



Swim Spa Buyer's Guide

What you need to know about buying and owning a spa, from how it works and what it costs, to how hot it should be and whether to place your new hot tub in your home or on your deck or patio is right here. We're pleased to offer a wide range of extraordinary hot tubs to fit any lifestyle, backyard and budget.

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What is a **Swim Spa**?

If you are new to the world of swim spas, you may wonder – is it like a traditional swimming pool? Unlike traditional pools which take up a significant amount of space and cost a substantial amount of money for only limited usage, swim spas are compact options for incredible swimming, relaxation, and fitness activities with no “off season.” Let’s dive in now to learn more about swim spas.

Swim Spa Basics

Swim spas represent a hybrid of a spa (heated and hydromassage features) and a pool (with its size to allow for more people to enjoy and enough space to facilitate a versatile range of low-impact exercises) – providing a complete system for swimming, exercise, and relaxation.

Designed specifically for producing resistance, jets or a propulsion system create the perfect environment for swimming or performing general aerobics and light exercise activities. It’s also these propulsion systems that create the continuous current that allows people to “swim-in-place” for the most effective swimming workouts and experience possible, eliminating the flip-turn stops after a few short strokes that are a common drawback with a traditional swimming pool experience.

Let’s now explore the many benefits of swim spas.

Top Swim Spa Features

All the benefits of a pool at a smaller size: This is a great option for people that don’t have the space for a traditional, larger pool.

Delivers fitness and relaxation: In addition to swim currents for swimming and aquatic exercise, most swim spas also utilize jet technology for hydromassage for ultimate relaxation. Sizing, features, and hydromassage options will vary by make and model.

Provides a beautiful asset to your home: Many swim spas are the centerpiece of your backyard, with accent colors, LED illumination, and contemporary frames and panels – perfect for your personal oasis or as a social destination for entertaining friends and family.

Year-round usage: Say goodbye to the all-too-short “swim season;” swim spas can be used year-round, even in the coldest climates.

Easy installation and simple maintenance: Swim spas are generally easier to install and require less maintenance than an in-ground swimming pool (with much less chlorine or harsh chemicals), making them easier and more affordable to operate, and more enjoyable to swim in.

A hot tub too?! What is a swim spa hot tub? Some select swim spa models (within select exercise mid-level and fitness premium/premier systems) have dual-temperature controls and include a separate heated spa hydromassage area. We'll cover this exciting dual-purpose functionality shortly.

Versatility: You'll be amazed at everything a swim spa can do! Ready to learn more?

Unique Swim Spa Options

Are there different kinds of swim spas? This is a great question. In fact, it's the best question to ask at the start of your swim spa search.

If you have spent some time with initial research, you may have scratched your head at figuring out different categories within the swim spa family. Much like cars, swim spas fall into three categories: entry-level, mid-level, and premium/premier. Ultimately, the most important question is, which type of swim spa is the right one for you, your family, and your lifestyle?

While we won't go into specific product names or product details, we will very generally cover the three categories to best educate you on your swim spa options. This will help give you a better idea of the type of swim spas to discuss more with your local swim spa dealer.

Here Are the Three Distinct Categories Within the Swim Spa Family:

Entry-level: As the most affordable options that are easiest on the budget, entry-level systems provide a basic and enjoyable “swim-in-place” experience (some models and brands

even offer a turbulence-free experience through airless jets as opposed to the jets that rely on air pressure to generate resistance), space to engage in physical activities like aerobics and rowing, as well as hydromassage benefits similar to those found in a hot tub. Entry-level models are available in various dimensions and price ranges, and it all will depend on your make and model, as well as accessories.

Mid-level: You may have heard the term “exercise pool” before. Typical exercise pools provide an environment for aquatic exercise but are typically smaller and not suitable for swimming. Luckily, mid-level swim spa systems provide a superior alternative to the traditional exercise pool.

These powerful systems are geared towards people that want more versatility in the types of exercises (like rowing and resistance workouts) they can do and deliver this extra space for more movement. These systems utilize the currents found in entry-level systems but usually employ a greater number of jets geared towards delivering more resistance with a superior feel. These units also deliver a higher degree of hydromassage benefits thanks to more functionality. Compared to entry-level systems, you will have access to more dynamic options with the mid-level systems. As one example (in select brands and models), you can enjoy a dual temperature swim spa with a separate swim and spa area, where each section enables individual temperature control. This means that you can work out at a comfortable temperature level of 82-85 degrees and then go into the spa area for a 104-degree hydromassage soak. Mid-level systems are available in several dimensions and price ranges.

Premier or Premium: These systems are the top of the line for the ultimate swim, fitness, and relaxation experience and they give you a 24/7 complete fitness/wellness retreat right at your home.

These systems are usually deeper, wider and longer units that allow for the maximum amount of space to accommodate the biggest range of workouts as well as space for others to join and relax. They also administer the highest level of hydromassage through more targeted jets and better ergonomics. This category offers more unique options when it comes to the generation of swim currents and resistance that go beyond jets for the best swim-in-place experience. Some brands utilize propellers or paddlewheels to deliver non-turbulent currents, while others offer swim machines to produce a swimming lane with laminar flow that is deeper and wider than your swimming stroke. And, if you want a swim spa that has a treadmill, this is your category. If you want both the treadmill and the hot tub in one swim spa, it's also possible here.

What Kind of Accessories Can Be Used with Swim Spas?

Aquabike for underwater cycling.

Row bar kit with resistance gear for strength training.

Swim tether (all swim spa models come equipped with an anchor for attaching an optional swim tether) for beginner swimmers and anyone looking to improve form with additional support.

Underwater mirror to monitor form that stays in place on the swim spa floor.

Bluetooth® Sound System that can pair with Bluetooth®-enabled devices to stream audio and play music.

Wi-Fi modules/mobile apps have optional plug-and-play functionality to pair up with a Wi-Fi-enabled device to control swim spa settings like temperature, lights, jets, etc.

Swim Spa Ownership, Fitness, and Wellness Benefits

Regardless of what swim spa model is best for you, the swim spa benefits are clear: It's a 24/7 at-home fitness and wellness retreat right at your fingertips to be your best, most fit, and most relaxed self whenever you want to use it.

Here's some other key swim spa benefits and additional resources to check out:

- Its small size is perfect for your home and you can find the right general dimensions for your space.
- Installation is easy – outside or inside your home.
- Maintenance is a breeze.
- It's more affordable than a traditional in-ground pool and it can fit into your budget.
- The health benefits of swim spas are many.
- Swim spa workouts are more effective and easier on your body than land-based exercises and there are so many great options to incorporate into your swim spa workout routine.



How do **Swim Spas Work?**

As a hybrid of a spa (heated and hydromassage features) and a pool (size and versatility for more people, more ability to perform low-impact exercise), a swim spa is a much more affordable and space-friendly option than a traditional swimming pool. And it's more effective, since the "swim-in-place" technology eliminates the flip-turn stops after a few short strokes that are a common drawback with traditional swimming pools. So, how can a swim spa provide this dynamic experience? Let's take a closer look.

Swim Spa Functionality Overview

Before we get into the nuts and bolts of swim spa components (no puns intended), it's best to first understand all the powerful functionality of these products, outlined briefly below.

Swimming Currents

Since swim spas are mostly about the swimming, let's start here. As mentioned earlier, the swim-in-place technology is the top draw of these dynamic systems. Propulsion systems create the continuous current that allows people to "swim in place" for the most effective (and enjoyable) workouts and swim experience. There are three distinct categories within the swim spa family, all with notable swim current technology and functionality:

Entry-level: As the most affordable options that are easiest on the budget, these systems offer a basic and smooth swim-in-place experience. Some models and brands even offer a turbulence-free experience through airless jets as opposed to the jets that rely on air pressure to generate resistance. If you are looking for more from the swim-in-place experience, continue onto the next two swim spa categories.

Mid-level: These systems utilize the currents found in entry-level systems but usually employ

a greater number of jets geared towards delivering more resistance with a superior feel. These systems are for people that want more versatility in the types of exercises they can do and more space to do it. In general, you will have access to more options with the mid-level systems compared to the entry-level systems, including a more customizable swim-in-place experience. If you still want even more, the next swim spa category has it all.

Premier/Premium: These systems are designed to combine and deliver the best swimming and exercise experience. This category offers more unique options when it comes to the generation of swim currents and resistance that go beyond jets for the best swim-in-place experience. Some brands utilize propellers or paddlewheels to deliver non-turbulent currents, while others offer swim machines to produce a swimming lane with laminar flow that is deeper and wider than your swimming stroke. If you want the best swim experience that most closely mimics open-water swimming with zero turbulence, you'll want to explore premium/premier systems more fully with your local swim spa dealer.

Aquatic Fitness

Water's buoyancy makes you feel up to 90 percent lighter, providing great support for muscles and joints, not to mention effective resistance for workouts. Land-based workouts can be tough on joints, hips, and knees, but aquatic fitness solves this problem. Instead, you get the cardiovascular benefits of exercise without the harsh impact on your body. There are so many great swim spa workout options including swimming, spinning, walking/running on a hydraulically run underwater treadmill*, rowing, resistance bands, and barre.

(*exclusive to select fitness systems)

Hydromassage

Thanks to the technology of swim spa jets, hydromassage is one of the best parts of a swim spa. The swim spa jets configuration has ideal positioning alongside hydromassage spa seating to relax muscles. Whether it's post-workout rejuvenation or a relaxing night with family and friends, it's an ideal way to unwind. Hydromassage therapy options will range across different swim spa makes and models, but as a general rule of thumb, you'll get much more hydromassage functionality from the upper tiers of swim spas. For example, the premium/premier systems provide the highest level of hydromassage through more targeted jets and better ergonomics, if that's something you need. Talk to your swim spa dealer about which hydromassage functionality you want the most.

Dual-Temperature Control Swim Spas (a.k.a. A "Swim Spa Hot Tub")

Most swim spa models offer a warm, comfortable temperature for the swim spa workout (swimming, aquatic fitness), but only a few select models (within the mid-level and premium/premier category)

provide the functionality of dual-temperature controls. In these select models, there are separate swim and spa areas with independent temperature controls, allowing you to work out in a comfortable 82-85 degrees and then head to the spa area for a 104-degree hydromassage soak – essentially giving you a swim spa and a hot tub all in one system!

Swim Spa Components

Now that you understand the dynamic functionality of swim spas, let's take a quick look under the hood and show you the parts that make it all possible.

Swim spas are single-shell, molded, acrylic models that arrive pre-plumbed and pre-wired and are ready to install on any sound and level surface, such as your outdoor patio, garage, or even indoor basement/sunroom, or other enclosures. Included below is the short and sweet component "glossary" of its main parts:

Shell:

Similar to a hot tub, the inner swim spa surface is made of acrylic that holds the water, has various seats in its mold, and provides mounting points for the jets. It is designed specifically to withhold the weight of water, equipment, and bathers. The color and style options will be specific to the make and model of the swim spa you choose.

Cabinet:

Designed for durability and beauty with minimal/no maintenance requirements, the cabinet provides structural support for the shell and its equipment.

Pumps:

Swim spa pumps circulate the water.

Jets:

We covered these earlier, but jets are responsible for the effective bubbles that power swimming-in-place and hydromassage.

Control and AUX panels:

Depending on the make and model of your swim spa, you may have an LCD control panel to control things like water temperature, swim jets, hydromassage jets, lighting, and water care. It also may have an auxiliary app plug-in option.

Covers and lifting system:

There are different options for covering your swim spa. You may opt for a bi-fold cover/lifter

that helps maintain heat and reduces evaporation, or you may prefer a lifting system that lends itself to easier operation (especially by a single user) and ensures a tight seal between covers, which prevents heat loss and evaporation, and optimizes efficiencies.

Bluetooth-enabled sound system:

You'll want to discuss this option with your local swim spa dealer, dependent on your swim spa make and model, but it's a great pairing to your Bluetooth-enabled devices for added enjoyment and entertainment for the swim spa experience.

Wi-Fi/Mobile apps:

All swim spas have Wi-Fi modules, but specifics on apps (i.e., only the premier systems have fitness app compatibility) will be dependent on the swim spa you choose.

Ongoing Swim Spa Maintenance

There are two primary areas you'll focus on with regard to ongoing maintenance briefly recapped below.

Water maintenance: Clean water is essential for your swim spa, but most of the hard work is already done for you by the swim spa itself.

Some swim spa models (within the premium and mid-level systems), feature a dual water-purification system that combines Ultraviolet C (UVC) with eco-friendly CD Ozone for crystal clear water with fewer chemicals than standard swim spas. The installed ozone system destroys contaminants on contact. Depending on the make and model, mid-level systems use the hydromassage swim spa pump on low speed with the same UVZ Ozone system for regular water circulation and optimal water quality, and the premium/premier systems rely on the continuous water rotation from the circulation pump, to ensure the water is always clean with minimal maintenance.

You'll also want to talk to your local swim spa dealer on the specific cleaning requirements for your system to keep your swim spa in tip-top shape year-round.

Energy costs: Keeping your energy bill low is important and the premier and mid-level systems are designed to do exactly that. Dependent on your swim spa make and model, there may be multiple layers of insulation that enhance energy efficiency and lower operation costs. Although the material that the insulation is comprised of heavily influences its heat retentive qualities, generally more layers of insulation will lead to higher efficiency and reduced operation costs.

Swim spa covers, touched on earlier, are also essential for keeping energy costs low.



Swim Spa **Dimensions**: What Size Swim Spa Should I Choose?

If you are ready to make a swim spa part of your home, congratulations on bringing this 24/7 ultimate fitness and wellness retreat into your life!

Here are some of the top questions we get when people first start looking at swim spas:

- *How big is a swim spa?*
- *What is the average swim spa depth?*
- *What is the smallest swim spa?*
- *What is the largest swim spa?*

We are going to jump into the world of swim spa sizes and swim spa measurements in a moment, but first, we'll look at a couple of key areas to consider: The physical space you have for your swim spa and the swim spa product that is right for your lifestyle. These pieces of information will ultimately help guide you to the perfect swim spa with the right swim spa dimensions, so let's get started.

How Much Room Do You Have for Your Swim Spa?

Depending on the make and model of swim spa you choose, you may decide to install it outdoors or indoors.

Outdoor Placement

Take measurements of the total available space of the intended spot for your swim spa. Is this space level and structurally sound? Is there reasonable access to this outdoor spot?

Indoor placement (garage, basement, sunroom, enclosure):

Again, take accurate measurements of the total available space of the intended indoor spot for your swim spa, including the ceiling height. You can tackle all the other indoor requirements (i.e., flooring, ventilation) later, but you'll need to know the size (and restrictions) you have in your indoor space before you look at swim spa models.

What Swim Spa Is Right for You?

We went deep into the different types of swim spas in a different section of the guide, but we are now going to focus these options to this swim spa dimensions category below.

Since you want specific questions answered (i.e., how many gallons in a swim spa, how deep is a swim spa), we will help you out by providing sample measurements within each swim spa category.

Please note: We are giving you these measurements solely to help you determine what kind of swim spa you have space for in your home. If you see the exactly "right" size in the swim spa category you want, please get in touch with your local swim spa dealer to go over the specifics!

Entry Level Systems

As the most affordable options that are also easiest on the budget, entry-level swim spas provide a basic and enjoyable "swim-in-place" experience (some models and brands even offer a turbulence-free experience through airless jets as opposed to the jets that rely on air pressure to generate resistance), space to engage in physical activities like aerobics and rowing, as well as hydromassage benefits similar to those found in a hot tub. Here are some sample dimensions, but please note that products will differ in functionality and options and you'll want to discuss specifics with your local swim spa dealer.

| Overall dimensions | Capacity | Weight |
|--------------------|-----------------|---|
| ~12 ft in length | ~ 1,400 gallons | ~ 1,800 lbs. (dry)/~ 15,000 lbs. (filled) |
| ~15 ft in length | ~ 2,000 gallons | ~ 2,000 lbs. (dry)/~ 19,000 lbs. (filled) |

Category price range: ~\$17,000-\$22,400

Mid-Level Systems

These powerful systems are geared towards people who want more versatility in the types of exercises (like rowing and resistance workouts). These systems utilize the currents found in entry-level systems, but usually employ a greater number of jets geared towards delivering more resistance with a superior feel. These units also deliver a higher degree of hydromassage benefits thanks to greater functionality. Compared to entry-level systems, you will have access to more dynamic options with the mid-level systems. As one example (in certain brands and models), you can enjoy a dual temperature swim spa

with separate swim and spa areas, where each section enables individual temperature control. This means that you can work out at a comfortable temperature level at 82-85 degrees and then go into the spa area for a 104-degree hydromassage soak. Here are some sample dimensions, but please note that products will differ in functionality and options and you'll want to discuss specifics with your local swim spa dealer.

| Overall dimensions | Capacity | Weight |
|---|--|---|
| ~12 ft in length | ~ 1,400 gallons | ~ 1,800 lbs. (dry)/~ 15,000 lbs. (filled) |
| ~15 ft in length | ~ 2,000 gallons | ~ 2,000 lbs. (dry)/~ 19,000 lbs. (filled) |
| (Includes dual-temperature swim spa hot tub area) Overall dimensions: ~ 20 ft long Swim area dimensions: ~ 15 ft long | Fitness/swim side: ~2,000 gallons, Spa side: ~ 400 gallons | ~ 4,000 lbs. (dry)/~ 26,000 lbs. (filled) |

Category price range: ~\$20,000-\$36,000

Premium/Premier Systems

These systems are the top-of-the-line for the ultimate swim, fitness, and relaxation experience and they provide you with a 24/7 complete fitness/wellness retreat right at your home.

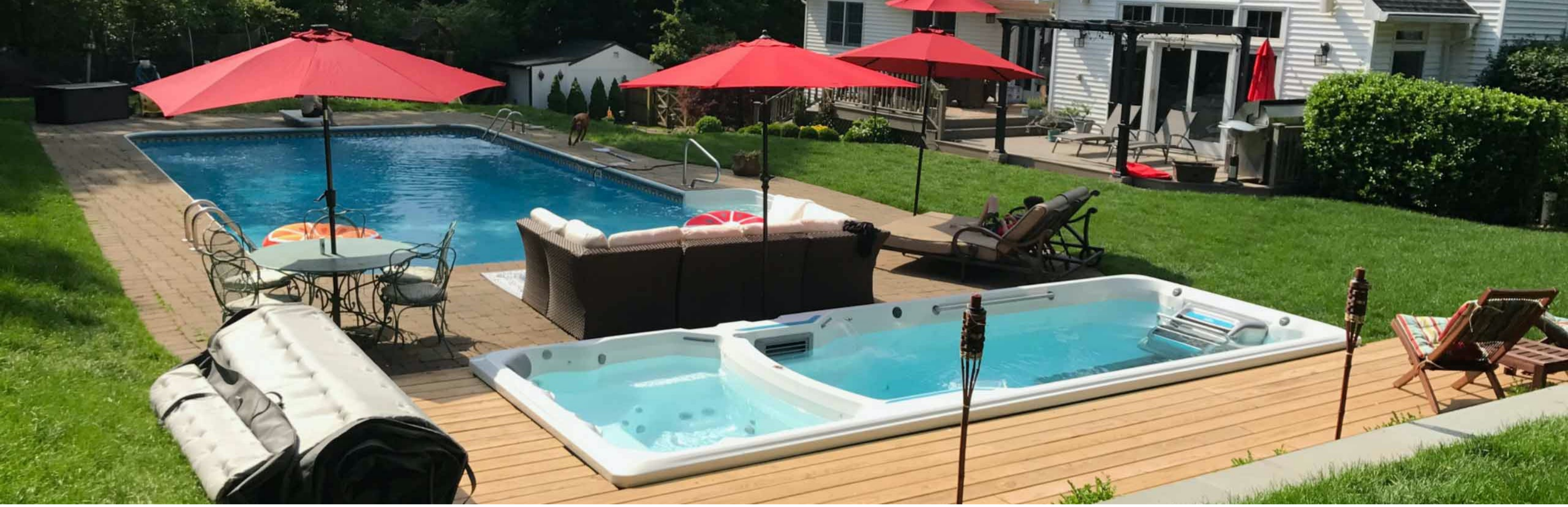
These systems are usually deeper, wider and longer units that allow for the maximum amount of space to accommodate the biggest range of workouts as well as space for others to join and relax. They also deliver the highest level of hydromassage through more targeted jets and better ergonomics. This category offers more unique options when it comes to the generation of swim currents and resistance that go beyond jets for the best swim-in-place experience. Some brands utilize propellers or paddlewheels to deliver non-turbulent currents, while others offer swim machines to produce a swimming lane with laminar flow that is deeper and wider than your swimming stroke. And, if you want a swim spa that has a treadmill, this is your category. If you want both the treadmill and the hot tub in one swim spa, it's also possible here. Here are some sample dimensions, but please note that products will differ in functionality and options and you'll want to discuss specifics with your local swim spa dealer.

| Model Types | Dimensions | Capacity | Weight |
|----------------------|------------|-----------------|---|
| 58" Swim & Treadmill | ~ 15' L | ~ 1,700 gallons | ~ 2,700 lbs. (Dry) / ~ 18,000 lbs. (Filled) |
| 52" Swim | ~ 15' L | ~ 1,600 gallons | ~ 2,700 lbs. (Dry) / ~ 18,000 lbs. (Filled) |
| 58" Swim | ~ 15' L | ~ 2,000 gallons | ~ 3,600 lbs. (Dry) / ~ 25,000 lbs. (Filled) |
| 58" Swim & Treadmill | ~ 17' L | ~ 2,100 gallons | ~ 3,500 lbs. (Dry) / ~ 22,700 lbs. (Filled) |
| 52" Swim | ~ 17' L | ~ 2,000 gallons | ~ 3,000 lbs. (Dry) / ~ 21,200 lbs. (Filled) |

Category price range: ~\$28,300-\$52,800

Why Do Swim Spa Category Prices Differ So Much?

With so many swim spa options, the final price will depend upon the make and model you choose and any accessories you add to your swim spa. If you'd like to start pinning down actual numbers, reach out to your local swim spa dealer to iron this out, as well as discuss financing options that are available to you.



How Much Does a **Swim Spa Cost?**

After learning more about the many benefits and fitness options of a swim spa, you may be wondering if you're ready to turn your home into a four-season, 24/7 health and wellness retreat. So, just how much does a swim spa cost? And, do swim spa prices differ depending on which one you want? Both are excellent questions! Below, we break it all down into bite-sized chunks to help you better understand which swim spa fits your lifestyle and budget best.

Swim Spa Costs Depend on Your Needs

Swim spas are versatile products, and there are so many options to choose from. Which means there's not one set "average swim spa cost." The cost depends on what types of options you are looking for.

Before we walk through all the variables that can impact your swim spa cost, let's quickly cover the most obvious one: size.

Swim spas differ on their dimensions (overall and swim area), weight, and water capacity. As a general rule of thumb, if you are looking for a bigger swim spa model (which costs more to manufacture) with more functionality, you will be looking at a higher price point to best meet your needs.

Other Variables That Impact Swim Spa Prices

Speaking of functionality, you likely have a specific "wish list" of features for your swim spa. It's your list that will be the biggest driver of price, so let's give you the ultimate reference guide, our Swim Spa "Matchmaker" Checklist to get your wheels turning on what you're actually looking for in a swim spa.

Swim Spa “Matchmaker” Checklist

| <i>I want THIS feature</i> | Great! Look here! |
|--|--|
| <p>Swimming current</p> | <p>The swim current varies depending on the three distinct categories within the swim spa family:</p> <p>Entry-level Systems: As the most affordable options that are easiest on the budget, these systems offer a basic and smooth swim-in-place exercise. Some models and brands even offer a turbulence-free experience through airless jets as opposed to the jets that rely on air pressure to generate resistance. If you are looking for more from the swim-in-place experience, continue onto the next two swim spa categories.</p> <p>Mid-level Systems: These systems utilize the currents found in entry-level systems but usually employ a greater number of jets geared towards delivering more resistance with a superior feel. These systems are for people that want more versatility in the types of exercises they can do and more space to do it. In general, you will have access to more options with the mid-level systems compared to the recreational entry-level systems, including a more customizable swim-in-place experience. If you still want even more, the next swim spa category has it all.</p> <p>Premier/Premium Systems: These systems are designed to deliver the best swimming and exercise experience. This category offers more unique options when it comes to the generation of swim currents and resistance that go beyond jets for the best swim-in-place experience. Some brands utilize propellers or paddlewheels to deliver non-turbulent currents, while others offer swim machines to produce a swimming lane with laminar flow that is deeper and wider than your swimming stroke. If you want the best swim experience that most closely mimics swimming in open water with zero turbulence, you'll want to explore fitness premium/premier systems more with your local swim spa dealer.</p> |
| <p>Seating with hydromassage jets</p> | <p>Hydromassage therapy options will range across different swim spa makes and models, but as a general rule of thumb, you'll get much more hydromassage functionality from the upper tiers of swim spas. Talk to your local swim spa dealer about what you are looking for.</p> |

Swim Spa “Matchmaker” Checklist

| <i>I want THIS feature</i> | Great! Look here! |
|---|---|
| “A swim spa with a hot tub” | This is an exciting system with separate swim and spa areas with individual temperature controls, allowing you to work out in a comfortable 82-85 degrees and then go to the spa area for a 104-degree hydromassage soak. Talk to your local swim spa dealer about the select mid-level and premium/premier systems that have this dynamic functionality. |
| Hydraulically run underwater treadmill | An underwater treadmill (that can be combined with the swim current for increased resistance against core, leg, and upper body muscle groups) is a great workout without the harsh land-based impact to the body. This aquatic treadmill is exclusive to select premium/premier systems, and you can discuss specifics with your local swim spa dealer. |
| Other fitness accessories | All these accessories can be used in any swim spa model: <ul style="list-style-type: none"> • Aquabike for underwater cycling • Row bar kit with resistance gear for strength training • Swim tether (all swim spa models come equipped with an anchor for attaching an optional swim tether) for beginner swimmers and anyone looking to improve form with additional support • Underwater mirror for a form monitoring form that stays in place on the swim spa floor |
| Bluetooth® Sound System | Compatible with all models. This can pair with Bluetooth-enabled devices to stream audio and play music for an enhanced swim spa experience. |
| Wi-Fi modules & mobile apps | These have optional plug and play functionality to pair up with Wi-Fi-enabled devices to control swim spa settings like temperature, lights, jets, etc. (Please note, if you are looking for things like fitness app pairings or pace displays, you'll want to discuss premium/premier systems with your local swim spa dealer). |

How Much Are Swim Spas: Ballpark Edition

With a better understanding of available swim spa options, you may have an initial idea of what way you are leaning. So, what numbers should you prepare for?

We will give you very general ballpark ranges here, but here are a few important things to note:

- The actual price will be totally dependent on your swim spa selection of make, model, and accessories.
- *The ballpark prices shown below are MSRP and do not include shipping, installation or any taxes that may be applicable.
- There are great financing options to help you with this investment, so be sure to talk to your local swim spa dealer about available options.

To Give You the Most Accurate Idea of Price Range, We Will Do It by Product Category:

Entry-level Systems (Price range: ~\$17,000-\$22,400)*

As the most affordable options that are easiest on the budget, entry-level systems provide a basic and enjoyable "swim-in-place" experience (some models and brands even offer a turbulence-free experience through airless jets as opposed to the jets that rely on air pressure to generate resistance), space to engage in physical activities like aerobics and rowing, as well as hydromassage benefits similar to those found in a hot tub.

Mid-level Systems (Price range: ~\$20,000-\$36,200)*

These powerful systems are geared towards people that want more versatility in the types of exercises (like rowing and resistance workouts) they can do and deliver this extra space for more movement. These systems utilize the currents found in entry-level systems but usually employ a greater number of jets geared towards delivering more resistance with a superior feel. These units also deliver a higher degree of hydromassage benefits thanks to more functionality. Compared to entry-level systems, you will have access to more dynamic options with the exercise systems. As one example (in certain brands and models), you can enjoy a dual temperature swim spa with separate swim and spa areas, where each section enables individual temperature control. This means that you can work out at a comfortable temperature level at 82-85 degrees and then go into the spa area for a 104-degree hydromassage soak.

Premier/Premium Systems (Price range: ~\$28,300-\$52,800)*

These systems are the top-of-the-line for the ultimate swim, fitness, and relaxation experience and they give you a 24/7 complete fitness/wellness retreat right at your home.

These systems are usually deeper, wider and longer units that allow for the maximum amount of space to accommodate the biggest range of workouts as well as space for others to join and relax. They also administer the highest level of hydromassage through more targeted jets and better ergonomics. This category offers more unique options when it comes to the generation of swim currents and resistance that go beyond jets for the best swim-in-place experience. Some brands utilize propellers or paddlewheels to deliver non-turbulent currents, while others offer swim machines to produce a swimming lane with laminar flow that is deeper and wider than your swimming stroke. And, if you want a swim spa that has a treadmill, this is your category. If you want both the treadmill and the hot tub in one swim spa, it's also possible here.

What do swim spas cost after the initial purchase?

This is a smart question to ask since you'll need to keep your swim spa well-maintained and running once you are a swim spa owner.

Here are two frequently asked questions:

What does a swim spa cost to install? All models arrive pre-plumbed and ready to install on any sound and level surface either outdoors or indoors. Check out our swim spa installation and placement reference section for more details.

What does a swim spa cost to run?

This will be specific to your swim spa make and model, as well as your usage. As a general rule of thumb, you'll need to pay for ongoing water care maintenance and minimal energy costs. Our swim spa maintenance section will help you to get a better understanding costs if you'd like to check it out.

Does it matter where I buy my swim spa?

Absolutely. A swim spa is a wonderful (and big) investment, and you'll want to feel solid in this purchase decision. Find a reputable swim spa dealer that meets these criteria:

- They have been in a business a long time.
- They have solid customer reviews.
- The company offers different makes and models of swim spas to best meet your needs and budget.
- Their technicians are up-to-date and trained on current spa technology.
- They provide hands-on training on how swim spas operate.
- They are happy to provide continued customer support after the purchase.



Swim Spa vs. Swimming Pool:

If you've ever looked into putting a traditional in-ground swimming pool at your home, you know how overwhelming the process is. Huge costs, intense construction and installation requirements, extensive and expensive maintenance, and harsh chemical chlorine requirements are just a few of the items on a lengthy requirement list — all for a few short months of use (in most colder climates). But, don't worry, your swimming dreams won't be crushed. We are going to detail why a swim spa is the better, less stressful option for you to consider!

First Things First ... What Is A Swim Spa?

A swim spa bypasses all of the downsides of a traditional in-ground swimming pool, and instead delivers the ultimate swimming experience, allowing you to swim in place utilizing the best-in-propulsion swim machines and jet technology.

Even though the physical size of a swim spa is much smaller than a traditional pool, the workout is not. Instead of the "stop and flip-turn" pauses of lap pool swimming, swim spas provide an "endless" swim-in-place experience and efficient swim spa workout each and every time. Not to mention, this 24/7 accessible pool never has an off season.

Swim Spa vs. Swimming Pool: Let's Do This!

There are so many categories that differentiate the unique differences between a swim spa and a swimming pool, so we broke it down into key categories below.

Physical Space:

In-ground pools: It's probably going to take up most of your backyard, leaving little room for any other outdoor activities.

Vs. Swim spas: The size varies between models, but these dynamic systems can easily fit outdoors and even offer easy indoor installation in existing rooms (garages, basements, sunrooms) due to modular construction. You can also have a swim spa in separate enclosure.

Initial Purchase Cost

In-ground pools: These large pools can cost many thousands of dollars and need large enclosures for use.

Vs. Swim spas: Swim spas are a much more affordable option to get the full swim experience you want – including unique fitness workouts and hydrotherapy massage. As a rough ballpark, you can expect to spend anywhere from ~\$17,000 - \$52,800.

Ongoing Costs

Energy:

In-ground pools: These are extremely expensive to operate due to the overall pool size and the extremely large volume of water involved. This is especially true if you decide to extend the season by a few months and tack on additional heat and energy bills.

Vs. Swim spas: These smaller systems use significantly less water and are much more affordable to heat and maintain due to their compact size. If keeping your energy bill low is important, these systems are designed to do exactly that. Depending on the make and model, swim spas may have several layers of insulation to conserve heat, enhance the energy efficiency, and lower operating costs even further.

Water maintenance:

In-ground pools: These cost a pretty penny to maintain and you'll spend a lot of money on harsh and expensive chemicals. Even then, the pH balance is difficult to maintain properly.

Vs. Swim spas: First, swim spas are much smaller, so they are much easier and more affordable to maintain. Swim spas also use minimal chlorine and chemicals – making it less expensive and much gentler on your skin, hair and eyes. And the other water care requirements are very basic (like quick pH strips to easily maintain the balanced water), regular quick filter cleans, and some easy deep cleans a year.

Year-round usage

In-ground pools: Even with all the intensive and expensive ownership requirements of in-ground pools, your actual time spent enjoying these pools is pretty limited, especially in colder climates. Plus, the “closing” of the pool (a.k.a. winterizing) is intense and very pricey.

Vs. Swim spas: There is no limited “swim season” with swim spas. Swim spas can be used all year, whenever you want to use them, even in the coldest of climates! * You can even put them indoors!

*(*Winterizing applies to swim spas only if your machine is outdoors and you are leaving for the winter season, but it's not as intensive as closing up an in-ground swimming pool).*

Swimming experience:

In-ground pools: Most traditional in-ground pools only allow 4-5 strokes before each flip-turn, and it's pretty challenging to get the workout you need or want, especially if you are an endurance athlete or you are training for an aquatic competition.

Vs. Swim spas: You'll want to get the make/model that caters exactly to your swimming needs. To point you in the right direction for the best swim spa model for you, consider these swim technology/swim current distinctions across the three distinct categories within the swim spa family:

- **Entry-level Systems:** As the most affordable entry-level options that are easiest on the budget, these systems offer a basic and smooth swim-in-place exercise. Some models and brands even offer a turbulence-free experience through airless jets as opposed to the jets that rely on air pressure to generate resistance. If you are looking for more from the swim-in-place experience, continue onto the next two swim spa categories.
- **Mid-level Systems:** These systems utilize the currents found in entry-level systems but usually employ a greater number of jets geared towards delivering more resistance with a superior feel. These systems are for people that want more versatility in the types of exercises they can do and more space to do it. In general, you will have access to more options with the mid-level systems compared to the entry-level systems, including a more customizable swim-in-place experience. If you still want even more, the next swim spa category has it all.
- **Premium/Premier Systems:** These systems are designed to deliver the best swimming and exercise experience. This category offers more unique options when it comes to the generation of swim currents and resistance that go beyond jets for the best swim-in-place experience. Some brands utilize propellers or paddlewheels to deliver non-turbulent currents, while others offer swim machines to produce a swimming lane with laminar flow that is deeper and wider than your swimming stroke. If you want the best swim experience that most closely mimics swimming in open water with zero turbulence, you'll want to explore premium systems more with your local swim spa dealer.

Fitness Options:

In-ground pools: Swimming or basic standing aquatic aerobics are the most common workouts here. (Some aquatic machines may work in the shallow end of pools but will require you to look into options).

Vs. Swim spas: This is a whole other ballgame! Depending on your make and model, or the accessories you choose, you can turn your swim spa into the ultimate fitness machine with the inclusion of things like a hydraulically run underwater treadmill* (*exclusive to select premium/premier systems), aquatic bike, rowing or resistance equipment, or even a swim tether to help beginner-level swimmers or to perfect your form with added assistance.

Entertainment

In-ground pools: Of course, this is a great spot to enjoy with family and friends, but this in-ground pool is limited to those few warm months a year.

Vs. Swim spas: With year-round access, you have options to make your swim spa the place to be. It's up to you to choose what you want: More room to swim, more hydromassage seating, or even dual-purpose and dual-temperature control that lets you have both a swim spa and a hot tub in one system. With all the swim spa options and possibilities to choose from, it far surpasses what an in-ground pool can be.

Installation

In-ground pools: This installation is very intensive and may take months, not to mention may require some pricey excavation and construction work in addition to some required landscaping/extensive fencing, etc.

Vs. Swim spas: See the swim spa installation section for more details but, it's pretty simple! You'll be up and swimming in no time!



P.S. *What about a swim spa vs. small pool? Great question! Essentially most of these differences will still apply to a small in-ground pool, meaning that swim spas still win on size, cost, usage, maintenance, and functionality.*



Top Swim Spa **Maintenance Tips**: How Easy Is It to Maintain A Swim Spa?

Spoiler Alert:

maintaining a swim spa has come a long way in the last decade, and you'll be surprised at how easy it is to do with little effort at all!

But you may ask, "How much swim spa maintenance will I personally have to do?"

OK. Great question. And we are going to answer that with a quick swim spa maintenance checklist here that includes everything you need to know to fully maintain your swim spa with minimal time, so let's get started.

If you are a hot tub owner, it's essentially the same thing.

Swim Spa Water Care Maintenance Checklist

How you maintain a swim spa mostly comes down to the water care. Clean water is essential for your swim spa, but most of the hard work is already done for you – by the swim spa itself.

Some swim spa models (within the premium/premier and mid-level systems), feature a dual water-purification that combines Ultraviolet C (UVC) with eco-friendly CD Ozone for crystal clear water with fewer chemicals than other swim spas. The installed ozone system destroys contaminants on contact.

Depending on the make and model, mid-level systems generally use the hydromassage swim spa pump on low speed with the same Ozone system for regular water circulation and optimal water quality, and the fitness systems rely on the continuous water rotation from the circulation pump.

Some FAQ Water Care & Maintenance Checklist Questions:

How much chlorine do I need to use? Back to the Ozone system, this is a great assistant to the chlorine to sanitize the water. Not only is it a more natural process, but it will also help reduce how much chlorine you need to use.

How much water maintenance products will I use? Honestly, it will depend on you! How often is the swim spa being used and how many people are typically in the swim spa? That will impact the pH (the measure of how acidic the water is) and which products are needed to maintain the proper balance.

Wait, how would I know pH?!

Rest easy. Your swim spa dealer provides with you with test strips that are easy to use and simple to read!

How much time will I spend maintaining this water chemistry? Again, it will all depend on you, and there is a bit of a learning curve at the beginning as you develop your normal routine, but you'll be in the swing of things in no time.

Can someone else handle my water care maintenance? Sure; talk to your local swim spa dealer about whether they offer water care contracts and if they offer a frequency that meets your needs.

Additional Swim Spa Cleaning Checklist Items

Clean and replace swim spa filters: To ensure proper water flow, your swim spa filter cartridges need to be clean and free from debris. Just give them a quick weekly check and clean them every four weeks or so but check with your swim spa dealer on specific cleaning recommendations based on your swim spa and your usage. And swim spa filters should be replaced on the specified replacement schedule, or as needed, especially if the cleaning is no longer doing the trick.

Drain and clean the swim spa: Just like hot tubs, swim spas need to be drained and receive thorough shell cleanings to get rid of any bacteria and make it feel brand new. Your swim spa dealer will tell you what specific products you should use (and the ones to avoid) and give you a cleaning schedule you should follow. Go ahead and plug these reminders into your smartphone calendar so you don't forget! (One important clue: if the balanced water doesn't look as clear as it usually does, it is likely time for a clean).

Winterize your swim spa when you go away: While swim spas can be used year-round even in the coldest climates, they aren't meant to go unused in the winter without proper protection. If you live in a freezing climate and you won't be using your outdoor swim spa for the winter, you will need to talk to your local swim spa dealer about getting a professional service to properly winterize your swim spa. If you skip this step or you improperly winterize it, you are putting your swim spa at great risk since freezing damage is very expensive to repair.

Operating Swim Spa Checklist: Fuel Your Swim Spa with Efficient Energy

Keeping your energy bill low is important and the premium/premier and mid-level systems are designed to do exactly that. Dependent on your swim spa make and model, it may provide several layers of insulation to conserve heat, enhance the energy efficiency, and lower operating costs.

The system's three layers include a three-quarter inch, two-pound density EPS (Expanded Polystyrene) foam and reflective film attached to the inside of the cabinet, combined with a two-inch thick heat blanket made of high-quality recycled textile fibers and foil film, attached on the inside of the steel frame. The combination of these materials provides maximum thermal performance.

Swim spa covers are also essential for keeping energy costs low. There are different options for covering your swim spa. You may opt for a bi-fold cover/lifter that helps maintain heat and reduces evaporation, or you may prefer a lifting system that lends itself to easier operation (especially by a single user) and ensures a tight seal between covers, which prevents heat loss and evaporation, and optimizes efficiencies.



Top 6 Health Benefits of a **Swim Spa**

Was it the health and wellness benefits of a swim spa that led you to consider this exciting new addition to your home? If so, congratulations! However, if you are new to the world of swim spas and still actively exploring these products for the first time, you may ask, “What are the benefits of a swim spa?”

We’ve got plenty of great answers, but let’s start with six of the top health benefits here.

1. You Have 24/7 Access to a Full Wellness Retreat at Your Home

If you’ve ever had a gym membership, you know the hiccups that come with the territory: specific (often inconvenient) hours of operation, long wait times for equipment, overcrowding, germs, and limited pool hours only to find the lanes are already at capacity by the time you arrive. It’s easy to spend more time traveling to and waiting at the gym than you spend actually working out. The recent COVID-19 crises and the need for social distancing adds another big obstacle to people’s gym routines.

When you own a swim spa, you have a complete, safe 24/7 fitness and wellness system at your fingertips whenever you want it, all year-long, even in the coldest climates and even when it’s snowing. Whether it’s crushing a workout, relaxing, or entertaining, your swim spa has it all for you, exactly when you want it.

2. You Can Enjoy an Amazing Swim Experience

If you are a swimmer, you know how challenging it can be to get your favorite workout in. Finding an inside pool can be hard, outside pools are often limited to a few summer months in colder climates, and the ocean is frigid and too choppy most of the time to get a reliable swim in.

The biggest and best swim spa health benefits are centered on swimming. Even though swim spas have a small physical footprint, this “swim-in-place” technology allows you to get the best swim experience possible, no longer stopping for a flip-turn in a traditional in-ground pool after a few short strokes. Your “open water” swim is at your control.

Entry-level Systems: As the most affordable options, these systems offer a basic and smooth swim-in-place exercise. Some models and brands even offer a turbulence-free experience through airless jets as opposed to the jets that rely on air pressure to generate resistance. If you are looking for more from the swim-in-place experience, continue onto the next two swim spa categories.

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3. You Can Get the Dynamic Workout YOU Need!

Whether or not you consider yourself to be a fitness fanatic or an exercise novice, swim spas work for you. You can swim, run or walk on a hydraulically run underwater treadmill*, power up some aerobics, cycle underwater, enjoy rowing, or tackle other resistance exercises like strength training or conditioning workouts like barre - all depending on the swim spa and accessories that you choose. If you want to learn more about the powerful workout swim spa benefits that you can access, check out our Ultimate Swim Spa Workout! Section. (**exclusive to select premium/premier systems*)

4. Enjoy A Low-Impact Exercise Routine That Is More Effective and Gets You in Better Shape

Yes, really! Pain is not always gain, especially if you tend to have trouble with your joints, if you are recovering from an injury, or if you just prefer low-impact workouts. Swim spa therapy is all about utilizing the natural resistance and buoyancy of the water; in fact, buoyancy can make you feel up to 90% lighter. This important swim spa health benefit takes pressure off the hips, knees, ankles and back. So, it has to be a less effective workout, right? Nope. Consider this: Dry land jogging burns 6 calories per minute and water jogging burns 11 calories per minute. Talk about a win-win scenario with aquatic exercise!

5. You Can Have A Swimming Pool Without All the Chemicals

Many people are sensitive to the chemicals and chlorine of traditional in-ground pools (especially due to the large volume of chemicals that pools require), and this is where swim spas change the game. As a great swim spa benefit, these compact and effective systems require fewer chemicals and far less chlorine than a regular pool. They are virtually odor free, even indoors, so your home won't smell. And your skin will thank you.

6. You Can Enjoy Hydrotherapy Massage (and in Some Swim Spa Models) Get A Hot Tub, Too!

Most swim spa models have seats and hydromassage jets, which is perfect for providing relief to aching muscles or enjoying an ideal relaxation retreat.

There are select swim spa models (within select mid-level and premier/premium systems) that take hydromassage to the next level with their dual-purpose and dual temperature-control options, allowing for separate swim and spa areas with individual temperature controls. In the swim area you can work out in a comfortable 82-85 degrees and then you can head to the spa area for a 104-degree hydromassage soak to unwind and relax.

Hydromassage is great for reducing inflammation and stiffness in joints, increasing blood flow, stimulating healing, relaxing muscles, and even boosting your mental well-being. Dopamine is released as we settle into the hot tub water, immediately sending our bodies and minds into a state of relaxation with less stress and less anxiety – something we always need more of!



Get the Ultimate **Spa Workout**

Are you considering a swim spa purchase for your personal 24/7 at-home fitness and wellness retreat with all of the great health benefits that go with it? If you are excited about swim spa workouts but aren't quite sure where to start, we've got you covered. Let's start here.

Aquatic Fitness vs. Land-Based Fitness

Before we jump into individual swim spa exercises, let's talk about the benefits of aquatic workouts. Consider these impressive statistics:

- *In water-based exercise 77% of calories burned are from stored fat.*
- *You can build muscle strength 4-12x faster in water than with land-based exercise.*

Swim spa fitness is a great way to build strength, maximize flexibility, and focus on cardiovascular health without harsh impact to your body. We'll break it down by individual workouts to show you what's possible.

Swimming

With swim spas, say goodbye to flip-turns, shared lanes, and stopping. By eliminating turns you get a better understanding of your true, open water endurance with swim-in-place technology. And, even though swim spas have a much smaller physical footprint than in-ground pools, swim spas pack a bigger punch for functionality, especially when it comes to swimming.

Do you have an idea of which specific swim-in-place technology you're looking for? You might not know that this functionality can differ between swim spas, so we'd like to illustrate the distinctions that span the three distinct categories within the swim spa family:

Entry-level Systems: As the most affordable options, these systems offer a basic and smooth swim-in-place exercise. Some models and brands even offer a turbulence-free experience through airless jets as opposed to the jets that rely on air pressure to generate resistance. If you are looking for more from the swim-in-place experience, continue onto the next two swim spa categories.

Mid-level Systems: These systems utilize the currents found in entry-level systems but usually employ a greater number of jets geared towards delivering more resistance with a superior feel. These systems are for people that want more versatility in the types of exercises they can do and more space to do it. In general, you will have access to more options with the mid-level systems compared to the entry-level systems, including a more customizable swim-in-place experience. If you still want even more, the next swim spa category has it all.

Premier/Premium Systems: These systems are designed to deliver the best swimming and exercise experience. This category offers more unique options when it comes to the generation of swim currents and resistance that go beyond jets for the best swim-in-place experience. Some brands utilize propellers or paddlewheels to deliver non-turbulent currents, while others offer swim machines to produce a swimming lane with laminar flow that is deeper and wider than your swimming stroke. If you want the best swim experience that most mimics swimming in open water with zero turbulence, you'll want to explore fitness premium/premier systems more with your local swim spa dealer.

If you are beginner swimmer and/or looking to improve your form: All swim spa models are equipped with an anchor for attaching an optional swim tether for additional assistance, stability, and added support.

Run or Walk Underwater Treadmill Workouts

A swim spa with treadmill* kicks things up a notch. Traditional treadmills are great workouts, but they also can be tough on your joints, hips, knees, or your back. Water buoyancy takes away this harsh impact, and instead provides an effective cross-trainer that is kind on your body and provides an effective workout. Not only that, you will burn more calories than you would with a dry-land treadmill! That's because water adds 360 degrees of resistance to your workout.

(*exclusive to select premium/premier systems)

Check out these other distinct advantages of an underwater treadmill:

- It's customizable (speeds generally vary from 0 – 5.5 MPH) and can be combined with the swim current for increased resistance against core, leg, and upper body muscle groups.
- It offers effective workouts with minimal joint impact (no dry-land pounding).
- It should help create less muscle soreness due to water's hydrostatic pressure (perfect for recovery runs).

Aquatic Swim Spa Therapy

Aquatic exercise is ideal for anyone, across all ages and all fitness levels, and you can perform various exercises in the swim spa. It's especially great for low-impact therapy and injury recovery since the buoyancy of water can reduce your body weight up to 90%. This low-impact, low-stress environment combined with the natural resistance of water (enhanced with swim current or jets) will provide you with a challenging workout without causing more pain.

The aquatic exercise benefits* may also include:

- Increased flexibility and strengthened muscles.
- Increased range of motion.
 - It also allows for all-direction resistance for a more thorough workout.
- Lower heart rate.
- Alleviation of various medical condition symptoms.
 - It's a safe, beneficial option for people with arthritis and other joint disorders; muscular dystrophy; muscle atrophy; and lower-extremity injuries.
- Improved balance and agility.
- Decreased joint swelling and reduced pain.
- A safe and versatile way to get back into shape or recover from an injury.
 - Rehabilitation exercises can start earlier in the water, helping you get back to your normal life sooner.

It's also important to note that select swim spa models (within select mid-level and premier/premium systems) have dual-purpose and dual temperature-control options, allowing for separate swim and spa areas with individual temperature control. In the swim area you can work out in a comfortable 82-85 degrees and then you can head to the spa area for a 104-degree hydromassage soak to unwind and relax.

As a generalization, heated water for aquatic therapy can help relax muscles and increase blood flow to injured areas and may be especially therapeutic for customers who experience muscle spasms, back pain, arthritis and fibromyalgia.

**As always, with any exercise, please work directly with your personal physician and/or physical therapist about your specific approved exercise program and/or restrictions.*

Aquatic Biking

Spinning fans, rejoice! Instead of fighting crowds for filled spin classes, put your aquatic stationary bike into your swim spa for the best workout around. You already know that cycling classes burn calories and promote heart health with minimal joint impact. But did you know that cycling in the water gives you the added benefit of water's 360-degree resistance? This extra intensity will work in your favor for your fitness goals!

Barre

Also, super trendy these days, barre is a great fitness workout for improving flexibility and posture, defining muscle definition, losing weight, and reducing stress for all fitness levels. In a swim spa, the grab bar acts as the "ballet bar," allowing you to take this great workout to the water.

Aquatic Rowing/Resistance Training

If you are looking to make rowing or resistance training part of your workout plan, it's a great option to build core strength and keep your heart rate up. If this is something you are interested in learning more about, you should look into the accessory equipment (like rowing kits or resistance bands) that will give you the workout you are looking for.

Customizing Your Workout with Other Add-Ons

The cool thing about swim spas, especially when it comes to workouts, is they are exactly what you make them. If you are looking to pair your swims with underwater mirrors for form, relax with heated hydromassage while enjoying your Bluetooth®-enabled sound system, or train with pace displays* and fitness app compatibility* to boost optimal workout personalization and measure performance, the options are pretty dynamic.

*(*exclusive for premium/premier systems)*



Swim Spa **Installation**: Placement and Site Specifics

Before you pick out your ultimate swim spa with all the health and wellness features you've dreamt about, it's important to tackle the logistics first. Where would it go? Do you have the right space for it? What other installation information would you need to know before you buy a swim spa? We've got you covered on everything you need to know, so let's get started with the most common swim spa installation questions here.

How Much Space Do You Need for A Swim Spa?

It will depend on your make and model of swim spa but take a look at our detailed swim spa dimensions section to get a better idea.

Where Will Your Swim Spa Be Located?

All swim spa models are single-shell, molded acrylic models that arrive pre-plumbed and pre-wired and ready to install on any sound and level surface including outdoor and indoor locations.

Surface Requirements: What Will You Need for Swim Spa Installation?

Essentially, you need a strong and level surface. Please note these two important requirements:

- *A filled swim spa system will weigh a lot, so you'll need a solid (and structurally sound) foundation to support it.*
- *You'll also need a level surface to ensure that the system can operate properly, and the internal plumbing can drain completely.*

Will Your Swim Spa Be Located Outdoors?

A swim spa is a perfect outdoor wellness retreat for 24/7 access to aquatic fitness and relaxation, even year-round in the coldest climates. Here's how to make it happen:

- Measure the outdoor space you have; this will determine the size of a swim spa you can have.
 - Is there enough space around your swim spa for steps or decking? These can be purchased separately to allow for easy access to your swim spa. You can get these dimensions from your local swim spa dealer to make sure the space is big enough. And make sure there is enough clearance for the cover when it's in the open position.
- Ensure this outdoor space has level ground with proper footing: swim spas require a concrete pad that is at least 6" thick.
- If you're installing your swim spa on a deck, find out the deck's maximum load capacity. Be sure to consult a contractor or structural engineer before installing a system on an elevated deck.
- Make sure you have reasonable access to your outdoor space.
- Talk to your local swim spa dealer specifically about your outdoor space and use this expert guidance to make the most informed swim spa decisions about placement.

What About Electrical and Plumbing Needs for Your Swim Spa?

Electrical:

As a minimum requirement for running a swim spa and its components you'll want to work with a licensed electrician to make sure you have 220V / 60 AMPS of power available. You'll also want to see if your city/town requires any permits to install electrical circuits and/or construction of exterior surfaces like decks and gazebos.

Plumbing/drainage:

It's critical to select a placement site where the water will drain away from your electrical equipment compartment.

Are There Any Local Regulations You Should Be Aware Of?

This is a great question for your local swim spa dealer as they may already know if you will need permits or fencing, self-closing gates and/or locking cover systems around the swim spa, as well as other zoning regulations and building codes.

Do You Have the Perfect Indoor Space for Your Swim Spa?

Many people choose to make their swim spa wellness retreat indoors. Let's review some advantages and considerations below

Here are the perks of indoor swim spa installation:

- It's the least expensive option for installation.
- It allows for year-round use in any weather.
- It has lower heating costs.
- It keeps unwanted pool access more difficult for children and pets.
- Swim spas use low-chlorine water purification systems (and less chemicals than traditional chlorine-based systems and bigger pools) so your rooms will smell fresh.
- There are secure cover options to effectively and easily control humidity.

And, things to consider for indoor swim spa installations:

- You will need to ensure that you have the proper ceiling height.
- You may need an exterior step or stairway to enter the pool.
- The flooring materials must maintain a good grip when wet since water may accumulate around the system.
- Proper floor drainage is essential.
- You'll also need to install plenty of proper ventilation such as a dehumidifier and exhaust fan to reduce the chances of airborne moisture affecting exposed wood and other materials in the area.

Other Cool, Indoor, Swim Spa Spots to Consider

- The garage (depending on the make and model, it can often fit in less than half of a two-car garage): And most garages already have level concrete floors.
- The basement: Your oasis can be right downstairs; you may require a concrete pad, though.
- The sunroom: Lots of natural light to swim with!
- Swimming pool enclosures: You can enjoy a 12-month pool season outside even if you have the coldest and snowiest winters.

How to Plan for Swim Spa Installation and Delivery

When it comes to how to install a swim spa, there will be some work you will need to do, but the heavy lifting will come from your local swim spa technicians.

Here's Your Quick Swim Spa Installation Checklist:

- Make sure all the requirements we covered in this article are set and ready to go, especially the ground/site preparation and electrical requirements that were performed by qualified and licensed professionals.
- Review your specific delivery guide/documents that will outline each step of the installation process. It will outline which parts you are responsible for, and where and how your installer will assist.
- Work closely with your local swim spa dealer to ensure the installation plan is clear, especially as your delivery day gets closer.
- Clear the way for delivery day! You may need to make room near the installation site including temporary gate/fence removal to clear the path for delivery.

Here's what swim spa technicians will do:

- They will install your swim spa! Please note that the process itself will vary depending on how well the space is prepared for delivery and if there are any unforeseen delays that may occur; a reputable, local swim spa dealer will happily work closely with you on making this installation seamless!
- Building off this great communication, make sure you have a local swim spa dealer that will discuss any follow-up questions or concerns; you want to buy your swim spa from someone that is more focused on the long-term enjoyment of your product vs. making a quick sale.

What Is the Average Swim Spa Installation Cost?

Just chat with your local swim spa dealer as this will be specific to the swim spa you choose.



Top 10 Tips for **Finding and Buying** the Best Swim Spa

There has never been a better time to buy a swim spa! Swim spas give you a 24/7 fitness and wellness retreat right in your very own home. If you want the quickest and best overview possible on why and how to buy a swim spa, you've come to the right place! So, let's jump right into our top 10 top buying tips for choosing the best swim spa!

1. First and Foremost: Get to Know the Swim Spa Categories

Before we get into any other swim spa tips, you need to know the category first because it's pretty dynamic and very different depending on what you are looking for.

Entry-level Systems: As the most affordable options, these systems offer a basic and smooth swim-in-place exercise. Some models and brands even offer a turbulence-free experience through airless jets as opposed to the jets that rely on air pressure to generate resistance. If you are looking for more from the swim-in-place experience, continue onto the next two swim spa categories.

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experience. Some brands utilize propellers or paddlewheels to deliver non-turbulent currents, while others offer swim machines to produce a swimming lane with laminar flow that is deeper and wider than your swimming stroke. If you want the best swim experience that most closely mimics swimming in open water with zero turbulence, you'll want to explore fitness premium/premier systems more with your local swim spa dealer.

2. Enjoy Learning About Swim Spa Health Benefits and Workout Options

At a fraction of the size (and cost) of a traditional in-ground swimming pool, swim spas pack a huge punch. Swim spa therapy is centered on the fact that this product provides aquatic fitness that is more effective and less physically impactful than land-based exercise. At the same time, a swim spa provides therapeutic and wellness benefits like hydromassage.

3. Pick Where Your Swim Spa Will Go

All swim spa models are single-shell, molded acrylic models that arrive pre-plumbed and pre-wired and ready to install on any sound and level surface including outdoor and indoor locations. If you want to learn more about all the possible spots for your swim spa (including outdoor patio, basement, garage, sunroom, or other enclosure) check out our swim spa installation guide section for some planning and placement inspiration!

4. Know Exactly How Much Space You Have

Once you have a spot in mind, it's time to do some measuring. We have a swim spa dimensions section that details the different types of swim spas with the exact information you need to match up the swim spa you want, with the available space that you have.

5. Determine Your Specific Wish List!

This is a fun one! Swim spas truly have it all; it just depends on what you want the most. Since there are so many categories and so many options, we netted this down into one handy Swim Spa "Matchmaker" Checklist that should help you out in a big way.

| <i>I want THIS feature</i> | Great! Look here! |
|----------------------------|---|
| Swimming current | <p>The swim current varies depending on the three distinct categories within the swim spa family:</p> <p>Entry-level Systems: As the most affordable options that are easiest on the budget, these systems offer a basic and smooth swim-in-place exercise. Some models and brands even offer a turbulence-free experience through airless jets as opposed to the jets that rely on air pressure to generate</p> |

Swim Spa “Matchmaker” Checklist

| <i>I want THIS feature</i> | Great! Look here! |
|---|---|
| <p>Swimming current</p> | <p>resistance. If you are looking for more from the swim-in-place experience, continue onto the next two swim spa categories.</p> <p>Mid-level Systems: These systems utilize the currents found in entry-level systems but usually employ a greater number of jets geared towards delivering more resistance with a superior feel. These systems are for people that want more versatility in the types of exercises they can do and more space to do it. In general, you will have access to more options with the mid-level systems compared to the recreational entry-level systems, including a more customizable swim-in-place experience. If you still want even more, the next swim spa category has it all.</p> <p>Premier/Premium Systems: These systems are designed to deliver the best swimming and exercise experience. This category offers more unique options when it comes to the generation of swim currents and resistance that go beyond jets for the best swim-in-place experience. Some brands utilize propellers or paddlewheels to deliver non-turbulent currents, while others offer swim machines to produce a swimming lane with laminar flow that is deeper and wider than your swimming stroke. If you want the best swim experience that most closely mimics swimming in open water with zero turbulence, you'll want to explore fitness premium/premier systems more with your local swim spa dealer.</p> |
| <p>Seating with hydromassage jet</p> | <p>Hydromassage therapy options will range across different swim spa makes and models, but as a general rule of thumb, you'll get much more hydromassage functionality from the upper tiers of swim spas. Talk to your local swim spa dealer about what you are looking for.</p> |
| <p>“A swim spa with a hot tub”</p> | <p>This is an exciting system with separate swim and spa areas with individual temperature controls, allowing you to work out in a comfortable 82-85 degrees and then go to the spa area for a 104-degrees hydromassage soak. Talk to your local swim spa dealer about the select mid-level and premium/premier systems that have this dynamic functionality.</p> |

Swim Spa “Matchmaker” Checklist

| <i>I want THIS feature</i> | Great! Look here! |
|---|---|
| Hydraulically run underwater treadmill | An underwater treadmill (that can be combined with the swim current for increased resistance against core, leg, and upper body muscle groups) is a great workout without the harsh land-based impact to the body. This aquatic treadmill is exclusive to select premium/premier systems, and you can discuss specifics with your local swim spa dealer. |
| Other fitness accessories | All these accessories can be used in any swim spa model: <ul style="list-style-type: none"> • Aquabike for underwater cycling • Row bar kit with resistance gear for strength training • Swim tether (all swim spa models come equipped with an anchor for attaching an optional swim tether) for beginner swimmers and anyone looking to improve form with additional support • Underwater mirror for a form monitoring form that stays in place on the swim spa floor |
| Bluetooth® Sound System | Compatible with all models. This can pair with Bluetooth-enabled devices to stream audio and play music for an enhanced swim spa experience. |
| Wi-Fi modules & mobile apps | These have optional plug and play functionality to pair up with Wi-Fi-enabled devices to control swim spa settings like temperature, lights, jets, etc. (Please note, if you are looking for things like fitness app pairings or pace displays, you'll want to discuss premium/premier systems with your local swim spa dealer). |

6. Time to Fine-Tune Your Budget

Keep in mind that this is a long-term investment into having your very own 24/7 fitness and wellness retreat. From the above checklist, you already know that the swim spa price range will be totally dependent on the swim spa make and model, and accessories that you choose. As a very general category range, you can spend anywhere from ~\$17,000 - \$52,800 on a swim spa. Once you have an idea of your budget, talk to your local swim spa dealer about financing options – remembering to think about your long-term fitness and relaxation goals for many years to come. You'll want to invest in the model that will fulfill your lifestyle needs and wants the best.

7. Find A Reputable Swim Spa Dealer

Since this swim spa purchase is an important investment, find a reputable, local swim spa dealer. Make sure they have been in business for a long time, have good customer reviews, are fully knowledgeable

about swim spas and all their components, are available for post-purchase questions and assistance, and are focused on finding you the right swim spa over just getting the sale.

8. Compare, Contrast, And Go Test the Swim Spa Top Contenders!

You are getting close now! Go visit your local swim spa dealership and see your short-list of top favorites in person and test them out. If you fall in love with the right one, talk specifics (financing, warranties, accessories, maintenance) with your swim spa dealer to ensure you are fully informed about your new future swim spa.

9. Finalize the Details of Your Swim Spa Purchase to Ensure Installation Day Is a Breeze

This is where you dot the i's and cross your t's. It's always the final details you need to pay the most attention to, so be clear on your payment plans, your warranty details, and installation requirements for both you and your swim spa technicians. If you look at our installation planning guide section you can ensure delivery day goes as planned, so it's worth the read!

10. Maintain Your Swim Spa Investment!

It's finally here – the swim spa of your dreams! Protect and maximize your swim spa experience by following the proper maintenance tips you can find in the maintenance section of the guide. Spoiler alert: For the immense amount of time you'll spend enjoying your swim spa, you'll spend a pretty minimal amount of time maintaining it!



About Mainely Tubs in Scarborough, Maine and Rye, New Hampshire

Mainely Tubs is a 100% Employee Owned premier Hot Spring Spas dealer. We sell and service new hot tubs, used hot tubs, portable spas, swim spas, saunas, gazebos, hot tub accessories, hot tub water treatment and more. Our Brands Include: Hot Spring Spas, Caldera Spas, Freeflow Spas, Bradford Spas, Endless Pools Swim Spas, Finnleo Saunas, Covana, Pool & Spa Enclosures, Leisure Time, Fresh Water, Silk Balance, Wellness, and other brands you can trust. We have been in business since 1978 and service over 28,000 customers in New England. In our 40 years we have found that the happiest hot tub owners are folks who shop diligently (including touching and feeling) before they buy, and who use multiple criteria (not just price) to make their decision.