



Top Taichung sports venues for staying in shape

The city of life offers safe, healthy exercise facilities

Taichung currently is home to three large, public sports centers, with six more sports centers on the way. Noting that the 10th sports center will be located in the coastal area, Taichung Mayor Lin Chia-lung has expressed his hope of transforming Taichung into a healthy, energetic city.

→ North District Sports Center offers an international-standard swimming pool, which all are welcome to use. (photos provided by North District Sports Center)





← **Swimming competitions have been held at North District Sports Center.**

(photos provided by North District Sports Center)

movable basketball stands that meet the standards for international Olympic Games. The three-floor-high indoor space is equipped with an AI air conditioning system and the venue makes use of natural light and a mercury lighting system at night.

A table tennis room provides six competition-standard tables and is illuminated by natural sunlight to boost playing enjoyment. Besides aerobic equipment popular among female users, there is a variety muscle-training equipment such as squat racks, Smith grippers, rowing machines, side shoulder lift training machines, rope training machines and thigh pushers, situated in training areas with equipment segregated for different training modes. In order to provide a safe training environment, professional coaches are also available for consultations.

Location: 55, ChongDe Rd, Sec 1, North District

Telephone Number: 04-2235-6555

Hours: 6 a.m. to 10 p.m.

North District Sports Center An international-standard pool invites you to swim

Although this sports center's wave-patterned design makes it an ideal Instagram photo spot, it has also been honored with the 16th Public Construction Golden Quality Award, "Green Building Candidate Certification", and "Intelligent Building" status. The second sports center in Taichung, it cost NT\$900 million to build and occupies a 608,334-square-meter site.

The center is also Taiwan's first center boasting "three pools in one gymnasium", including a 50 x 25 x 2 meter Olympic-size swimming pool, a 25 x 5.5 (depth) diving pool, equipped with 1, 3, 5, 7 and 10 meter diving boards, plus a 50 x 20 meter training pool. Water quality is maintained with the latest copper-silver ionization technology and other facilities include a sauna, water therapy pool, and temperature adjustment pool.

The sports complex has two basketball courts and features anti-slip PU flooring and

↓ **A variety of sports practice sessions are available at North District Sports Center.**

(photos provided by North District Sports Center)



↑ **This spacious venue has international-standard swimming pools.** (photos provided by

North District Sports Center)

Chaoma Sports Center is Taichung's first sports center with a lively exterior design.

(photos provided by Chaoma Sports Center)



Chaoma Sports Center An international standard badminton court beckons you to exercise

This sports center, located at the intersection of ChaoMa and HuanZhong roads right next to two soccer fields, exudes an atmosphere of warmth and energy with its orange exterior.

In keeping with the slogan of "using the work-out card more and health insurance card less", the center offers sports-related group classes, with popular sessions including aerial yoga, muscle strength training, boxing aerobics, TRX, spinning (stationary bikes), swimming, ball sports, and professional dance.

Badminton is a favorite sport among Taichung residents and the international-standard badminton courts at the center are regularly used for competitions, seminars,



↑ Chaoma Sports Center's badminton courts meet international Olympic standards and have hosted many competitions. (photos provided by Chaoma Sports Center)



↑ Many competitions are held and all are welcome to join. (photos provided by Chaoma Sports Center)

clubs and individual practice. Since opening about 20 months ago, the courts have been used by a total of 1,238,811 individuals, accounting for 10.13% of the total number of center visitors.

Location:199, ChaoGui Rd, Xitun Dist

Telephone Number: 04-2253-6789

Hours: 6 a.m. to 10 p.m.



← Many lessons are offered at this sports center; children may also join sports camps and develop exercise habits.

(photos provided by Nantun Sports Center)

Nantun Sports Center A hub for the the community and favorite spot for enjoying life

This sports center is situated next to Nantun District's century-old landmarks, Wanhe Temple and Nantun Old Street, and can be conveniently accessed via iBike stations and nearby bus stops.

Its basketball court features wooden flooring with an impact-absorbing design that helps prevent sports injuries. There is also a 15-meter swimming pool for lessons, and sauna and steam rooms, separated into male and female sections. The equipment at the pool and fitness training center are suitable for triathlon training in order to promote this sport.

All of the classes offered here do not have

a strict routine or schedule, allowing anyone to sign up and join at any time. Residents can thereby pick their favorite classes (including children's sessions, aerobics, yoga and spinning) and teachers and pay per lesson. During winter and summer vacations, ball games, swimming and sports camps are organized. Occasionally, charity and teaching groups also offer various lessons and conduct physical fitness testing. 🌬️

Location: 998, LiMing Rd, Sec 1, Nantun Dist

Telephone Number: 04-2382-9120

Hours: 6 a.m. to 10 p.m.

Note:

Hours at all sports centers may be subject to adjustment:

Open Monday to Sunday, 6 a.m. to 10 p.m. (closed for the lunar new year eve and day; open the second to fifth days of the lunar new year 8 a.m. to 5 p.m.). All centers are closed on days off for typhoons or other natural disasters, based on official Taichung City Government work/school stoppage announcements.

Nantun Sports Center's exterior design is simple and clean. (photos provided by Nantun Sports Center)

(photos provided by Nantun Sports Center)

