

GARDEN SPAS & POOL

Swim Spa Buyer's Checklist



Garden Spas and Pool | 9393 Poplar Ave. Germantown, TN 38138 | 901-309-3343

Swim Spa Buyer's Checklist – An Advanced Guide for First Time Buyers

From hard working moms and dads to retirees, people of all ages and fitness levels are investing in the modern swim spa. A refreshing swimming pool, hot tub spa and aquatic gym in one, this amazing machine offers exercise, relaxation and entertainment from home - but in far less space than the typical swimming pool.

If you're in the market for a swim spa, but you're not exactly sure what to look for or how to choose the right one, we can help. Welcome to the *Swim Spa Buyer's Checklist* - a comprehensive guide for first time shoppers with tips on what to expect from a quality swim spa, along with detailed information on how to choose the perfect model to fit your home and lifestyle.

In this guide, you'll find everything you need to create a successful swim spa buying experience, before, during and after taking delivery. We'll explore the advantages of owning a swim spa versus a traditional pool along with identifying expected health benefits from regular use.

To help you make the best decision in the showroom, we provide smart buying tips, and a few pointers for finding the one model that will exceed your expectations. Finally, we'll showcase some of the exciting accessories that are available to complement your investment on your journey towards improved health and fitness.

Ready to get started? Let's go!



Advantages of Owning a Swim Spa Versus a Pool

Having a swimming pool at home is exciting. On-demand access to the water and family fun top the list of homeowners' most sought-after benefits. Yet, not every home has the space to accommodate the typical swimming pool. Does that mean families with limited space can't enjoy the benefits? Absolutely not! Size is just one of the many advantages of owning a swim spa over a traditional swimming pool. Here are a few more.

Low Maintenance - Compared to the average swimming pool, swim spas require less maintenance. Most of this is because that even the largest swim spa holds far less water than the typical pool. With fewer chemicals needed and less water to maintain, you spend less time and money caring for your investment.

Year-Round Use - Have you ever tried to take a dip in the family pool when there's snow on the ground? For many families with a pool at home, swimming is limited to just a few months out of the year. Fortunately, the modern swim spa can be placed indoors or out - making it a year-round investment that can be used in any season, during any weather.



Easy Installation - Because of its compact size and ease of use, the average swim spa can be installed in no time flat, and without time consuming preparation. Even the most modest swimming pool often requires a lengthy installation process involving multiple contractors.

A Family Friendly Option - Homeowners with small children are often delighted to learn that the kids can enjoy swimming at home without worrying about safety. A large in-ground pool is a tremendous responsibility for parents - and a swim spa is a safe alternative. In fact, many families use the swim spa as a teaching tool, introducing young children how to swim and behave in water.

Waves, Current and More - Swimming laps is an excellent way to spend time in then pool, but when kids get bored, nothing delivers like a swim spa. With an adjustable current, it's possible to enjoy inner tubing, body boarding and even kayaking. With a never ending current, the swim spa offers a world of aquatic fun for all ages - something you just can't get in a traditional swimming pool.

The Health Benefits of Using a Swim Spa

Exercise in water is safer on the joints, incredibly relaxing and a smart way for young and old to maintain a healthy weight, tone and shape the muscles and build strength. But, there are many health benefits associated with regular swim spa use.

Weight Loss, Cardiovascular Health - Swimming is an aerobic activity that can dramatically change physical health. The only activity that uses all major muscle groups at once, swimming improves weight loss efforts, increases cardiovascular health and can even build lean muscle in the arms and legs. With a continuous current, the swim spa is the perfect environment for swimming in place, eliminating the need to turn around.



Lower Stress, Improved Focus - Believe it or not, taking a dip in the swim spa in the evening is a proven way to decrease stress and anxiety. Water is naturally soothing, and splashing around, even sitting still is relaxing. Buoyancy - that feeling of weightlessness you experience when you get into water is therapeutic. Sit back, relax and let the water erase stress from shoulders, back and legs.

Relief from Chronic Pain - Millions of people suffer with chronic joint and muscle pain. For some, it's a daily bout of arthritis. For others, a sore back or stiff neck. The good news is, a swim spa can provide instant relief. Most models can be equipped with a hot tub spa at one end, and a swimming pool at the other for instant, anytime relief.

An aquatic exercise routine is a simple and safe strategy for relieving all kinds of joint and muscular pain. Unlike on land where exercise puts pressure on joints increasing pain, water cushions the body, alleviating pain. Create a simple and fun routine to increase flexibility, improve range of motion and decrease pain.

Slip over to the other side of your swim spa for soothing relief. Hot, temperature-controlled water penetrates deep into muscles, while massaging jets work out kinks and discomfort. With a hot tub spa at home, chronic pain doesn't stand a chance - and that's simply invaluable.

Finding the Best Place to Put Your Swim Spa

Now that you know *why* you need a swim spa, and what to expect from regular use, it's time to think about where you should put it. You already know that you're not limited to outdoors - and that's great if you live in a climate with all four seasons. But in addition to deciding on indoors or out, what else should you consider when choosing a location for your new swim spa?

Backyard Installation - For outdoor installation, you'll likely work closely with your dealer to ensure your home has adequate space, along with a level area to position your swim spa. In most cases, successful backyard installation requires a preliminary consultation, and guidance from a professional.

At the very minimum, you will need a thick, concrete pad beneath your swim spa, level ground, along with enough room to accommodate easy access in and out of the tub. In addition, you may want to create a plan for the future, in the event you want to add steps or a deck down the road.

Indoor installation - Having the ability to use your swim spa year-round means never having to lose out on swimming from home despite the weather. And that's why many homeowners choose to place their swim spas indoors. Successful installation indoors requires a structurally sound surface, and a supportive, solid foundation.



Like with outdoor installation, any indoor location must be level with proper drainage to protect your investment. In addition, it may be wise to consult a professional electrician, who can verify safe use of electrical components. Finally, adequate ventilation is a must for indoor installation. Many homeowners opt for a dehumidifier or fan to prevent excess moisture from damaging wood in the area.

Take a Test Swim – You'll Be Glad You Did

Did you know that you can and should take a wet test before committing to purchase a swim spa? Most first-time buyers are surprised to learn that this option is available - and recommended by reputable dealers. A test swim is exactly what it sounds like - an opportunity for you to “test-swim.”

The best way to try out features and to get a feel for the swim spa, a wet test does not obligate you to buy, but rather, offers an objective, real life experience that you can use in making your final selection. Be sure to let your dealer know in advance that you would like to test a swim spa you are considering.



What Type of Exercise Equipment is available?

If health and fitness is a top priority, you're likely to be delighted by the wide range of exercise equipment that's available to complement your swim spa. Here are just a few of the exciting add-ons to enhance your experience.

Row Bars - Strength training in water is an excellent way to quickly shape muscles. While swimming offers tremendous benefits, simply adding a set of row bars can elevate results dramatically. Row bars can be attached easily to the edges of your swim spa, providing a safe, low impact total body workout.

Resistance Bands - Like row bars, resistance bands increase strength training results significantly, while keeping heart rate elevated for cardiovascular health. Bands are simple to use and can be taken on or off easily. Multiple bands are available, making it easy to customize the perfect resistance for beginners or advanced athletes.



Cool or Heat Water Systems - Live in a warm climate? Quality swim spa models offer cooling features as an added way to stay comfortable - even in the heat. When the temperature drops, adjust your heater to ensure your swim spa water stays the perfect temperature for your workout.

Bluetooth Sound, Fitness Apps - Stream music directly from your swim spa with an integrated speaker system - the perfect complement to your aquatic workout. Access your smartphone or tablet to monitor swimming speed, workout duration and more through a mobile fitness app.

Underwater Mirror - Never worry about form again with your very own underwater mirror! The perfect accessory for advanced swimmers and anyone looking to take swimming to the next level, a mirror is a smart and useful accessory.

In Conclusion: How do I Know Which Swim Spa is Best for Me?

Buying the perfect swim spa shouldn't be complicated. Luckily, armed with the right information and some useful tips, it's easy to narrow your choices and find the one machine that will exceed your expectations. How do you know which swim spa is right for you?

Whether you live in a small home with limited space, or a large oversized house on many acres, a swim spa is the perfect addition. However, take a few minutes to think about how the space you have can be best utilized with a swim spa at home. Does it make sense to install your swim spa on a deck, outside? Or, are you more likely to use your swim spa indoors, protected from the weather?

If you're buying a swim spa to swim at home, and aquatic fitness is an important goal, think about the many accessories that are available. Look for models that will make it easy to outfit your spa with the accessories you want - even if it's likely to be down the road, whether it's as simple as a good set of row bars or an underwater mirror. Be sure to ask your dealer to show you some options, so you can plan accordingly.

Even with the perfect model in mind, don't forget to ask your dealer about scheduling a wet test. Use this as an opportunity to try out the features you're interested in and get a feel for what you like—or don't like before making the ultimate commitment. Only by getting into the swim spa when it's filled with water can you truly measure the experience.

Finally, don't be afraid to have fun! Choosing a swim spa for your home and family should be exciting, not stressful. Have confidence and peace of mind in knowing that you're fully prepared, informed and ready to take the next step towards maximizing your health and fitness with an incredible swim spa at home.

About Us

GARDEN SPAS & POOL

Garden Spas & Pool is convenient to reach from Western TN, Northern MS, and Western AR. We hire, train, and empower the best people in the business.

We have fun at what we do and focus on helping our customers have fun at what they do. We believe that if everything we do is focused on improving our customer's quality of life, we will succeed in our objectives.

Our mission is to improve the quality of our client's lives by providing superior lifestyle products and services with proven long-term value. We will accomplish this by focusing on the health, safety, and enjoyment of our clients and associates.



Where to Find Us

Garden Spas and Pool

9393 Poplar Ave.

Germantown, TN 38138

901-309-3343

<https://GardenSpasAndPool.com>

