

# Your Complete Swim Spa Buying Guide





# Table of Contents

Introduction.....	3
Why Choose a Swim Spa?.....	4
What Are My Swim Spa Options?.....	5
What Are the Health Benefits of a Swim Spa?.....	6
Choosing the Right Current Type.....	8
Are There Different Swim Spa Layouts?.....	9
How Much Does A Swim Spa Cost?.....	11



# Introduction

Swim spas continue to gain a lot of traction in the pool and spa industry. These unique units combine the benefits of swimming with the therapeutic benefits of a hot tub, allowing you to continuously swim against an ongoing current of water. It provides a fantastic workout without having to sacrifice a lot of space in your backyard, perfect for the fitness-minded homeowner who doesn't have the space for a lap pool.

Although the first swim spa hit the scene in 1979, many interested pool and spa owners still have a limited understanding to what it is and how the swim spa works. In this eBook we hope to answer any and all questions you have about swim spas, including whether one is right for you and the different options available on the market today.





# Why Choose a Swim Spa?

Swim spas are a popular option for avid swimmers, and people who enjoy exercise, who may have limited space in their backyard, or they are popular choices for those who appreciate having both the benefits of a pool and the benefits of a hot tub in one comprehensive unit.

There are a number of reasons why you should consider investing in a swim spa:

- **A Blend of Fun and Fitness.** Whether you want to get your laps in or give the kids the some fun playing the current, swim spas aren't just for exercise. They are the perfect blend of fun and fitness for entire family and allow everyone to to enjoy time in the refreshing water.
- **Less Maintenance.** One of the most attractive features of a swim spa is that they require significantly less maintenance than a swimming pool. The majority of swim spas have a self-cleaning mechanism which significantly reduces the amount of time you will need to spend cleaning and adding chemicals to your spa.
- **Use Indoors or Out.** Swim spas are portable and can be installed both indoors and outdoors. Depending on where you're looking to incorporate your swim spa, they have the ability to be integrated into a beautiful backyard setting or installed in an all-seasons room or indoor space.
- **Energy Efficient.** Many swim spas models come outfitted with energy-efficient components and are equipped with thick, energy-conserving hardcovers. The end result in an aquatic escape that costs significantly less to operate than a pool, leaving you with more money in your wallet.





# What Are My Swim Spa Options?

The swim spa industry is growing rapidly, and a number of different swim spa categories and spa sizes have been created to meet this increase in demand. The variety of options available gives buyers an opportunity to pick a swim spa that will most fit their needs and lifestyle. So what swim spa is the best fit for you?

## **Fiberglass Composite Swim Spa**

Fiberglass composite swim spas consist of a balsa wood core, and they feature fiberglass and resin layers. These shells are then finished with a gel coat to create a durable shell which can withstand the elements.

This type of swim spa can be installed as an above ground, inground, or a partially above ground swim spa. They may be ordered as a complete unit or may be available in sections to allow for easy on-site assembly.

## **Molded Acrylic Swim Spa Shells**

Molded acrylic swim spa shells are typically anywhere from 12 to 24 feet in length and are designed to be placed into a deck outside. With this type of installation, you can choose where to have the filter, the pumps, the heater and other equipment situated so that it does not affect the beauty of your outdoor living space.

## **Self-Contained Acrylic Swim Spas**

There are a variety of swim spas which are completely pre-built and self-contained. The real benefit to these self-contained swim spa models is that they do not need to be permanently installed and can be moved from indoors to outdoors depending on the the temperature and weather outside.

These units are popular because they are incredibly easy to install. However, one drawback is that they are large and bulky, so they may not be as attractive as the other swim spas in the list, depending on your need for aesthetic appeal.

## **Component or Modular Designed Units**

Because of their modular design, these swim spas can be installed indoors. They come in a variety of sizes with a depth potential of as much as 6 feet deep. These swim spas are custom-built units made of steel panels and a vinyl liner, allowing users to create an aesthetically pleasing poolscape that works well with their interior design.



# What Are the Health Benefits of a Swim Spa?

The health benefits of a swim spa far surpass the ability to exercise, relax and swim in the comfort of your own backyard. Aquatic exercise not only reduces fatigue and pressure on joints, it also soothes body aches and pains, and improves balance. Swim spas also offer the perfect spot for arthritis sufferers to exercise, as the water supports your joints and muscle, while the can ease tight muscles.

Swimming in a swim spa brings your well-being into focus, soothing a sore body and easing a troubled mind. Not only does the temperature of the water help improve your health, but other exercises such as hydrotherapy (slow, controlled movements and relaxation exercises performed in hot water) help stimulate health and healing.

The main benefit of a swim spa is that it lets you focus on your goals. Rather than slowing down for turns at the end of each lap, swim spas are designed so you can keep one constant speed, allowing you to focus on your fitness, skill and form.

So what kind of exercises can you complete in a swim spa?





## Exercises You Can Do in a Swim Spa

Top level athletes around the world rely on swim spas to stay in shape for a variety of reasons — the exercises aren't limited to classic open water swimming. While open water swimming is considered one of the more popular exercises to complete in a swim spa, it's not the only one. There are a number of different exercising options that are sure to make your experience more productive and beneficial.

- Cross-training tethered swims
- Tethered aquatic jogging
- Aquacising
- Teaching young children to swim

Some swim spa units even offer additional exercise equipment, such as resistance training gear and submersed treadmills, that can enhance your workout experience. The improved mobility, flexibility and weight loss you'll see as a result of working out in a swim spa will not only result in a better quality of life, but also your overall well being.





# Choosing The Right Current Type

Swim spas use different current technologies to create the water flow within the unit. Since the water current dictates the functionality of each swim spa, it's important to understand the capabilities of each system to choose the one that best fits your needs. The current in a swim spa can be created in a variety of ways.

## **Paddlewheel Propulsion**

The paddlewheel propulsion is a long paddle which spans the width of the pool and is run through an electric motor, creating a smooth and wide current. It pulls the water in, then pushes it through either a side tunnel or false bottom floor out of a grille. Paddlewheel technology is more expensive than jetted, and even some propeller, technologies. It offers the most powerful current on the market, circulating up to 25,000 gallons per minute.

## **Propeller Propulsion**

Propeller propulsion is a step up from jet propulsion, effectively moving 5,000 to 7,000 gallons of water per minute. An electric motor or hydraulic system is used to power the propeller, pushing it into the center of the swim spa, effectively and efficiently creating a smooth water flow. The best swim spas will feature custom designed composite propellers, though most swimmers are happy with the standard welded steel propellers.

## **Jet Propulsion**

A jetted swim spa provides swimmers with one, two or multiple jets at the front of the spa. The jets are powered through an electric pump, which then funnels water through plastic piping to the jet nozzles, pushing between 250 to 500 gallons of water per minute per jet. This type of propulsion offers the least amount of resistance, but is also the most affordable swim spa options.

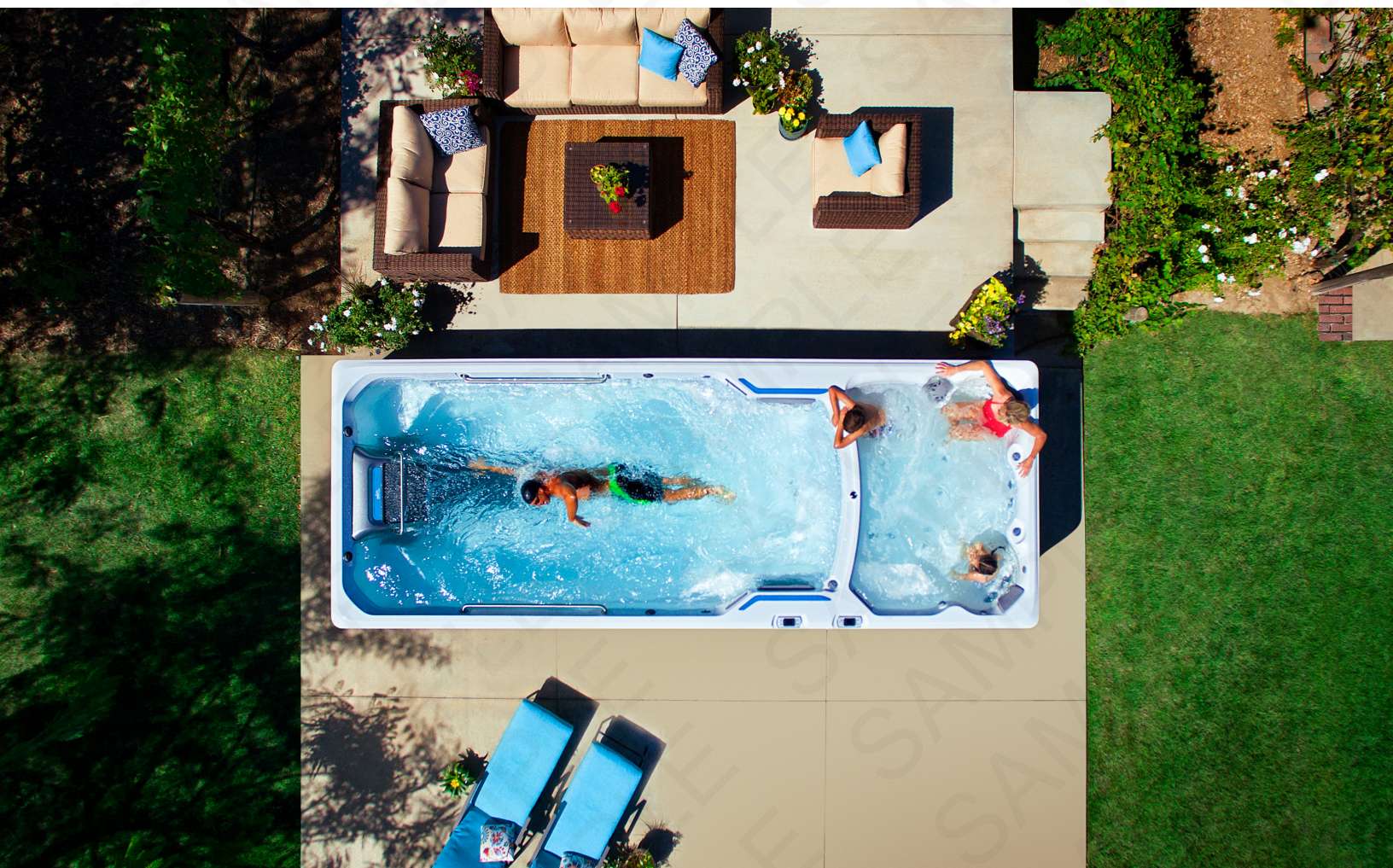




# Are There Different Swim Spa Layouts?

Depending on how you plan to use your swim spa, you may want choose one style or type of layout over another. There are a variety of layouts available, giving you a number of options to choose from that will best meet your personal needs.

- **One Body of Water:** These units feature the same temperature of water throughout the entire swim spa. While many are designed to be used only as a swimming machine, several manufacturers have now included molded hot tub seating at the end of the spa.
- **The Separate Swim Spa:** These units feature two separate bodies of water, both of which can be set to different temperatures. The more spacious swimming area can be kept at a cooler temperature while the spa section can be heated as you wish to enjoy warm water immersion therapy. Because this layout features two separate sections, they are larger than most other units.
- **Twin Sets:** Matching sets of both an endless swimming pool and a spa may be the ideal solution for those who are limited on spas or who have outdoor spatial constraints.





There are special considerations if you're looking for a swim spa that features traditional spa seating. If that is the type of swim spa you're looking for, you'll need to determine which type of seating you'll benefit from the most. The majority of swim spa models will come with one of the either of these two types of seating — lounge seats or captain's chairs.

The benefit of a lounge seat is that it places you in a reclined position, allowing you to enjoy a deeper relaxation. Because it is in a leaned back position, however, it will take up more space than a captain's chair. Captain's chairs are the more common type of seating in a swim spa. This type of seating keeps you in an upright position and usually comes with armrests.

## Other Special Features

Apart from underwater treadmills and resistance exercise bands as mentioned earlier, you can outfit your swim spa with additional features, including:

- **Interior and Exterior Lighting.** Not only does this make your swim spa more safe after the sun sets, but it increases the aesthetic appeal of your spa.
- **A Cover.** A cover is a must-have investment in order to keep debris, children, and pets out of your swim spa. It will also go a long way in helping you reduce heating costs.
- **A Massage Wand.** This is a hand-held jet which can focus a stream of water to specific parts of the body, delivering a customized massage.
- **Waterfalls.** This is an attractive feature that can enhance the appearance of your spa.
- **Built-In Audio Equipment.** Many of these are controlled by Bluetooth, but they can be more expensive than investing in an outdoor surround sound system, as they are costly to repair.





# How Much Does A Swim Spa Cost?

A swim spa will cost more than a portable hot tub but a lot less than an inground swimming pool, which typically runs \$20,000 or more.

When first released, swim spas had a higher price tag, however, as new features and advancements in technology have been made, the cost to manufacture and install swim spas has reduced. Today, the average swim spa will cost anywhere between \$8,000 and \$12,000, and deluxe models may be around \$15,000 or more.

## Additional Cost Considerations

As with most investments, there are a few additional costs to consider. When it comes to swim spas, the first would be the cost of installation. Most above ground models can stand alone on a well-built patio or concrete pad which you may or may not already have in your backyard. You will also need to have the swim spa positioned near a power supply that accommodates the needed voltage.

If you do not need to have a concrete pad constructed for the swim spa, you can expect to pay \$1,500 or so for installation. If you need a place structured for the swim spa, you may need to add \$1,000 or more to your budget for the cost of the concrete.

Inground swim spas involve more work, which means they typically come with a higher price tag. Depending on your location and the size of the spa, it may cost anywhere from \$2,000 to \$4,000 to install an inground swim spa.

The next thing to consider are monthly operating costs. Being smaller in size, swim spas cost considerably less to run than a swimming pool. If you are using your swim spa regularly, you can expect to spend an extra \$50 to \$80 each month on energy costs.

The last thing to consider are the maintenance costs. Maintenance costs are limited when it comes to a swim spa due to its size and maintenance needs. and most professionals state that it's recommended to expect an additional \$150 each year to cover maintenance and repairs.



# Contact Us Today

For further assistance with purchasing and installing your swim spa, contact us today to schedule your test soak so you can experience first hand all of the wonderful benefits of exercising in a swim spa in the comfort of your own home. During your wet test, you will be able to slip into the spa and try many different features, including the current component of the spa, to make sure that it is a right fit for your lifestyle.

This is a great opportunity to spend some time together and ask our experts any questions you may have prior to your purchase. Taking the time to experience a swim spa before you invest in one will give you the ability to see which features you will most benefit from and enjoy for years to come.

**Best Pools**  
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**Customer Service**  
sfsdfsdfsdf

**Design Staff**  
sdfasdfsadfadsf

**Website**  
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