

# Centros Deportivos Socio Culturales Militares



## CDSCM "CAMPO LONGO"

## PONTEVEDRA

### LOCATION

C/Espincelo 3, Campolongo  
36003-Pontevedra

Phone numbers:

- Switchboard:  
986869400//8877400
- Office: 986869407 // 8877407
- Fax: 986869429 // 8877429
- E-mail: [campolongo@et.mde.es](mailto:campolongo@et.mde.es)

### FACILITIES

Facilities to practise:

- paddle: 3 indoor courts
- Tennis: 1 indoor court
- 3 pools
- Sports courts
- Gym for courses
- Picnic area with 4 BBQs and 13 tables
- Ball park



Instalaciones

Cafetería

Verano

Terraza

Capacidad 90 plazas





## ACTIVITIES

### SPORTS

Tennis and paddle schools and tournaments, yoga, pilates, gap-pilates, body pump, spinning, multi-fitness, fitness exercises, zumba, personal defence, ball dance



### LEISURE TIME

Enjoy their leisure time, there is a ball park in the centre for children, a children park and in summer we organize summer camps, swimming courses, etc.

### SUMMER CAMPS

In June and July, we offer 1-week camps, from Monday to Friday, 0900-1400



### SOCIAL EVENTS

We organize celebrations and meetings in the centre at the request of the cutomers, as well as some other social ones



## MORE INFORMACIÓN

[http://intra.mdef.es/intraderf/contenido\\_INET\\_Active/Contenidos/Organo\\_Central/Apo\\_yo\\_al\\_personal/s080095/Documentos/CDSCM,s%20EJERCITO%20DE%20TIERRA/CDSC MET-Campolongo-Pontevedra\\_09003a99806bd2cf.pdf](http://intra.mdef.es/intraderf/contenido_INET_Active/Contenidos/Organo_Central/Apo_yo_al_personal/s080095/Documentos/CDSCM,s%20EJERCITO%20DE%20TIERRA/CDSC MET-Campolongo-Pontevedra_09003a99806bd2cf.pdf)

<http://www.diaper.ejercito.mde.es/>