (reservation is needed in advance). The pool also features an art gallery.

NOT TO BE MISSED ON THE EDGE OF THE CITY:

Fohrbach Indoor/Outdoor Swimming Pool

Witellikerstrasse 47, 8702 Zollikon, 01 391 5600, www.zollikon.ch
This is a very popular swimming pool. Kids love the pirate ship to climb on (it sprays water). There is also a 50m lap pool and a wading pool. Inside there are four pools: a 25m pool, recreational pool with 42m slide for kids, a wading pool and a whirlpool. Indoor and outdoor restaurants, playground, sauna, solarium, massage and parking.

ZÜRICH REGION:

Most communities along the lake have their own public beaches or outdoor swimming pools. If you can't find the one nearest you, contact your *Gemeinde* (community office) or go to www.badi-info.ch for a good overview (in German).

SWIMMING EVENTS

City of Zurich Lake-Crossing

Städtzürcher Seeüberquerung,

Info: Zurich Sports Department (*Sportamt Zürich*)

In July. 1450m swim from the Mythenquai Beach across to

Tiefenbrunnen, for adults and kids age five and up.

Kids category: fifth graders and up can race to win a prize. 400m swim for kids in the fourth to sixth grades.

Zurich Limmat Swim

Zürcher Limmatschwimmen, www.limmatschwimmen.ch

2000m, Frauenbad Stadthausquai - Flussbad Oberer Letten

Zurich Swimming Relay Race

Zürcher Schwimmstaffette,

Info: Zurich Sports Department (*Sportamt Zürich*)

In November. For kids in the third to fifth grades.

NOT TO BE MISSED

Limmat Swim Association

Schwimmverein Limmat Zürich (SVL), Postfach 6335, 8023 Zürich, info@svl.ch, www.swimnews.ch (English and German)

Offers excellent information ranging from baby swimming classes to competitive training. Their website is loaded with information in English and includes: tips and techniques, scheduled competitions, nutrition for sport and junior teams.

INDOOR SWIMMING

Indoor Swimming Pools

Here's an overview of indoor pools in and around Zurich. Swimming lessons are offered at most (call the pool closest to you to inquire). Classes conducted in English may also be offered if there is enough interest. See chapter 6, '*Having a Baby*', for baby swimming courses. Check online for further information at www.sportamt.ch or www.badi-info.ch. The school swimming pools in the city are also open to the public outside of school hours, offering free swim as well as children's swimming classes and parent/child swimming classes.

Swiss Swimming Association

Schweizerischer Schwimmverband,

Tiergartenstrasse 3, Postfach, 3401 Burgdorf, 034 420 0420, admin@fsn.ch, www.fsn.ch

INDOOR SWIMMING POOLS (HALLENBÄDER)

ZÜRICH CITY:

Altstetten Indoor Swimming Pool

Dachslernstrasse 35, 8048 Zürich, 01 431 7744,

Massage: 01 431 7744, www.bad-altstetten.ch

25m pool with diving boards, a shallow section and a play area.

Restaurant, sauna, solarium, massage and parking available.

Bläsi Indoor Swimming Pool

Limmattalstrasse 154, 8049 Zürich, 01 341 9368, www.sportamt.ch

25m pool with diving boards, warm-water swimming days, outdoor sunning terrace. Play afternoon every Wednesday with Tarzan slide.

Bungertwies Indoor Swimming Pool

Hofstrasse 56, 8032 Zürich, 01 251 7730, www.sportamt.ch
25m pool, outdoor sun terrace, solarium, shop.

City Indoor Swimming Pool

Sihlstrasse 71, 8001 Zürich, 01 219 7722, www.sportamt.ch
50m pool with a 1m diving board and a shallow section. No wading pool for toddlers. Restaurant, sauna, solarium, massage, therapy room, swimming courses, fitness courses, shop and parking.

Käferberg (Warm) Indoor Swimming Pool

Emil-Klöti-Strasse 17, 8037 Zürich, 01 276 8040, www.sportamt.ch
25m pool with a 1m diving board. Warmer temperatures than usual – well suited for the elderly, those with rheumatic problems and mothers with babies. Wheelchair accessible. Massage and parking.

Leimbach Indoor Swimming Pool

Klebestrasse 3, 8041 Zürich, 01 481 8000, www.wscl.ch
Water Sport Center. Swimming classes for children and babies.

Oerlikon Indoor Swimming Pool

Wallisellenstrasse 100, 8050 Zürich, 01 315 6777, www.sportamt.ch
50m pool, diving tank with 1m, 3m, 7m and 10m diving boards. Shallow pool and paddling pool for children. Restaurant, sauna, and solarium.

ZÜRICH REGION:

Adliswil Indoor and Outdoor Swimming Pool

Talstrasse 10, 8134 Adliswil, 01 711 7400, www.adliswil.ch
Indoor 25m pool and wading pool. Restaurant, sauna, solarium and massage facilities.

Bassersdorf Indoor Swimming Pool/Sauna at Geeren School

8303 Bassersdorf, 01 836 5660
Indoor 25m pool and wading pool. Sauna and solarium.

Bauma Indoor Swimming Pool

Altlandenberg, 8494 Bauma, 052 386 2162, 052 386 3136

Indoor 25m pool with a 1m diving board and wading pool section. Solarium and restaurant. Parking available.

Bülach: Hirslen Indoor Swimming Pool

Hochfelderstrasse 75, 8180 Bülach, 01 863 1711, www.hirslen.ch
25m indoor pool with a 3m diving board, wading pool with pool toys for children. Restaurant, solarium, sauna and massage.

Dielsdorf: Erlen Sport and Leisure Park

Niederhaslistrasse 20, 8157 Dielsdorf, 01 853 3520, erlen@swissonline.ch
25m indoor pool with a 3m diving board and 10m waterslide, a shallow section and a wading pool. Restaurant, massage, sauna, solarium and parking.

Dietikon: Fondli Indoor/Outdoor Swimming Pool

Fondlistrasse 7, 8953 Dietikon, 01 744 2989, www.dietikon.ch/freizeit/bad.asp
25m indoor pool with a 1m diving board and shallow section. Restaurant, massage, sauna, solarium, and parking.

Dietlikon: Faisswiesen Indoor/Outdoor Swimming Pool

Faisswiesen, 8305 Dietlikon, 01 833 1844
25m indoor pool and wading pool. Restaurant, sauna, solarium, parking.

Embrach Indoor/Outdoor Swimming Pool and Sauna

Taleggstrasse 30, 8424 Embrach, 01 865 0737
25m indoor pool with a 1m diving board and shallow section. Outdoor pool open in summer. Restaurant, sauna. Parking available.

Gattikon: Schweikrüti Indoor Swimming Pool

Obstgartenweg 12, 8136 Gattikon, 01 720 4160, 01 720 5749
25m indoor pool with a shallow section. Parking available.

Geroldswil Indoor Swimming Pool

Zentrum Huebwiesen, 8954 Geroldswil, 01 749 3270
25m indoor pool with a 1m diving board and shallow section. Sauna, solarium, massage. Parking available. A restaurant on the premises, but separate from the pool.