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SPA
DIANE BARRIÈRE
PARIS



AQUACTIVITIES

BABY SWIMMER

Up to 24 months

Familiarisation with the aquatic environment

Parent guided course

Hours: Monday to Thursday, 9am to 12pm | *Price:* 70€ per lesson (30 min)

AQUATIC ABILITY

Children from 3 years old

In-water safety

Move from point A to point B

Hours: Wednesday, from 9am to 4pm and from Monday to Thursday during school holidays

Prices: 70€ per lesson (30 min)

LEARNING AND/OR IMPROVING SWIMMING

All levels of children from 5 years old and adults

Hours - adults: every day, upon reservation

Hours - children: Wednesdays, from 9am to 4pm and from Monday to Thursday during school holidays

Prices: 70€ for a 30 min lesson | 110€ for a 60 min lesson

AQUAPHOBIA

Controlling your fear of water

All ages, children and adults

Hours - adults: daily, upon reservation

Hours - children: Wednesdays, from 9am to 4pm and Monday to Thursday during school holidays

Prices: 70€ for a 30 min lesson | 110€ for a 60 min lesson

AQUATIC REVIVAL - Drainage

30 minutes of aquabike & swimming fin training

30 minutes of hydrojet massage

Hours: daily, from 9am to 12pm or on request

Price: 160€ per session

HIT - High intensity cardio workout

30 minutes of intensive aquabike, swimming fin & aquagym training

30 minutes of hydrojet massage

Hours: daily, by appointment

Price: 160€ per session

SILHOUETTE -muscle strengthening workout

45 minutes of aquagym circuit training

15 minutes of hydrojet massage

Hours: every day by appointment

Price : 160€ per session

Public prices

DB Club member discount -15%

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