

Recreation



Have a rest and have fun in Poznań! Go sledding in summer, go crazy in the aquapark and enjoy!

[Football Pitch - Youth Sports Centre](#) - 50% discount on renting the football pitch until 3.00 pm



On the grounds of the centre there is a full-sized football pitch with an artificial grass (105 m × 68 m), surrounded by a tartan running track for athletics. Comprehensive lighting of the pitch and the track makes it available for use until as late as 10 pm. Four locker-rooms with sanitary facilities are at the players disposal. There is also a long jump track here, as well as two tennis courts. The facility can be rented hourly by everybody who wish to practice their favourite sport with their friends and family. The Youth Sports Centre also organizes many sports activities and events for children and young adults.

ul. Gdańska 1

more information [HERE](#)

[Bowling in Rataje](#) - 25% discount



The bowling alley features four professional, digitalised UV-illuminated lanes. Pins, balls and elements of the bowling lanes reflect UV light, thanks to which the game acquires a whole new visual dimension. On the premises, you can also find tennis courts, a football field, basketball and volleyball courts and a skatepark. Younger guests can enjoy a beautifully located playground.

os. Piastowskie 106a

more information [HERE](#)

"Nadrzewna Osada" History-themed Ropes Course in Murowana Goślina - 25% discount



Historical artifacts, a suspended hay wagon... This extraordinary course with interesting stations transport guests several hundred years back and several metres up! The ropes course features 18 elements, including as many as two zip lines. Safety is ensured by continuous protection of a safety harness (which does not require detaching and reattaching) and trained instructors. The activity is available for children (over 7), young adults and adults.

Murowana Goślina, ul. Bracka 9

more information [HERE](#)

Jump Space Park Trampoline Park in Śrem - 10% discount



Jump Space is a great place to have fun while spending your time actively, but it can also be an opportunity to develop and improve skills for various sports disciplines. The Park's trampolines will satisfy guests of all ages, and family-friendly atmosphere is top-priority. Jump Space also means a qualified team of instructors, who are focused on ensuring safety and inspiring others to have fun and practice sports. For those who want to visit but don't want to jump, the Trampoline Park offers a café located on an indoor balcony, from which all attractions can be observed. In Jump Space, there's no room for boredom; each square centimetre is designed to make maximum use of the available space.

Śrem, ul. Gostyńska 51

more information [HERE](#)

Adrenaline Alpine Coaster and Summer Sled Track - Malta Ski - 25% discount



Malta Ski is a recreational and leisure complex located near the very centre of the city, at picturesquely situated Maltańskie Lake. The summer toboggan run and Adrenaline Alpine Coaster are the two attractions of the Maltańskie Lake area. The toboggan run is over 500 meters of sliding fun, where skids were substituted by wheels, and the snow by a steel pipe. The alpine coaster, as promised by its name, delivers an unforgettable adrenaline rush. Slide and ride away!

ul. Wiankowa 2

more information [HERE](#)

[Tennis courts - Youth Sports Centre](#) - 50% discount on renting a court till 3:00 pm.



There are two tennis courts on the grounds of the sports centre: a tartan court and a clay court. There is also a full-sized football pitch surrounded by a tartan running track for athletics. In addition, the centre has two beach volleyball courts, a 3 × 3 basketball court, an outdoor gym and a children's playground. The facility can be rented hourly by everybody who wish to practice their favourite sport with their friends and family. The Youth Sports Centre also organizes many sports activities and events for children and young adults.

ul. Gdańska 1

more information [HERE](#)

[Tennis courts Rataje](#) - 25% discount



POSiR's (Poznań Sports and Recreation Centres) Rataje facility features 3 clay courts and 3 indoor courts. The tennis base of the Rataje facility is continuously modernised. Since 2018, it offers three indoor courts with hydroslide clay coating ensuring high comfort of playing. The tennis courts are heated, which ensures comfortable conditions in the winter. Their sidewalls are retractable, which is a great solution for the summer. The courts feature lighting, thanks to which you can play tennis also after dark. Additionally, on the premises, there is a reception office as well as sanitary facilities with toilets and showers, where players can regenerate after exercising, grab a bite and get a drink.

os. Piastowskie 106a

more information [HERE](#)

[Chwiałka Ice rink](#) - 50% discount



Chwiałka ice-skating rink is a modern and functional structure, equipped with a full-sized ice hockey rink (1800 m²), a skate rental, a locker, a bar and restrooms. Additionally, it has an electronic scoreboard, a rail placed around the rink as well as stalls for hockey teams, and allows to play professional hockey games. The ice-skating rink is available for skating and watching hockey games for most of the year, thanks to its roofing and spectator stands with around 250 seats and locker room facilities.

ul. O. M. Żelazka 1

more information [HERE](#)

[Malta Ice rink](#) - 50% discount



Malta Ice Rink has been in operation since 2001 and has quickly become a favourite place for ice skating in Poznań. Year by year, the place attracts increasing numbers of people. Only last year, over 43 000 people visited the "Malta" Ice Rink. "Malta" is the perfect destination for those who love having fun and ice skating in a joyful unique atmosphere during the so-called Ice Parties and ice skating courses.

ul. Jana Pawła II 5

more information [HERE](#)

Mini Golf - Malta Ski - 25% discount



Malta Ski is a recreational and leisure complex located near the very centre of the city, at picturesquely situated Maltańskie Lake. A minigolf course has proven to become one of Malta's most beloved tourist attractions. It is there that everyone, regardless of age and previous golfing experience can feel like a professional. The 18 holes, clubs and golf balls are true to the tradition - only the etiquette is a lot less strict and you can wear what you like. For all that - minigolf is plain good fun.

ul. Wiankowa 2

more information [HERE](#)

Skiing and Snowboarding - Malta Ski - 25% discount



Malta Ski is a recreational and leisure complex located near the very centre of the city, at picturesquely situated Maltańskie Lake. In the winter, Malta becomes a skiing and snowboarding center. There you will find two ski slopes equipped with platter lift and a chairlift, artificial snowmaking systems and a free ski- equipment rental. The slopes are covered with synthetic lining, which makes using them independent from the weather's whims. For winter sports beginners, there are instructors and skiing clubs. For those tired with all day fun in the snow - there are restaurants and bars.

ul. Wiankowa 2

more information [HERE](#)

Pyrland Park Ropes Course - 25% discount on route + zip-line package



Located by Lake Malta, the Pyrland High Rope Course is a great place of active recreation for everyone! The park offers 4 courses: • Zip line course: the highest point: 17 m above ground, speed: up to 40 km/h! Completion time: approx. 1 h; • Black course: 17 obstacles, completion time: 1-1.5 h; • Yellow course: 20 obstacles, completion time: 1-1.5 h; • Green course: 13 obstacles, completion time: 30-45 mins. We also offer a children's course (for kids from 3 to 11) with an unlimited number

of walkthroughs. You can also ride one of our two zip lines - long sloped horizontal cable rides.

ul. Baraniaka / Chartowo (Malta)

more information [HERE](#)

[Chwiałka Indoor Swimming Pool - 25% discount](#)



The facility features two pools: • a large pool: 25 x 12.5 m, depth: from 1.9 to 4.2 m (six lanes); • a small pool: 10 x 4.7 m, depth: from 0.8 to 1 m. Guests can also use the sauna, relax in the salt room, have a bite in the cafeteria or exercise in the fitness club. The shop located in the building offers the full range of swimming equipment. The facility is wheelchair-accessible; there is a convenient ramp, appropriate sanitary facilities, changing rooms, showers and the pool is accessible with no stairs or other obstacles.

ul. Spychalskiego 34

more information [HERE](#)

[Chwiałka Outdoor Swimming Pool - 50% discount](#)



The summer pools are located near the Sports Centres' building. The facility comprises three pools of various sizes: • large measuring 50 m by 20 m and 1.4 to 2.3 m in depth, • small measuring 25 m by 15 m and 0.9 to 1.2 m in depth, • wading pool with the diameter of 16 m and till 0.5 m in depth. Additional attractions are volleyball courts and a waterslide by the medium pool. Deck chair rental. Medical care available in emergencies.

ul. Spychalskiego 34

more information [HERE](#)

[Kasprowicza Outdoor Swimming pool](#) - 50% discount



The facility was opened for visitors in the summer of 2018 after complete renovation. To those who seek to cool down and relax in the summer, it offers 3 pools (a paddling pool, a sports pool and a pool with a slide). In the summer, the pool is an excellent place for those living in the Grunwald district; apart from swimming and sunbathing, one can also use the street workout park, the beach volleyball court and the boules playing area.

ul. Jarochowskiego 5-5a

more information [HERE](#)

[Atlantis City Swimming Pool](#) - 25% discount



The Atlantis City Swimming Pool is located in os. Stefana Batorego. The main pool is 25 m long. The building features a 60 m slide with lane. The facility offers beginner and advanced swimming lessons for children, young adults and adults as well as aqua fitness and competitive swimming classes.

os. Batorego 101

more information [HERE](#)

[Rataje City Swimming Pool](#) - 25% discount



The Rataje City Swimming Pool is a modern facility opened in September of 2019. Its sports pool, sized 25 x 16 m, caters to the needs of swimmers and is a great training spot, especially for students following an extended curriculum in swimming. The recreation pool (two 5 x 9 m basins) with whirlpool systems can be used as a place for building confidence around water, for swimming lessons and for rest & relaxation. Guests of the indoor pool, located in Osiedle Piastowskie, can also visit the facility's small sauna parlour, the fitness room and the café. The facility is fully accessible

for individuals with disabilities.

os. Piastowskie 55a

more information [HERE](#)

[Winogrody City Swimming Pool - 25% discount](#)



Its sports pool, sized 25 x 12 m, caters to the needs of swimmers and is a great training spot, especially for swimming lessons. The recreation pool can be used as a place for building confidence around water, for swimming lessons and for rest & relaxation. Guests can also visit the facility's small sauna parlour and the fitness room. The facility is fully accessible for individuals with disabilities. Around the building, you can also find bike racks. Apart from free individual use of the swimming pools, the facility offers a wide range of sports and recreational classes, including those aimed at adults and children with disabilities.

os. Zwycięstwa 124

more information [HERE](#)

[Swimming Pool, Sauna, Brine Graduations Towers OAZA in Kórnik - 20% discount](#)



OAZA Kórnik Centre of Recreation and Sports attracts both kids and adults with a variety of activities, and becomes a place of fun, relaxation and physical exercise. Next to the swimming pool and a wellness centre, you can also use facilities like a gym, a fitness studio, a children's club OAZA KIDS and a restaurant. The sports hall offers a wide range of happenings, including sports and cultural events.

Kórnik, ul. I. Krasickiego 1

more information [HERE](#)

Tarnowskie Thermal Baths - Aquapark, Sauna, Brine graduations towers - 10% discount on single ticket to the swimming pool from Mon. to Sun from 9:00 am to 20:45 pm.



Tarnowskie Thermal Baths is a modern swimming and recreational complex. An exceptional Aquapark with water straight from 1200 meter deep geothermal springs, with a temperature of 45,7°C. In the recreation zone there is a large pool with many water attractions and a thermal water pool, joined with an all-year-round outside pool. There is also a safe kiddie pool here, for the kids who cannot yet swim, with a water playground. In the sports part, there are two pools. The Saunarium is made up of 5 internal saunas (2 steam, 2 dry and 1 infrared, including one with thermal water) and cooling showers. Outside, there is a huge (1500 m²) sandy beach with a playground, a graduation tower, a beach volleyball court and relaxation spots.

Tarnowo Podgórne, ul. Nowa 54

more information [HEAR](#)

[Malta Thermal Baths](#) - 10% discount on tickets to Blue Zone, Green Zone or Yellow Zone



The largest and the best water sports and recreation complex in Poland which uses natural geothermal waters. Its four zones (Waterpark, Sports Pools, Sauna World and SPA 1306) offer countless attractions and a wide range of positive emotions. The Aquapark consists of as many as 18 sports and recreational swimming pools, 14 rooms (dry saunas and baths) making up the extraordinary Sauna World, the most professional and best equipped spa in Poland - SPA 1306, with 17 parlours and countless other attractions in all zones for people of all ages. Some of the swimming pools are supplied with geothermal water extracted from the depth of 1306 meters, saturated with beneficial minerals and elements.

ul. Termalna 1

more information [HERE](#)

