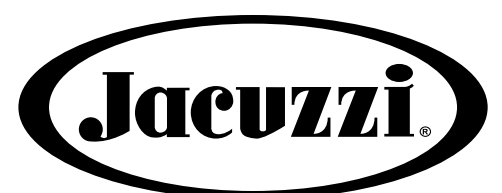




SWIM SPA BUYER'S GUIDE





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SWIM SPA BUYER'S GUIDE CHECKLIST

Thinking about getting a swim spa for you and your family and friends to enjoy? Smart move.

Serving as an all seasons pool™, a swim spa enables you to harness water's natural ability to soothe and strengthen any time of the year. With each kick and stroke, every muscle group in your body is engaged without putting excess force on your joints.

Indeed, swimming is an ideal entry-level exercise option for those just beginning their health journey or recovering from an injury. It's also a challenging choice for athletes of all levels eager to get into the best shape of their lives from the year-round privacy of their own backyard.

Learn more about the benefits of a swim spa, and dive in to a whole new world of health and enjoyment.





WHY BUY A SWIM SPA?

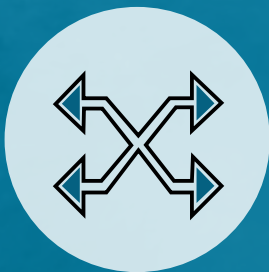
Year round, regardless of climate, the Jacuzzi® Swim Spa boasts a dual benefit to users. The spa's soothing jets and heat aid in relaxation and recovery while the swim functionality provides an accessible fitness option to encourage those of all skill levels to train like a pro, engage in aquatic fitness, or simply for year-round fun.

Here are some fast facts about your all seasons pool™:



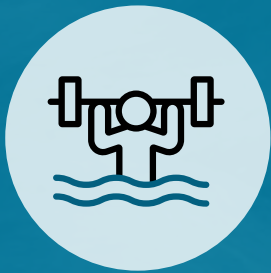
QUICK INSTALLATION

Standard installation time for a Jacuzzi® Swim Spa is less than 3 days.



VERSATILITY

A swim spa is perfect for swimming, aqua aerobics, endurance training, fun, and hydrotherapy.



SMALL SPACE, BIG WORKOUT

In a swim spa, there's no need to count laps—the current of the jets allows for continuous movement without turning.

One mile = 16+ laps in an Olympic-sized pool



EFFICIENCY

It costs a little less than \$1 a day during the summer months to keep the water temperature in a Jacuzzi® Swim Spa at a comfortable 85°F.
(Costs will vary by region and climate)



BUILT FOR EXTREME WEATHER

The combination of a strong shell, foam insulation, SmartSeal® insulation, insulated floor and fully-adjustable venting help boost eco-efficiency in your Jacuzzi® Swim Spa.



CONVENIENCE

Swim spas can be installed inside, outside, above ground, partially in the ground, or vaulted. Should you move, you can take the Jacuzzi® Swim Spa experience with you.

WHAT TO LOOK FOR IN A SWIM SPA



Just as important as choosing a swim spa that is a good fit for your needs and lifestyle, there are key signs of a good swim spa to look for. When researching swim spas, consider these features:

SWIM EXPERIENCE

A powerful pump. Your swim spa current is only as powerful as the strength of its pump. Ask about the swim spa's gallons-per-minute rating. This will determine the current strength and how quickly and efficiently the water moves throughout the swim spa.

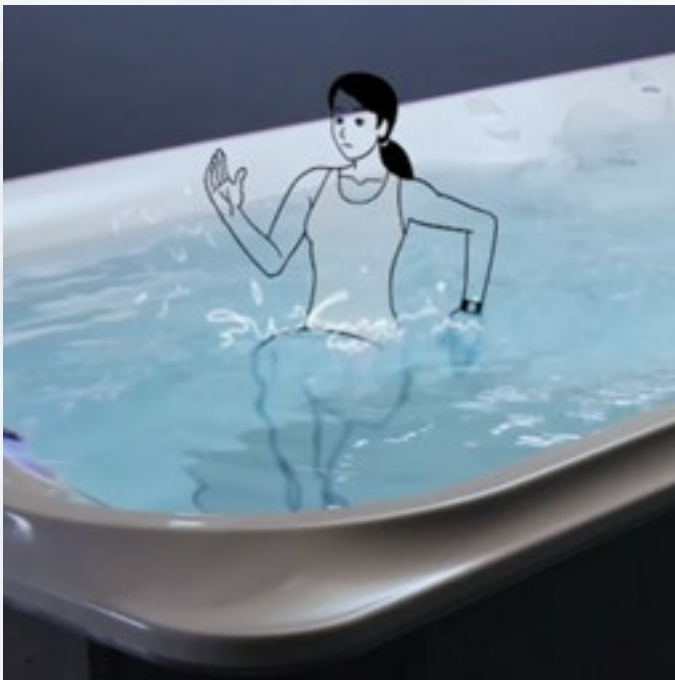
Consistent jets. The swim jets play a critical role in achieving a turbulent-free swim current, enabling you to stay in place while you swim. Look for dual jets that adjust evenly and simultaneously for the smoothest, most predictable swim.

Customized resistance. High-level swimmers and beginners alike can benefit from a swim spa—as long as they are able to adjust the water current to suit each person's abilities and goals. Swim jets are great for resistance exercising, anyone looking for in-place swimming, and for fun. For stronger swimmers, look for swim blades that push a higher volume of water for a more challenging current.

Proper shell design. Look for a wide and deep channel with no protruding steps, which will help you stay in the swim spa lane, and result in consistent, smooth water flow. You'll also want to find a swim spa with a "hips" shape in the design and flow return suctions—this will stop a reflective wave of water from coming back and around, resulting in a predictable, smooth current.

Did You Know?

A PowerPro™ Swim Spa pumps 564 gallons per minutes, which produces an adjustable 6.2 mile per hour flow



FITNESS

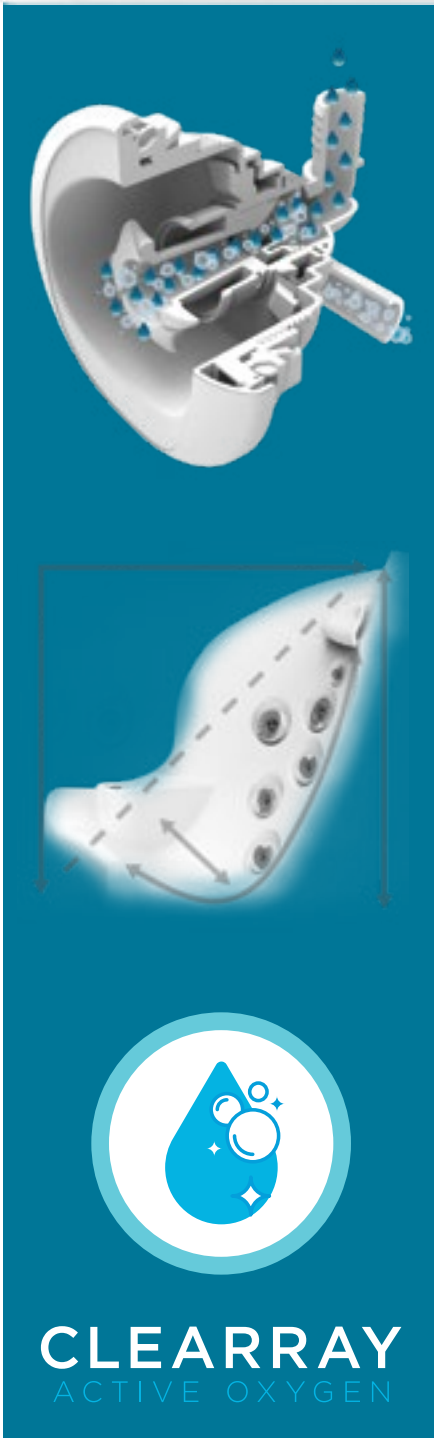
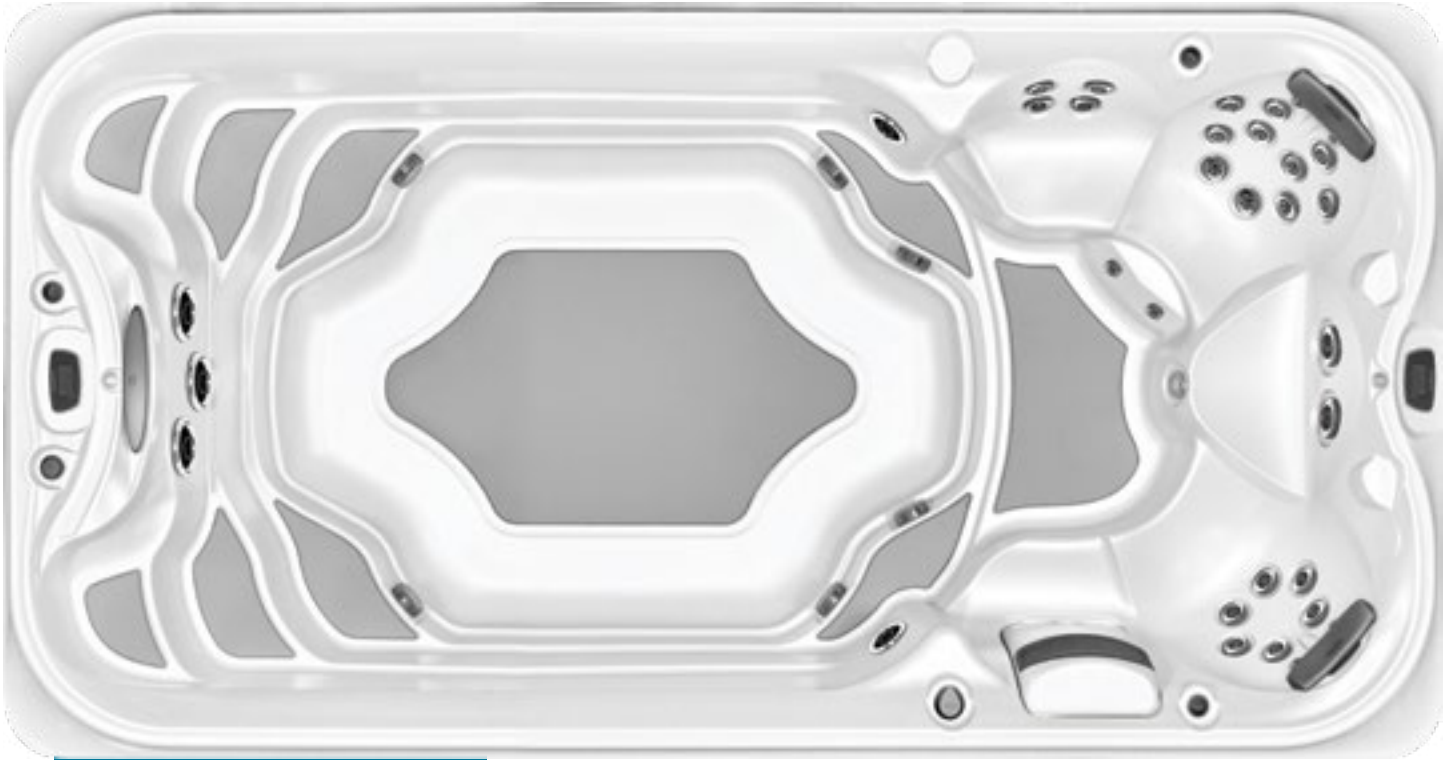
Resistance training features. To take full advantage of your at-home fitness equipment, opt for a swim spa with features that make resistance training easy. With exercise bars and swivel anchors to attach fitness bands and aqua fitness equipment, you can turn any swim spa into an aquatic universal gym. Whether jogging, walking, or doing low impact aerobics, a water workout is easy on your joints.

Non-slip footwell. Select a model that includes a soft, non-slip mat in the footwell to make walking and exercise safe and comfortable. This comes in extra handy with swim spas that include treadmill waterflow technology.

HOW A SWIM SPA WORKS

A swim spa combines the best features of a pool and a hot tub. Swim spas look like small pools, but they have powerful jets that enable you to swim continuously against the water current. Therefore, you never hit a wall or have to turn around while swimming laps.

Some swim spas come with built-in spa seating, providing you with a relaxing massage that focuses on muscles commonly used by swimmers. In a standard swim spa, the water remains the same temperature for both swimming and hydrotherapy massages. A dual-zone temperature swim spa, however, provides a wall between the spa and swimming areas. This allows you to keep the hot tub at 102 degrees while the swimming section is maintained at a lower temperature (typically 72 degrees), according to your preferences.



COMFORT

Hydromassage experience. After a rigorous water workout, swimmers can settle in to relax and recover. The PowerPro™ jets are strategically placed along ergonomic seats to perfectly match key muscles used to swim, delivering a therapeutic massage before and after every aquatic workout.

Ergonomic seating. Request a “test swim,” in which you sit in a fully operational swim spa. The swim spa seats should fit your body comfortably. Even if you cannot sit in a filled swim spa, sitting in a dry model can give you an idea about how the seats feel.

EASE OF MAINTENANCE

Active Oxygen Technology. This nature-inspired CLEARRAY Active Oxygen™ clean water system offers a hands-free approach to water care, harnessing the power of air and light to work harder and clean the water longer.

Water filtration frequency. Systems that filter more water in a shorter amount of time also equal cleaner, clearer water. Look for swim spas that filter 100% of the water multiple times per day.



QUALITY CONSTRUCTION

Energy efficient engineering. Good insulation is important—the more you can recycle heat, the more energy-efficient your swim spa will be. Swim spas with SmartSeal® Technology use excess heat from the motor to warm up the swim spa during colder months and are made of marine-grade material that is ready to stand up to the elements. Foam insulation stands up to heat and cold while also supporting the structure and a three-layer shell can reduce heat loss.

Galvanized steel frame. Swim spas are larger than standard spas and hold more water, equaling more weight for the frame to bear. Look for swim spas with galvanized steel frames for durability and structural support.

REVIEWS

Showroom Experience. Not all swim spa stores are the same. When you start shopping, choose established stores and retailers that have a dependable reputation. Also consider your experience with the sales representatives. Are they listening to your swim spa needs, or are they intent on a hard sell?

Brand Reputation. Read online reviews about customers' experiences with the retailer as well as the brand—everything from the initial purchase and installation to service and maintenance.

Still have questions about
what to look for in a swim spa?
Ask an expert; your local
Jacuzzi® Swim Spa dealer
is here to help.



CREATE YOUR DREAM OUTDOOR ESCAPE





Transform your backyard into a haven of relaxation where you can wind down with family and friends, while also staying fit and healthy.

A swim spa is the perfect centerpiece for your new backyard escape. Packing in a lot of fun and health benefits, it can be designed to fit seamlessly into any backyard. Here are some of the popular installation options, and design ideas to help you make your dream backyard a beautiful reality.

Focal point or discreet nook? The swim spa can be tucked into a corner of your backyard, nestled in rock features to ensure privacy. Many people, however, choose to make the swim spa the focal point of their peaceful backyard.

Above ground swim spa. There are many different design options to consider when it comes to an above ground install that can create the custom backyard look you crave, without the custom price tag. The easiest, least expensive, and

quickest way to install a swim spa is to do so above ground. All you'll need is a level, structurally-sound concrete pad on which you'll place the swim spa.



Install removable deck panels, or make sure your deck has enough clearance underneath for service technicians to gain access if needed.



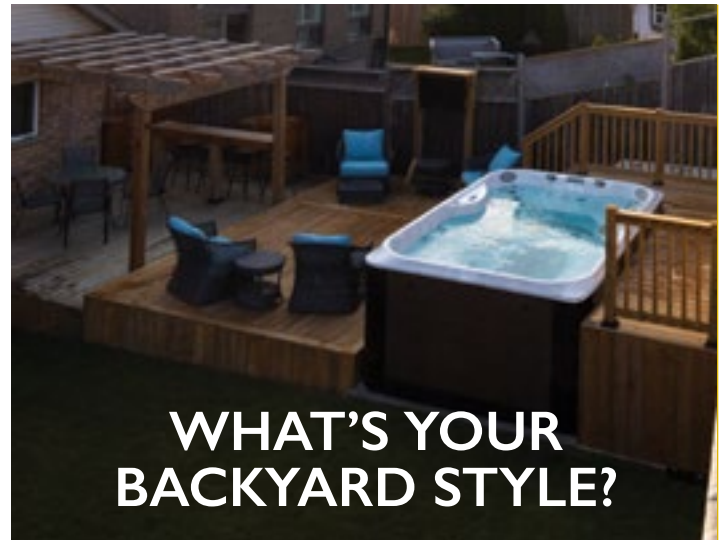
Make sure you don't have any buried septic tank, or gas, electric, or cable lines where you plan to dig to place your in-ground swim spa.

Consider an edge of deck install. Consider an edge of deck install for your swim spa. Pour the concrete pad for your swim spa next to an existing deck, or extend your deck to the edges of the swim spa.

Raised deck installation. Looking for an in-ground pool look with the swim spa at the center? You can achieve the facade more economically by installing an above ground swim spa, and then build a stunning deck around it. This is known as a raised deck installation. With the raised deck swim spa design, the deck is built around a swim spa

once it has already been installed. This is similar to the edge of deck install, except your swim spa is placed in the center of a newly designed deck, as opposed to the edge.

Just make sure to think ahead about equipment access—a technician will need to be able to easily reach the swim spa's heater, pumps, and other equipment for routine maintenance.



WHAT'S YOUR BACKYARD STYLE?

1. BOHO CHIC:

Neutral colors and textures brought to life with botanical and tribal print patterned throw pillows and a vertical garden.

2. BOLD AND BRIGHT:

Splashes of color (and even neon) to liven up and energize an outdoor space.

3. MINIMALIST:

Focus on greenery with light design touches to embrace the natural beauty of the landscape.

4. UPCYCLED:

Creatively incorporating repurposed and recycled materials to give items a new life – and the garden a unique look.

5. INDOORS OUTSIDE:

Seating and serving stations grouped as you traditionally would indoors on a foundation of outdoor tiles and rugs.

Submerged in the ground. A very attractive option is to have your swim spa either partially or fully submerged in the ground, also known as vaulted. A concrete vault houses the mechanical equipment and keeps the swim spa thermally efficient. Stone accents can make a vaulted installation seamless.

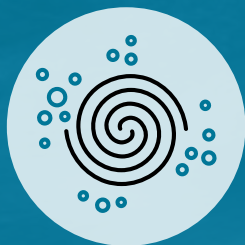
Replace your in-ground pool with a swim spa. Tired of the ongoing maintenance fees of your in-ground pool, and looking for an alternative option? Some people choose to place their swim spa into their existing ground pool space, thereby

gaining the best benefits offered by a pool and a hot tub, along with lower annual maintenance costs. Speak with a swim spa installation expert to determine if this option would work well for your space.

A swim spa is the ideal centerpiece for a fitness-focused at-home routine or relaxing and beautiful backyard. Not sure where to start? Your authorized Jacuzzi® Swim Spa dealer has the experience and insight to help guide you to create an outdoor living space that enables you to stay healthy and spend more time with family and friends.

SWIM SPA JET 101: KNOW YOUR SWIM SPA EXPERIENCES

The jet system is what makes a swim spa such a unique aquatic experience. When shopping for a model that is the best fit for your needs, start with the jets. Here's what to look for with this very important feature:



TURBULENCE-FREE CURRENT. Opt for a jet system that produces a predictable current free of turbulence. The jets should have a consistent flow rate that results in a flat yet powerful current, and adjusts evenly and simultaneously so you can stay in your swim lane.

ADJUSTABLE FLOW. An adjustable current will enable swimmers of all activity levels to exercise and enjoy. A 6.2 mile per hour flow is perfect for strong swimmers while a 3.5 mile per hour flow swim current is ideal for in-place swimming and resistance exercise.



BUOYANCY. A stabilization jet system will keep users buoyant and centered in the swim lane without the need for swim harnesses. Helping to keep beginner to intermediate swimmers in the correct body position, a buoyancy jet can keep swimmers from drifting during laps and centered in the swim spa.

HYDROTHERAPY. Hydrotherapy jets designed to deliver relaxation and recovery make a swim spa more versatile. PowerPro™ jets are strategically placed along ergonomic seats to perfectly match key muscles used to swim, delivering a therapeutic massage before and after every aquatic workout.



DELIBERATE DESIGN. For an optimal swimming experience, choose a shell design with hips to stop a wave from reaching the back wall of the swim spa and prevent it from rebounding and pushing a swimmer out of the lane. Additionally, suctions at the seated end create an effect like a conveyor belt to reduce reflective waves and creating a more predictable current.



THE BENEFITS OF HYDROTHERAPY

Water has the miraculous ability to help us heal and improve our overall health. Hydrotherapy, or water therapy, has been used for thousands of years to help people of all ages de-stress, relieve lower back pain, calm restless leg syndrome and leg cramps, improve sleep, find relief from fibromyalgia and arthritis, and ease muscle soreness after exercising.

A swim spa can allow you to engage in daily water exercises that help you feel better and improve your strength—all from the convenience of your own home. Here are four of the key benefits you can enjoy when you begin hydrotherapy treatments using a backyard swim spa.

RELAX JOINTS AND MUSCLES

A swim spa's warm water can relieve chronic pain by minimizing muscle stiffness and reducing inflammation. In addition, the weightlessness of the water relieves pressure on your muscles and joints, which can otherwise cause pain.

INCREASE YOUR ACTIVITY

The water in a swim spa supports your body, increasing your balance while you exercise. In fact, standing in water up to your chest reduces body weight by 80 percent. As you increase your strength—and your confidence—you can adjust the swim spa's speed and pressure setting to add more resistance.

Working out in a swim spa can help you achieve stronger bones, increased muscle strength, and greater flexibility—without as great a risk of injury as working out at the gym.

A HEALTHIER HEART

Research has shown that water workouts can vastly improve cardiovascular health, strengthening your heart. Swimming may also lower blood pressure in older adults, according to some studies.

Did You Know?

In addition to swimming, common hydrotherapy-based exercises include water walking and jogging, side lunges, pool planks, deep-water bicycle, arm raises, and standing knee

REHABILITATIVE STRETCHING

There's a reason many physical therapists are flocking to swim spas to help their patients. You can prevent injury or help heal from an existing fall by practicing rehabilitative stretches from the comfort of your swim spa. The water helps boost balance, and reduces the risk of injury or over-exertion.

HELP ATHLETES TRAIN AND RECOVER

A swim spa can serve as the ideal setting for athletes to undergo intensive workouts while reducing the risk of injury. In addition, soaking in a heated swim spa before athletic activity can reduce muscle damage during exercise, making it easier to recover, according to a study in the *Journal of Athletic Training*.



SWIM SPA BUYER'S GUIDE



ALL SEASONS POOL™ FUN

With a swim spa, you can enjoy relaxing family fun and exercise in the water, all year long. Celebrate the changing seasons with swim spa activities geared to all ages—and suitable for the changing temperatures.

FALL

Fall Doesn't Mean the End of Summer Fun

For many, the back-to-school season signals that it's time to close up the pool and put an end to summer fun. Not so when you own a swim spa.

An A+ adventure. Invite your children's new classmates to a back-to-school party in your swim spa. They'll love getting to know one another or reuniting after the long summer while playing pool games like water hockey, or amp up the fun with water squirters, swim rings, floating game boards, and inflatable balls.

Become the fun gathering place for teens.

When you get a swim spa, your teens can invite their friends over for a Friday night game of water volleyball. Drop an inflatable beach ball into the water, create a net using a pool noodle and a lightweight towel, and let the games begin.

Book club was never so relaxing.

Change the venue of your next book club to your backyard swim spa. Unwind with your friends as you dish about the latest novel from your favorite author. Add some clever- snacks to the mix—"pop open a good book" popcorn and book-shaped s'mores, for instance—and it's sure to be a page-turner of a party.



WINTER

A Wet Winter Wonderland

A swim spa can be used 365 days a year—even when there's snow on the ground.

Ease those sore muscles. The perfect way to relax your tense muscles after shoveling snow is to make your family hot cocoa and whipped cream in to-go containers, and head into the toasty swim spa.

Challenge yourself. The year-round functionality of a swim spa means you can continue to work on your fitness no matter what the weather. That means 365 days of swimming if you set your mind to it—stroke by stroke.

Ward Off Holiday Stress. Watch the snow fall and transform your backyard into a pristine, white wonderland as you relax in your swim spa.

Even better, begin a new family tradition and invite relatives over for a “Wet Elephant” gift exchange. A fun hydrotherapy session—with presents—will do wonders to soak away the stress of the season.

Cocoa Combos for All

Add-ins they'll love:

- Vanilla extract
- Gingerbread cookie
- Peppermint
- Nutella
- Caramel syrup
- Peanut butter
- Maple syrup
- Cherry juice
- Marshmallows



SPRING

Bring on Spring with a Lazy River

Exhausted from spring-cleaning the cobwebs away and making your windows shine? When you need a do-nothing break, grab your favorite inflatable, doughnut-shaped pool tube and turn your swim spa into your own personal lazy river.

How-to:

- Turn the jets to low
- Open a magazine
- Luxuriate in newfound spring calm as you float around



SUMMER

Summer Lovin'

Here are three ways to make summer boredom disappear:

Bring the great outdoors into your own backyard. Pretend your swim spa is a gateway to the big, wide ocean—and then hone your family's kayaking and canoeing skills. Grab a float or two in the shape of a boat and oar or a surfboard, adjust the swim spa speed, and take turns showing off your skills.

Make it a picture-perfect summer day. Enjoy a personal picnic. Pack a backyard basket with fun foods like PB&J skewers, frozen lemonade pops, and Mason jar pies. Cap off a delicious lunch with a soak in the swim spa.

Fire up the barby—and the party. Towel off and enjoy a scrumptious BBQ surrounded by friends and family, as you all enjoy soaking in the swim spa.

No matter the season, your swim spa will give you the opportunity to exercise year-round without straining your joints, as well as sit back and chill with family and friends. It's a year filled with healthy living happiness—no matter the temperature outside.

SWIM SPA BUYER'S GUIDE CHECKLIST

Ready to get swimming? This checklist will guide you on the research and introspection necessary to help you find the perfect swim spa for your needs.

PURPOSE AND DESIGN



Usage

Because the swim spa is both a hot tub and a swimming pool, you can alternate between leisurely use and bursts of intense exercise. Consider your usage expectations and needs as you give further thought to placement and the addition of optional features.



Pumps

Once you have decided on your ideal swim experience, ensure the spa's pump design can provide enough power to help you achieve your intended results.

You will also want to seek out spas with the ability to adjust resistance so that your swim spa grows with you as you become stronger, and allows more advanced swimmers to use interval training to meet their goals.



Jets

Make sure the swim jet system provides a consistent flow rate for a smooth, yet powerful current. Also consider the design of the interior shell. A wide and deep area without protruding steps or seats to impede your strokes is ideal.

Also take note of the swim spa's hydromassage jets, which will assist you in relaxing and recovering. Rotational jets provide much-needed relief to common swim muscles, while rifling jets offer deep, adjustable pressure to aid in the care of chronic aches and pains.



Swim Features

You also want to ensure that your swim spa includes features that will keep you in the lane as you swim. These can include buoyancy jets, swim lines, and LED lights to help you spot your ideal position for maximum resistance as well as hips in the shell and flow suction to maximize a predictable current.

Also consider the swim spa's compatibility with wearable technology so you can tap into motivating features like digital coaching, performance tracking, and competitions with others around the globe.



Comfort and Safety

Consider how easy is it to enter and exit the spa and whether there is an option to add handrails, especially if your swim spa will be enjoyed by the entire family. Also look for soft mats at the bottom of the swim spa for in-place exercise.



INSTALLATION AND MAINTENANCE

✓ Placement

You don't need to know exactly where you'll put your spa, but you should decide whether it will be indoors or outdoors.

✓ Service Convenience

You want to own a swim spa that will be easy to perform routine maintenance, so make sure vital systems are easily accessible and then keep those access points in mind when placing your spa.

✓ Function and Maintenance

Find out how long it takes to filter 100 percent of the spa's water. Faster times are more energy-efficient, but you will also want to ensure the filtration is powerful enough to remove debris.

✓ Chemicals

An in-line chemical feeder is usually the top choice for sanitizing a swim spa's water, rather than a floating dispenser, which will need to be removed every time you enter the spa. Alternatively, you might consider an ozone system to cut down on chemical requirements.

✓ Reputation

Consider the brand's reputation before you buy. You should expect and receive solid customer support and a reasonable warranty agreement in case any issues arise.

✓ Wet Test

Sitting in a fully operational swim spa can help determine if the space meets your needs and that the seats are the best ergonomic fit for your body. Experiencing the swim jet currents, water depth, and operation sound levels are important to consider, so a wet test is key. A good dealer will expect it and encourage you to do so.

Ready to learn more?

Visit [Jacuzzi.com](https://www.jacuzzi.com) now to find your nearest swim spa dealer.



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