

Exercise and Sports Options

In addition the many great parks in Prague (Stromovka, Letna, Vysehrad, Petrin and Divoka Sarka), there are also good exercise facilities:

Sport Centers with Pools

Sportcentrum YMCA

Na Poříčí 12, Praha 1

tel.: 224 875 811

www.scymca.cz

Pražáčka

Za Žižkovskou vozovnou 17, Praha 3

Tram N°9 and 16.

For 35Kč you can be a water baby for an hour.

Mon-Fri 06:00-08:00, 20:00- 22:00

Sat, Sun 10:00-19:00

<http://www.prazacka.cz/>

Olšanka

Táboritská 23 (Hotel Olšanka), Praha 3

Pool, sauna, massages.

An hour of aquatic delight costs 60Kč. Take trams N°5, 9 or 26.

Daily:

06:00-21:00

except:

Sat: 08:00-20:00

Sun: 08:00-20:00

<http://www.hotelolsanka.cz/>

Podoli Swimming Pool

Podolska 74, Podoli Praha 4

Huge Outdoor Swimming Complex

Great for those hot summer days.

www.pspodoli.cz

Other interesting diversions

Billard Centrum

V cípu 1, Praha 1

A huge old building hidden down an alley in the center - the well worn grandeur is explained in part by the fact that this used to house prancing horses and now houses those looking to bowl, play pool, snooker or billiards, table tennis, darts, surf the net, or just get blind drunk for cheap. Open 10:00 - 02:00.

Tel: 224 00 92 35

<http://www.billardcentrum.cz>

Paintball

Krejnická 2021, Praha 4

Tel: 603 44 95 79

Rent or buy the stuff with which you can drag your buddies out into the woods and shoot them. Call in advance.

<http://www.paintballgame.cz/>

Ultimate Frisbee

There is ultimate Frisbee practice every Monday at Letna Park around 6 PM. If you want to make some Czech and American friends as well as play Ultimate Frisbee, this is a great place to go.

Parks to run and hike

Prague is very green! There are many great parks to run and walk in. Petrin and Letna are two close options to your apartment. A little further you can find Stromovka and Divoka Sarka. Sarka is more for the hiking enthusiasts, with nice nature walks and steep trails. There are a few hilly parks in Smichov and in Zizkov. With any of these places, use sense...don't run in them after dark! If you can't find these on your maps, ask Kim.