

EN



PIDAL

The place of well-being for all your senses

Information & Prices 2025



pool | fitness | spa | sauna | solarium | restaurant



PIDALfit



At PIDAL, enjoy an **air-conditioned fitness room** equipped with state-of-the-art machines and offering breathtaking views of nature.

We provide **supervised training** and **individually adaptable electronic coaching** to meet your needs.

**FITNESS PLAN PURCHASED =
FREE POOL ACCESS**

Entry type	Single	10-Visit Pass
Adult	17 €	153 €
60+ / Reduced Mobility (PMR)	13,50 €	121,50 €
Student ¹	11 €	99 €

*Additional Entry (if already holding another entry):
Adult +14€; Student +10€*

Subscription (month)	1	3	6	12
Adult	84 €	201 €	373 €	695 €
60+ / Reduced Mobility (PMR)	66 €	158 €	293 €	546 €
Student ¹	54 €	130 €	240 €	447 €

¹ Valid student ID required

PIDALpool



PIDAL offers a 25-meter swimming pool for swimmers as well as a non-swimmers' pool for children and adults.

In summer, enjoy the large lawn area with its baby pool, playground, and sun loungers.

Entry type	Single	10-Visit Pass
Adult	6,50 €	58,50 €
Student ¹ / 60+ / PMR	5 €	45 €
Child (4-11 years)	4 €	36 €
Baby (0-3 years)	Free	-

Subscription (month)	1	3	6	12
Adult	52 €	125 €	231 €	430 €
Student ¹ / 60+ / PMR	40 €	96 €	178 €	331 €
Child	32 €	77 €	142 €	265 €

¹ Valid student ID required

During swimming and aquatic classes, all or part of the pools may be reserved exclusively for class participants.

Aqua Classes



PIDAL offers swimming lessons and aqua fitness classes. The class schedule and registration can be found at: www.pidal.lu

Swimming lessons

BABIES (9 months - 4 years)

BB1 - BB2 - BB3

105 € (entry included)

Term / Duration: 30 min

TURTLES¹ (4 - 6 years)

257 € + entry

School Year / Duration: 1h

CHILD (6 - 14 years)

94 € + entry

Term / Duration: 1h

ADULT SWIMMING LESSONS

104 € + entry

Term / Duration: 1h

Aqua fitness classes

AQUA-LIGHT

91 € + entry

Term / Duration: 1h

AQUA-FIT

91 € + entry

Term / Duration: 1h

SPECIFIC CLASSES

Price and duration vary depending on the class offered

SINGLE CLASS

12,50 € + entry

¹ A swimming test is required for registration.

All class registrations are non-refundable, except upon presentation of a medical certificate for 3 weeks or more.

PIDALsauna



Escape from the everyday and immerse yourself in a world of well-being within our sauna area – a true haven of peace designed for your relaxation.

The sauna area follows the tradition of a nudist sauna. Access is exclusively **reserved for women on Thursdays**.

**See conditions and restrictions on the website.*

Entry type

	Single	10-Visit Pass	50-Visit Pass
Adult	23,50 €	211,50 €	832 €
Student ¹	17 €	153 €	-

*Additional Entry (if already holding another entry):
Adult +7.50€; Student +4€*

Subscription² (month)

	1	3	6	12
Adult	99 €	237 €	440 €	819 €
Student ¹	71 €	170 €	315 €	587 €

¹ Student (between 18-27 years old and upon presentation of a valid student ID)

² "Sauna" subscriptions valid from Friday to Wednesday (Thursday excluded)

Fitness & Sauna

COMBINED RATES



Entry type	Single	10-Visit Pass
Adult	31 €	279 €
Student ¹	21 €	189 €

Subscription (month)	1	3	6	12
Adult	139,50 €	335 €	620 €	1154 €
Student ¹	94,50 €	227 €	420 €	782 €

¹ Valid student ID required

PIDALspa



Discover the ultimate wellness retreat in a luxurious setting designed to awaken your senses and renew your spirit.

Whether you have an hour or an entire day, immerse yourself in premium beauty treatments, soothing massages, and refined relaxation spaces. Let every detail transport you to a world of tranquility and well-being for an exclusive and unforgettable escape.

Restaurant "Aux Berges"



The restaurant "Aux Berges" invites you to enjoy refined cuisine in a warm and welcoming setting.

From Tuesday to Friday, let yourself be surprised by our daily menus, crafted with fresh, seasonal ingredients. On Saturday evenings, enjoy our themed evenings

Check out our daily menus, themed evenings, and gastronomic menus at www.pidal.lu

*The restaurant is closed on Mondays.
On Saturday evenings, it temporarily closes between 6:00 PM and 7:00 PM to prepare for themed evenings.*



PIDALsun



A sunlight sanctuary

Immerse yourself in a world of relaxation and brightness, where the sun meets comfort. Enjoy the many benefits for your body and mind:

- **Positive energy**
- **Harmony & satisfaction**
- **Collagen**
- **Vitamin D**
- **Joy & happiness**



Details & Opening Hours



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool <i>(school period)</i>	16:00 20:45	12:15 20:45	12:15 13:45 16:00 20:45	12:15 20:45	12:15 13:45 16:00 20:45	9:00 13:45	9:00 13:45
Pool <i>(school holidays)</i>	14:00 20:45	8:00 20:45	8:00 20:45	8:00 20:45	8:00 20:45	9:00 13:45	9:00 13:45

The non-swimmer pool is unavailable during certain classes. Please check in advance.

Spa	closed	9:00 20:45	9:00 20:45	9:00 20:45	9:00 20:45	9:00 18:45	9:00 18:45
Sauna	14:00 20:45 (mixed)	9:00 20:45 (mixed)	9:00 20:45 (mixed)	9:00 20:45 (women)	9:00 20:45 (mixed)	9:00 18:45 (mixed)	9:00 18:45 (mixed)
Fitness	14:00 20:45	9:00 20:45	9:00 20:45	9:00 20:45	9:00 20:45	9:00 18:45	9:00 18:45
Restaurant¹	closed	11:00 23:00	11:00 23:00	11:00 23:00	11:00 23:00	11:00 24:00	11:00 18:45
Reception Closing Time	21:00	21:00	21:00	21:00	21:00	19:00	19:00

All guests, except restaurant patrons, must leave PIDAL no later than the reception closing time.

¹*On Saturday evenings, it temporarily closes between 6:00 PM and 7:00 PM to prepare for themed evenings.*

Closing days 2025: 01/01 (New Year's Day), 20/04 + 21/04 (Easter), 01/05 (Labor Day), 09/05 (Europe Day), 29/05 (Ascension), 08/06 + 09/06 (Pentecost), 23/06 (National Day), 15/08 (Assumption), 31/08 – 14/09 (Annual closure), 01/11 (All Saints' Day), 25/12 + 26/12 (Christmas).

The closing days apply to all PIDAL facilities and may be subject to changes during the year.

We make every effort to ensure the accuracy of the information provided. However, pricing or typographical errors may occur. PIDAL reserves the right to correct such errors at any time without prior notice.

Useful Information



Other rates

Towel rental	4 €
Bathrobe rental	8,50 €
Solarium	1,50 €/min
Deposit for chip	12,50 €
Flip-flop (per unit)	3,50 €

Electronic wallet

Top-Up	Discount*
100 €	5%
250 €	7%
500 €	10%

**On all your purchases at PIDAL, up to the amount of your recharge (not applicable to treatments, subscriptions, and themed evenings).*

Piscine intercommunale de l'Alzette (PIDAL)
Lorentzweiler | Steinsel | Walferdange
37, rue des Prés, L-7246 Helmsange

 33 91 72-1

 info@pidal.lu

 www.pidal.lu

