

Centros Deportivos Socio Culturales Militares



CDSCM "LA DEHESA"

MADRID

LOCACIÓN

Avenida de Arqueros Nº 2 Madrid 28024.

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FACILITIES

Horse-riding facilities

28 tennis courts, 10 paddle courts

Golf course, football pitch, athletics track

4 pools and a heated pool

1 sport centre, team games tracks

Gym, airgun shooting, ball dance, sauna



ACTIVITIES

SORTS

Football, basket and tennis schools and tournaments
Skating, spinning, pilates, paddle, athletics, judo
Aerobics, yoga, swimming...

Besides, you can practise golf and horse riding (horse-riding lessons)



LEISURE TIME

There is a leisure time school, devoted to families with children (4 and 17 years old).

The activities carried out are adapted to their age and an educational project based on promoting healthy habits through the leisure time (workshops, museums and cinema visits, team dynamics...).

As far as the weather is nice, the activities are carried out outdoor and in the assigned romos



SUMMER CAMPS

Timetable: 1000-1830, Monday to Friday, from 1st of July until 14th of August, 2-week camp each one.



CULTURAL EVENTS

Lectures, concerts, drawing lessons, catering and dance

SOCIAL EVENTS

Organization of parties, celebrations and meetings which, periodical or exceptionally, take place in the centre, as well as any other social event to be held

MORE INFORMACIÓN

http://intra.mdef.es/intradef/contenido_INET_Active/Contenidos/Ejercito_de_Tierra/Asistencia_al_personal/s050129/Documentos/Tipo%20A.%20Oficiales/LA%20DEHESA_09003a9980779fe5.pdf

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

http://www.ejercito.mde.es/unidades/Madrid/cdscmet_ladehesa/