

# ATLANTIS

## WATER PARK

**BTC**CITY





WELCOME TO  
ATLANTIS  
WATER PARK

# LIFE IS EXCITING

Therefore, there is no such thing as too much pleasure. If you seek the wellbeing of your body or your soul, if you are in pursuit of fun or soothing relaxation, if you are on your own, with your partner or your family – in the diverse city of Atlantis you will find paradise.

Shorter days starting in autumn, rainy weather or snow up to your knees – none of these can be an excuse for low spirits, as there is Atlantis – one of the largest indoor water parks with both indoor and outdoor areas in Europe. No

reason to keep dreaming about summer splashes, when one of the three theme sections in Atlantis will certainly meet your desires - depending on your mood, the Adventure World with children's area will cheer you up, the Thermal Temple will cater for your tired body and Sauna Land will calm your frazzled nerves.

Don't let the stress get you down, listen to your needs and throw your worries into the waves. It's easier than you think. Just pay us a visit you won't regret.

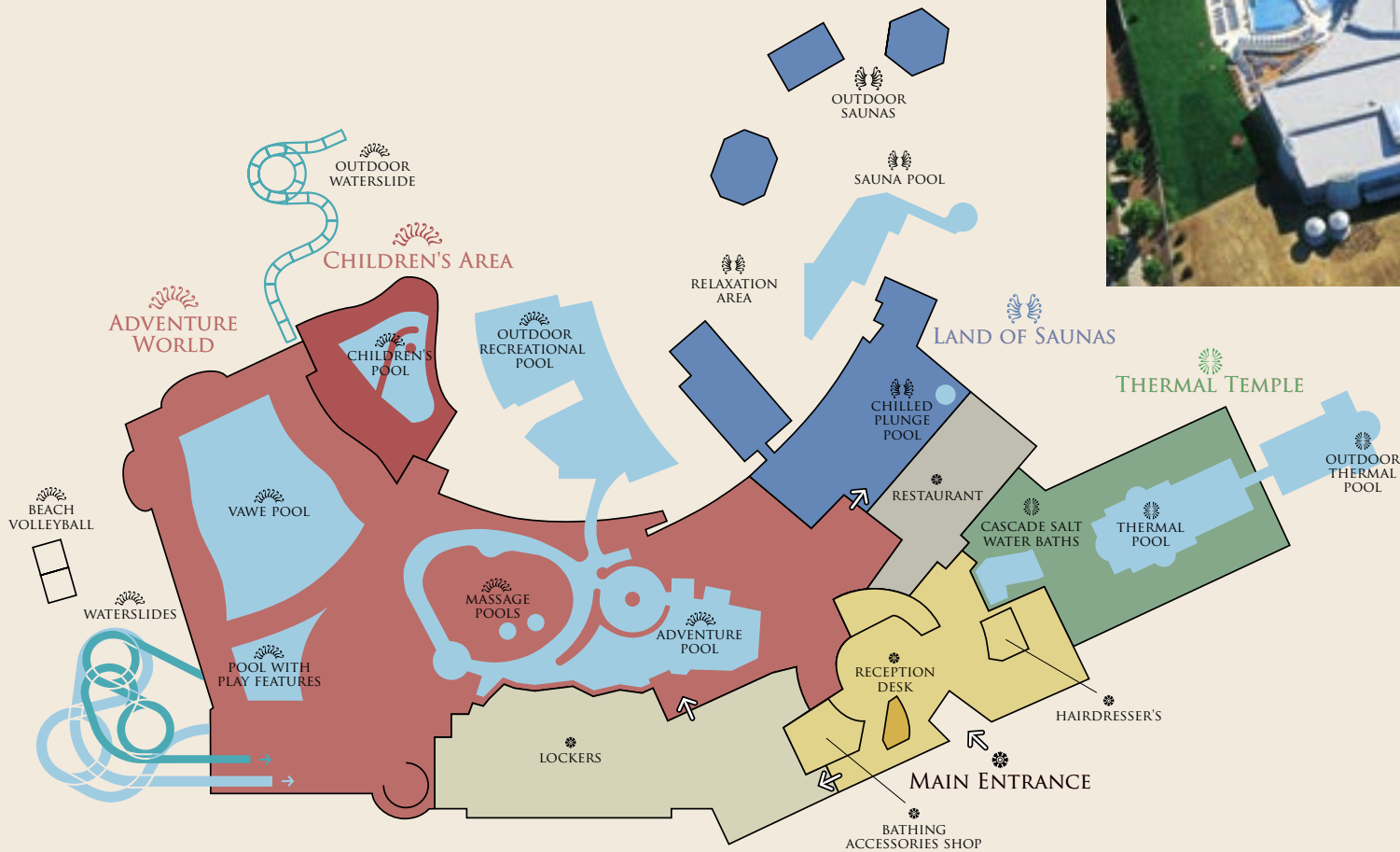


ATLANTIS WATER PARK IS open 365 days a year from 9 am to 11 pm. It covers a land surface area of 15,000 m<sup>2</sup> of which the water surface area measures 1,800 m<sup>2</sup> and the outside atrium covers area of 11,000 m<sup>2</sup>.

ATLANTIS is intended for all age groups and is also easily accessible to all functionally impaired persons.

ATLANTIS boasts as many as 14 pools in three theme sections: the ADVENTURE WORLD WITH THE CHILDREN'S AREA, the THERMAL TEMPLE and SAUNA LAND.

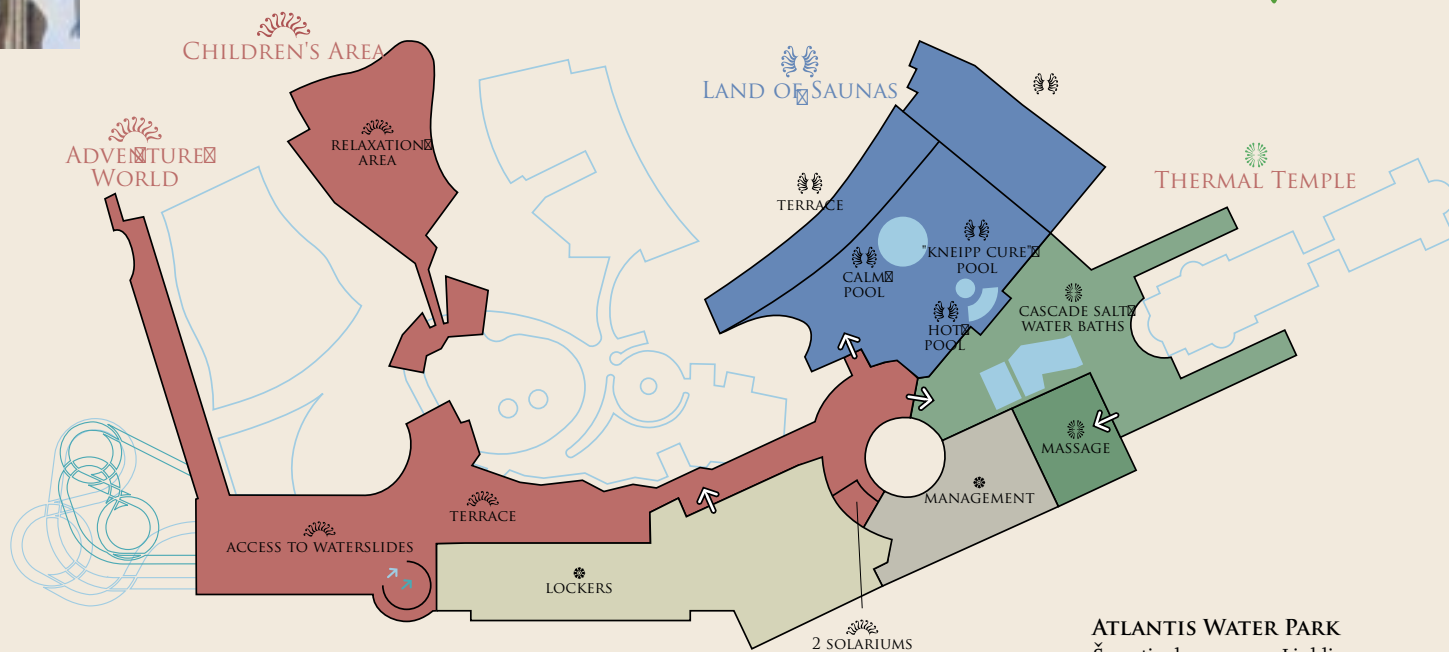




GROUND FLOOR



Atlantis is in the process of obtaining ISO 14001 certification. That is why we first identified the factors which influence the environment and then planned actions to reduce their environmental impact. It should be noted that ATLANTIS WATER PARK was designed applying all European standards and regulations regarding energy efficiency, bathing water processing techniques and environmental impact.



# FIRST FLOOR

**ATLANTIS WATER PARK**  
 Šmartinska 152, 1533 Ljubljana  
 tel: +386 1 585 21 00  
 fax: +386 1 585 21 30  
[www.atlantis-vodnomesto.si](http://www.atlantis-vodnomesto.si)  
 e-mail: [vodnomesto@btc.si](mailto:vodnomesto@btc.si)



# ADVENTURE WORLD



# LAUGHTER IS THE BEST MEDICINE!

**There's a reason to laugh and visit Adventure World to get your fun fix.**

Your imagination is the only limit in ADVENTURE WORLD, which was designed for unforgettable water adventures. Pluck up the courage to plunge down a 140-metre-high adrenaline waterslide, bravely try waterfalls and geysers or simply lay afloat on underwater beds with jet streams or air bubbles in massage pools. Let your breath be taken away, search for your adventures spirit again and discover what it's like to swim in a rain forest river or play like a child again on the water trampoline.

Let go of your daily routine before entering Adventure World and loosen up, even forgetting about your mischievous kids. They'll be carelessly enjoying water cannons and other fun features in our special children's pools under the watchful eyes of lifeguards, who will take every care of them and allow you to relax without troubles. A day off for you and an unforgettable, thrilling experience for your children in our playful world of fancy.

Adventurers too deserve a rest so you're invited to the Oasis of Rest and Relaxation. Stretch out on a comfortable deck chair and calmly look around you, bathe in the sun when the weather permits or just doze off without a care for what others think. Then experience a final touch of bodily relaxation in a steam sauna to calm your muscles.



ADVENTURE WORLD features  
7 pools (2 massage pools, 2 children's  
pools, a wave pool, an adventure pool  
and an outdoor recreational pool),

3 indoor waterslides (140-metre-long  
ring slide, 140-metre-long "black hole"  
slide, 15-metre-long children's slide)

with an outdoor waterslide to be  
added in the summer of 2006 and  
2 solariums.



## *Adventure World awaits you with*

### **Water Entertainment**

The water trampoline, which is perfect for all sorts of acrobatic figures, is immense fun. You can also try to run a 13-metre-long water carpet or let experienced instructors help you scuba dive. Water entertainment programmes are organised at Atlantis every Saturday and Sunday afternoon as well as during holidays. Another great thing – parents don't have to watch over their children as they will be looked after by our caring entertainment co-ordinators.



### **Scuba Diving Courses\***

Let your adventurous nature – for which age is no obstacle. We will teach you safe scuba diving. This will enable you to experience water depths in a new way. You can take individual or group courses in the morning or evenings.



### **Swimming Courses\***

Learn to swim at Atlantis. Perhaps you think it's too early for your child and too late for you? All you have to do is trust our professionals who will expertly demonstrate that it's never too late or too early. You never know what you can do until you try. Special courses are available in small groups and even one-to-one.



### **Water Games – without frontiers\***

Come to play water-polo, water basketball, water volleyball or games on the water carpet and water trampoline.



### **Holidays and Day Care at Atlantis\***

You are anxiously awaiting the holidays. It is, after all, a time for letting loose, happiness and fun. If you have the misfortune of having parents who have to work non-stop, you can spend your holidays at Atlantis, anytime, regardless of the season. Your safety will be taken care of and you will not go hungry, as we prepare three meals each day. In short, if your parents haven't got the time, come spend your holidays with us. We guarantee a crazy party!

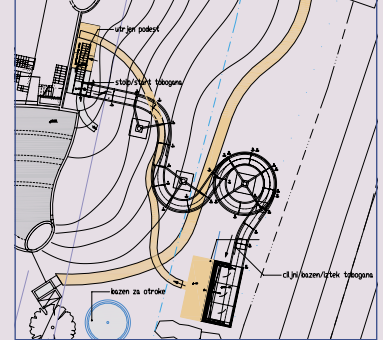


### Water Aerobics

Would you like to build up your stamina as well as improve your movement co-ordination and balance? Like to lose those extra kilos? Join aerobic classes with pleasing music in the Adventure Pool held several times a week. No matter how old you are, you will feel the benefits of water exercises.



**Nowelty in summer 2006:**  
an attractive outdoor waterslide



Water volleyball  
player beauty contest.

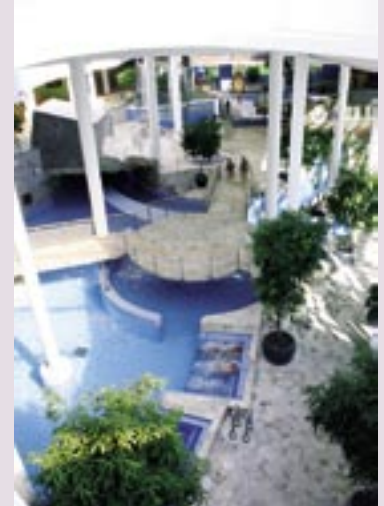
### Dancing Courses with Swimming for Children\*

Want to combine water pleasures with dancing? At Atlantis you can dance to the greatest pop music hits. Dance first and then cool off in water.



### Exercises for Infants and Expectant Mothers\*

Not many programmes offer safe recreation to expectant mothers and infants. That's why Atlantis has organised special exercises just for this special and important group.



\*To enter ask at the reception desk, call on  
+386 1 581 21 00 or send an  
e-mail to [vodnomesto@btc.si](mailto:vodnomesto@btc.si).



# THERMAL TEMPLE



# LOVE YOURSELF!

**Sound mind, sound body.** An old Latin expression of great wisdom which still reminds us that our well being depends on both. Imagine what it would be like if you let yourself go and stopped loving yourself. The more we neglect ourselves, the weaker our spirit is. Don't let it happen – in spite of the daily life in the urban jungle, its crazy pace and constant lack of free time. At the THERMAL TEMPLE you will make best use of your leisure time and make every moment an experience.

Discover total relaxation of mind and body at the Thermal Temple, our calmest section at Atlantis. Murmuring cascade salt water baths tiled with natural stone from Brazil will wash

away all your worries and weariness. Your fatigue will simply be washed away by the pleasantly warm gurgling water providing a supreme massage to every fibre in your body. Geysers will awaken your senses with the power of a natural spring. Not only the indoor but the heated outdoor pool also offers maximum comfort in all seasons with its ideal temperature of 32° Celsius. Upstream swimming will pleasantly tire your body and refresh your mind, not to mention doing a world of good for your heart.

Remember the pleasure of breakfast in bed? While chilling out in the lee of lush greenery of the atrium you will be served anything your heart desires.



THE THERMAL TEMPLE features salt water cascading basins, an indoor and an outdoor pool with air bubble and water massages jet nozzles as well as Thai massage.



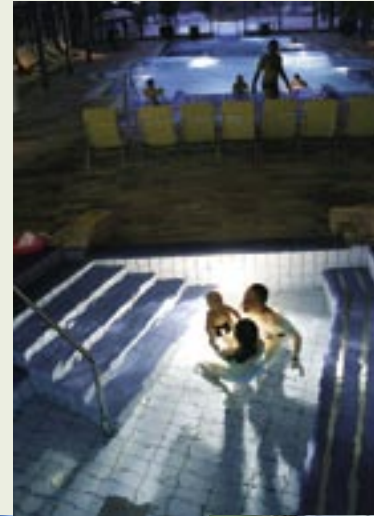
## What else is there in the Thermal Temple?

### Traditional Thai Massage

The magical hands of traditional Thai massage masters will ease your tense or sore muscles and take away all pain. This ancient massage, practiced for more than 2,000 years, is a well known relaxation technique that reconnects your



physical and spiritual bodies. In the relaxation part of the Thermal Temple you can choose among a variety of treatments in five massage areas. Achieve complete relaxation and alleviate any post-injury pain with a full-body traditional Thai massage with aromatic oils. You can choose one of many back massage treatments to loosen painful muscle knots caused by strain or have a reflexology foot and palm massage that improves lymphatic circulation, stimulates the body's defence systems and enhances concentration. Short, 15-minute massages by the pool are also available in *the Thermal Temple*.



### Water Exercises

Slow down your biological clock with a class of water exercises. Spend a week in the Thermal Temple to the rhythm of music. The atmosphere and have a simple but useful exercise that makes the resistance makes the interesting and adds to the flexibility of the chest.



logical clock. Join a  
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ercises. Water  
em even more  
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back, joints and



### Experts' Opinions

Swimming is one of those rare sports as equally agreeable to keen sportsmen as to easy-going idlers who shun any kind of sport activity. This makes swimming an ideal regular physical activity, which is one of the main factors in preventing various diseases. »Water is very good for people. I recommend swimming particularly to those who suffer from back problems because it is beneficial



Edvin Dervisević, MD  
sports medicine specialist, DMS

for the entire skeleton. It strengthens the cardiovascular system – by reducing the heart rate, water pressure positively impacts the heart function and increases heart capacity. It also strengthens the breathing system since, in water, breathing is deeper due to water pressure, which builds breathing muscles.« explains Manuela Pendel Zalek, fitness and aerobics teacher and the President of the Expert Committee for Group Exercise of the Fitness Association of Slovenia. Too often we forget that relaxation is crucially important for the human body. Busy schedules and many obligations overstrain our nerves and upset our inner balance. And a good mood is certainly a positive health factor. The renowned cardiologist, prof. Josip Turk (DMS) says:

»The modern way of life, combined with insufficient physical activity and lack of relaxation, results in diseases, such as high blood pressure, angina pectoris, heart attacks or even strokes. What you experience in water and around it,



especially if it involves relaxed lying down, is crucial for health.« Health specialists from various fields are regularly at your disposal in Atlantis. They will give advice to help you feel better. Take time to consult renowned doctors in the pleasant and intimate atmosphere of the THERMAL TEMPLE.





SAUNA  
LAND



# HOLIDAY – EVERY DAY!

**Make two days out of one.** It is of course possible, if you ask the Nordics, or better the Finns after whom the most famous type of sauna has been named. For the Finns, sauna is a traditional good habit that helps them survive the long Nordic nights.

Medical professionals know that relaxation in sauna stimulates lymphatic circulation and is beneficial for muscles, skin and respiratory organs. Sprawl out in comfort, feel the heat permeate your body and watch your thoughts drift away.

It's not just that after a sauna you will feel weightlessly supple, but you can be sure that you've done a great deal for your health.

No matter what you prefer – wonderful aromatherapy scents, the healing heat of a Finnish sauna or rain forest scenery – you will find it in one of our many saunas which will invigorate you and fully prepare you for new challenges.

Any visit to *Sauna Land* will be different and special. Our objective is to provide such a variety that even the most demanding hedonists will be dazzled. Enjoy traditional Finnish saunas, picturesque outdoor wood cottages and many indoor saunas – steam, mud or aromatic. With its ambience each sauna guarantees a unique experience.

Are you agitated, suffer from a cold or simply want some peace and quiet? Sauna is the right medicine for all this – the cold will be gone and everyday stress will disappear. All you need to do is try.

In SAUNA LAND you will find 11 theme saunas – Alpine, Panoramic, Earth, Miner's, Sanarium, Big Finnish, Steam, Mud/Chocolate, Laconium, Finnish and Eucalyptus;  
2 solariums;

Thai massage;

and 4 pools – Kneip basin, still pool, chilled plunge pool and an outdoor pool with a grotto and hot water.



## *How will you be pampered in Sauna Land?*

Step out from a sauna and sunbathe, without having to put on your bathing suit. You will feel genuinely at home in many areas of *Sauna Land* – indoor atrium, two floors of the Atlantis building, 2 resting areas, outdoor terrace and outdoor saunas with an outdoor pool.

### **Outdoor Saunas**

They are made of “Kelo” wood – i.e. over 300-year-old polar pine wood. They are particularly charming because of picturesque, rustic design and original sauna technology. In the Alpine and Earth saunas there is a log-fueled fireplace. All outdoor saunas are Finnish, with a temperature between 80° and 95° C and a humidity of 10% to 15%. This not only has a positive effect on muscle tone and subcutaneous tissues but it also really detoxifies your body.



### **Indoor Saunas**

Besides classical Finnish saunas a range of very interesting saunas is available in the indoor area – used to upgrade or complement the beneficial and healing effects of having hot saunas. Which one to choose? Your desires and feelings will decide for you.

*Eucalyptus* is a steam sauna with 100% humidity, especially beneficial for healing wounds, colds and flus.

*Laconium*. This Turkish sauna is renowned for its rejuvenating effects. In an antechamber with air temperature of 40° C and humidity around 15%, you can warm your body up before going inside the sauna or you can stay to listen to the sound of bubbling water and quiet your mind. In the following chamber the



air temperature is 40° C and humidity 100%.

In our *steam sauna*, humidity is 100% and the air temperature 45° C. In combination with a Finnish sauna it the perfect method of thorough whole-body heating.

In the sauna called *Sanarium*, air temperature ranges between 55° and 60°C and humidity is around 50% which reminds you of a rain forest. It is known to be among the most beneficial saunas, opening up pores and draining water from the body.



The *Mud Sauna\** might seem unusual, as you have to cover your body with Fango – a mineral-rich mud of volcanic origin. Thanks to this mud wrap, heat is evenly transmitted throughout the body, improving the functioning of internal organs and stimulating the thyroid gland.



*The Chocolate Sauna\** is no joke – chocolate with an abundance of nourishing substances will smooth your skin and chocolate aromatherapy will calm your nerves.



In saunas, air is swirled several times a day by splashing stoves with water mixed with essential oils. During air swirling you can rub salt, honey or ice into your skin. In the outdoor Panoramic Sauna you can indulge in holistic aromatherapy treatments daily.

In all saunas, attendants will add essential oils of orange, basil, chamomile, lavender, lemon, mint, rose and others.

Try short, 15-minute massages by a pool in *Sauna Land*.

*\* For previous reservation call +386 1 585 21 00.*



COME TO  
WATER PARK  
ATLANTIS



# RIDE THE WAVE OF FUN!

## The invitation is on!

Next time you are in low spirits, without energy or just bored – don't think twice! Come to Atlantis and have fun among many other happy faces. Happiness is contagious and you will come back for more.

The painter Denis Dimitrij Starič was so satisfied with the friendly and helpful service that he gave Atlantis one of his paintings as a gift.



The world famous Slovene ultra marathon swimmer, Martin Strel, finds peace only in Sauna Land.

BTC is the general sponsor of world champions Mitja Petkovšek and Aljaž Pegan, who both like to relax in Atlantis.

The Atlantis website received the *Srebrni netko* (Silver Net-Co) prize for 2005 and Water Park Atlantis was awarded *Kristalni Neptun* as the best water park in 2005.



*Water Park Atlantis* is an entertainment-recreational district of the BTC City – shopping centre. KOLOSEJ, MILLENIUM and ARENA are in its immediate vicinity.

You can reach Atlantis by car, taking the eastern city ring, by city bus number 17 or by train, leaving from the central railway station in Ljubljana.

A large multi-storey car park and many outdoor parking lots are just in front of Atlantis.



## Atlantis also offers

### Atlantis Restaurant

A wide range of exquisite food and drink is a must in Atlantis. When combining pleasures one cannot exclude culinary delights. All types of hedonists are catered for – at as many as seven locations reflecting the character of each theme section. At Adventure World there is a self-service buffet with cold and hot dishes, homemade ice-cream, fruit and salad bar and various drinks. In Sauna Land and the Thermal Temple you can sample a variety of succulent, light food and refreshing drinks. Anyone with a sweet-tooth will be delighted with our variety of sweets. An ice cream cake or cocktail in a café, a low-calorie meal or perhaps a simple dish – just a fraction of many choices for your satisfaction.



### Beach Volleyball

Compete on hot fine sand. At Atlantis there are two volleyball courts where you can play free of charge. Hurry up – grab the ball and have fun!



### By train to Atlantis

Avoid traffic congestion and take a train from Ljubljana central railway station to Atlantis and use the ticket for a special discount.

### Mother Earth Fountain

One of the largest water sculptures in Slovenia will be put up in front of Atlantis in April 2006. This work of art symbolises the right to water as the fundamental right of every Earth Dweller. Its author, the Slovene sculptor A. G. Gaberi, says that: *"Mother Earth is the mother of all mothers who gives us love, hope and forgiveness."*

### Additional Facilities

A hairdresser's and a shop selling recreational and professional diving equipment as well as swimming suits, children's water toys and bathing accessories are open to all visitors of Atlantis.



**Mascot of Atlantis**

A friendly dolphin named Atlantis is eager to meet you. He will frolic around the youngest visitors or give them a small present.



**Class Trips\***

All schoolchildren are warmly welcome at Atlantis. A class visit to Atlantis guarantees a special discount at BTC City. Combine fun and learning by peeking into the technicalities of swimming pools and then just splash with gay abandon. Spend your day differently – at BTC City where great attractions await you.



**Happy Hours**

During happy hours, every business day from 9 to 12 am and 8 to 11 pm, tickets for all theme sections are up to 20% cheaper.



**Birthday Parties\***

Make your birthday an unforgettable experience! Entertainment co-ordinators will organise a terrific party for you with lots of splashing and excitement. There will be no room for boredom, hunger or thirst in front of a real birthday cake, yummy hot snacks and refreshing drinks. And a photographer will record this memorable event.



**Private Parties\***

In addition to everything else at Atlantis you can also throw a private party, create a special atmosphere, enjoy food and drink service in saunas and organise product presentations or fashion shows.



**Solarium**

You wonder how to avoid sunburns in summer and charge your batteries in winter? The answer is more than simple – go to a solarium. There are two at Adventure World and two at Sauna land. All solariums are state-of-the-art with turbo technology and air conditioning.

*\*Make a reservation at the reception desk, telephone on +386 1 581 21 00 or send an e-mail to vodnomesto@btc.si.*

**ATLANTIS WATER PARK**

*Published by: BTC d.d.*

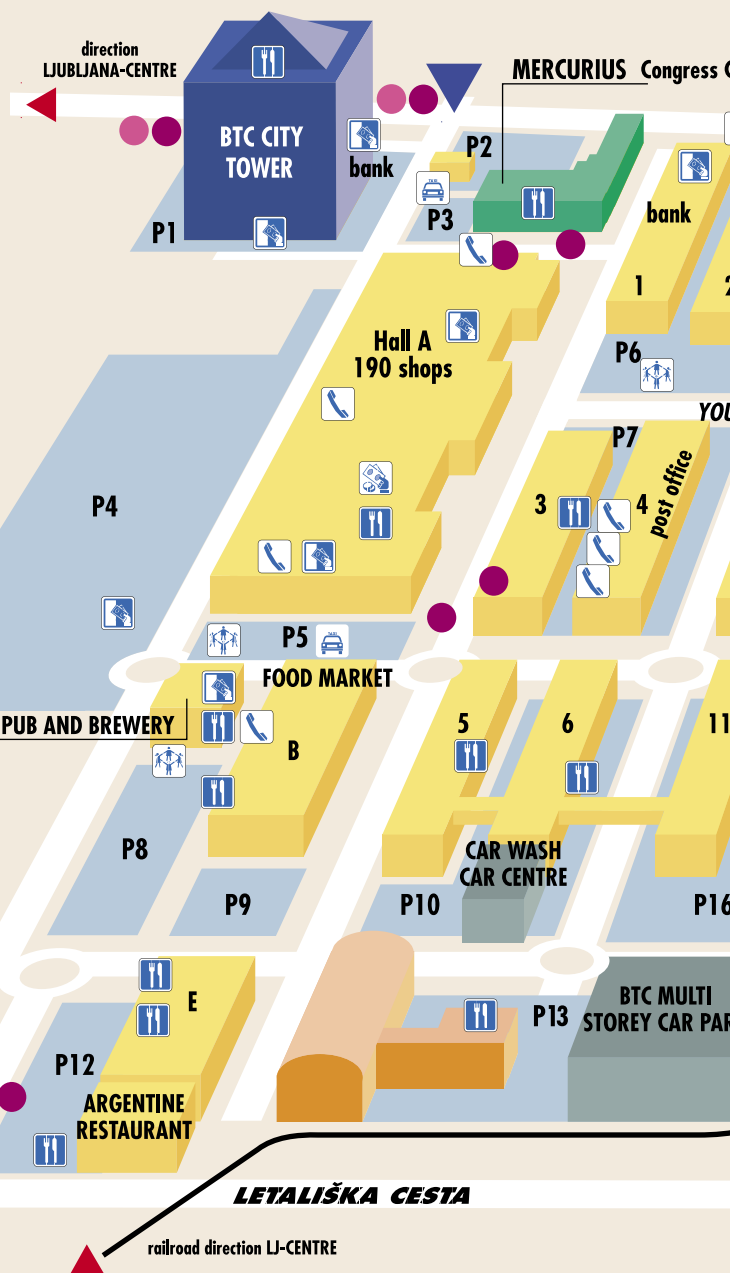
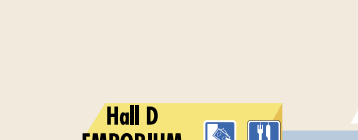
*Photographs: Photograph collection of BTC d.d.*

*Design: Domen Fras / Aparat.org  
Ljubljana, September 2006*





-  direction
-  entrance to BTC City
-  bus stop lines 2,7,12
-  bus stop line 17
-  parking lots
-  business district
-  shopping district
-  culture district
-  entertainment-recreational district
-  ATM
-  play features
-  bar, restaurant, pizzeria
-  taxi
-  exchange office
-  telephone
-  petrol station
-  railway station



Centre

**ŠMARTINSKA CESTA**

**1ST AVENUE**

2

7

8

P14

P15

9

10

12

17

18

**ARENA**

PK

P17

**Water Park  
ATLANTIS**

ATLANTIS  
VODNO MESTO

**CITY PARK  
89 shops**

**CITY PARK  
GARAŽA**

**KOLOSEJ  
MULTIPLEX  
CINEMA**

P19

**BRATISLAVSKA CESTA**

direction **KRANJ,  
KOPER,  
NOVA GORICA**

direction **CELJE,  
MARIBOR**

direction **NOVO MESTO  
ZAGREB**





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