











Muscat has a wide range of family friendly pools that you can cool off in.

You can find the location of all the pools listed on the online [MM 'Swimming Pools in Muscat' Google map](#).

Please note:

- Most hotels also offer an annual membership fee for individuals, couples or families - please enquire directly to the hotel for more details.
- This list only includes those pools that provide day access without membership. Locations such as PDO have not been included for this reason.
- The information provided has been obtained directly from each facility and is correct as far as we know.

	Location	Opening times	Cost	Food	Bar	Shade over water	Kids pool	Comments
	Al Nahda Resort Barka, 45 min drive from Muscat	6am – 6pm	10or adults, 5or 0- 12yrs	Y	Y	N	Y	
	Al Sawadi Beach Resort Barka, 45 min drive from Muscat	Pool 9am – 6pm Food 12-4pm & 7-10pm	3 or adults 1.5 or kids	Y	Y	Y	Y	Has beach and pools plus lots of outdoor activities
	Capital Area Yacht Club (CAYC) Between Sidab and Al Bustan	7am – 11pm	2or adult wkdays 3or adult wkends; kids free	Y	Y	-	-	Beach only

	<u>Crown Plaza</u> Qurm Heights	7:30am – 9pm	8or adult wkdays, 10 or wkend, kids 4-6 or	Y	Y	Y	Y	Includes pools, gym, sauna
	<u>Dolphin Village</u> On main road through Bausher	9.30am - 8.30pm	3or adult 2or kids wkdays; 5or adult, 3or kids wkends	Y	Y	Y	Y	
	<u>Grand Hyatt</u> Shatti al Qurm	7am – 9pm	10 or adult 5 or kids	Y	Y	Y	Y	Gym use not included
	<u>Intercontinental Hotel</u> Shatti al Qurm	6am – 9pm	10or adult 6or kids	Y	Y	Y	Y	Includes pools, gym, sauna, jacuzzi, courts
	<u>Marina Bandar Al Rowdha</u> Between Sidab and Al Bustan	9.30am-11pm weekdays, 8.30am-11pm weekends Pool closes 6pm	Free when you purchase food or drinks	Y	Y	Y	Y	Pool only
	<u>Oman Dive Centre</u> Between Qantab and Shangri La Resort	8am - 7pm	2 or wkday 4 or wkends	Y	Y	Y	Y	Beach and pools
	<u>The Platinum</u> Al Khuwair	7am-8:30pm	5or adults 2or kids	Y	N	Y	N	
	<u>Radisson Blu Hotel</u> Al Khuwair	6:30am – 9pm	9or adult, 5or kids	Y	Y	Y	Y	Free use of pool during Friday brunch 1-4pm

	<u>Shangri-La</u>	6am - 8pm Pool 8am-7pm	25or adult 15or 6-12yrs 0-6 yrs free	Y	Y	Y	Y	Day visits are sold as a package & include lunch.
	<u>Sifawy Boutique Hotel</u> Jebel Sifah 1 hour drive from Muscat	9am-6:30pm	17.5or adult 10-12yr 8.5or 0-10yr free	Y	Y	N	Y	Day visits are sold as a package & include lunch.

Compiled by Josephine O'Brien & Rachael Boisen