

# *Swim at Home*<sup>®</sup>

**INTRODUCING THE**



**ENDLESS POOL**<sup>™</sup>

*Today's Solution to Better Health & Fitness*

# Welcome

## Today's Solution to Better Health & Fitness



James Murdock  
President  
Endless Pools, Inc.

Dear Swimmer,

Thank you for inquiring about the Endless Pool.

I started Endless Pools back in 1988 to make a personal size pool with an adjustable current for people who wanted to swim at home. Since then, thousands of Endless Pools have been installed throughout the United States and abroad in houses and yards just like yours.

The Endless Pool is a totally customizable personal pool that can be easily and affordably installed in your backyard, garage, sunroom or any other existing ground-floor space in your home.

I installed one in my basement, and it's so convenient, both my wife and I swim daily.

Exercise is crucial to long-term good health, quality of life and overall well-being. At Endless Pools, we believe that when exercise is a pleasure, fitness is easy. So take the next step to living better and living longer. Review the information in this booklet, and watch our Introductory Video or DVD. Then, give us a call. Our team of professional designers and architects is ready to help you plan the perfect Endless Pool to suit your needs, living space and budget. We look forward to serving your swimming and fitness needs.

Sincerely,

James Murdock  
President  
Endless Pools, Inc.

PS Call us toll free  
(1-800-732-8660) with  
any questions, or visit us at [www.endlesspools.com](http://www.endlesspools.com).

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# Your Endless Pool: Swimming and So Much More...

*“Swimming comes close to being the perfect exercise. It uses all of the muscle groups repetitively and rhythmically, building strength and endurance without wear and tear. Swimming exercises your heart, improves circulation and tones muscles.”*

Dr. David Bachman, Los Angeles Times

## Swimming: The Perfect Exercise

Few fitness activities rival swimming for cardiovascular and musculoskeletal benefits. Swimming works more muscle groups—simultaneously—than almost any other form of exercise. So it's a super-efficient workout.

And swimming burns as many calories as other aerobic sports, without the associated dangers to muscles, bones, ligaments and joints due to stress and constant pounding. Swimming in an Endless Pool is an activity you can enjoy all year.

## Rehabilitation & Therapy

Water therapy speeds recovery. In a pool, injured people can exercise with a greater range of motion without hurting joints or re-injuring themselves. The workout itself gets blood moving faster through the injured area, so it heals faster. And the water pressure keeps swelling to a minimum.

Water therapy in an Endless Pool is beneficial for people with chronic muscle or joint pain, arthritis, MS and patients with orthopedic dysfunction.

Many Endless Pool owners with hip or knee replacements have returned to health more rapidly in their in-home pools.

## Aquatic Exercise

You don't have to be a swimmer to benefit from an Endless Pool. Aquatic exercise is ideal for people of all ages, abilities and physical make-up. If you like sports, you can practice the movements involved with that sport in the water. For example, runners can run, soccer players can kick, and tennis players can practice forward and backhand strokes with water resistance—a great way to increase power!

## Training

The Endless Pool is the #1 choice of personal pools for triathletes in training. Athletes can monitor their swim stroke in the optional underwater mirror, enabling them to correct and refine technique. The strong current provides the optimal environment when training for an open-water swim. And with an Endless Pool, busy triathletes and competitive swimmers enjoy the convenience of swimming at home, on their own schedules.

## ...And Fun

Of course, the whole family can get in and swim in the Endless Pool. The kids will love swimming and playing in the current...even the family dog has been known to take a dip. The Endless Pool can help your family stay fit and have fun...together.



SWIMMING & TRAINING



AQUATIC EXERCISE



REHABILITATION & THERAPY



RELAXATION



...AND FUN

# How Your Endless Pool Works

The heart of the Endless Pool is a small but powerful underwater hydraulic motor that drives a 16" propeller located at the front of the pool inside a protective, stainless-steel housing (see #1 in the diagram to the right).

The propeller pushes up to 5,000 gallons of water per minute through two grills that straighten and smooth the current, which then flows right down the center of the pool (see #2).

At the rear of the pool, the current enters a large grill beneath the rear bench, and passes through the side benches to the front of the pool (see # 5). Because the water returns through the benches, it does not disturb the current moving down the center of the pool, thus eliminating any turbulence or undertows.

Your Endless Pool arrives with everything you need to swim including:

- Complete Pool
- Adjustable Swim Current Generator
- Water Quality System



**6 PARTIAL IN-GROUND INSTALLATION**

## **SPECIFICATIONS:**

### **STANDARD EXTERIOR DIMENSIONS:**

8'1" W X 15'1" L X 3'6" D

### **SWIMMING AREA:**

7' X 14'

### **CAPACITY:**

2,500 GALLONS

### **CONSTRUCTION:**

14 Gauge Steel panel pool, with 28-mil vinyl liner, stainless-steel internal components

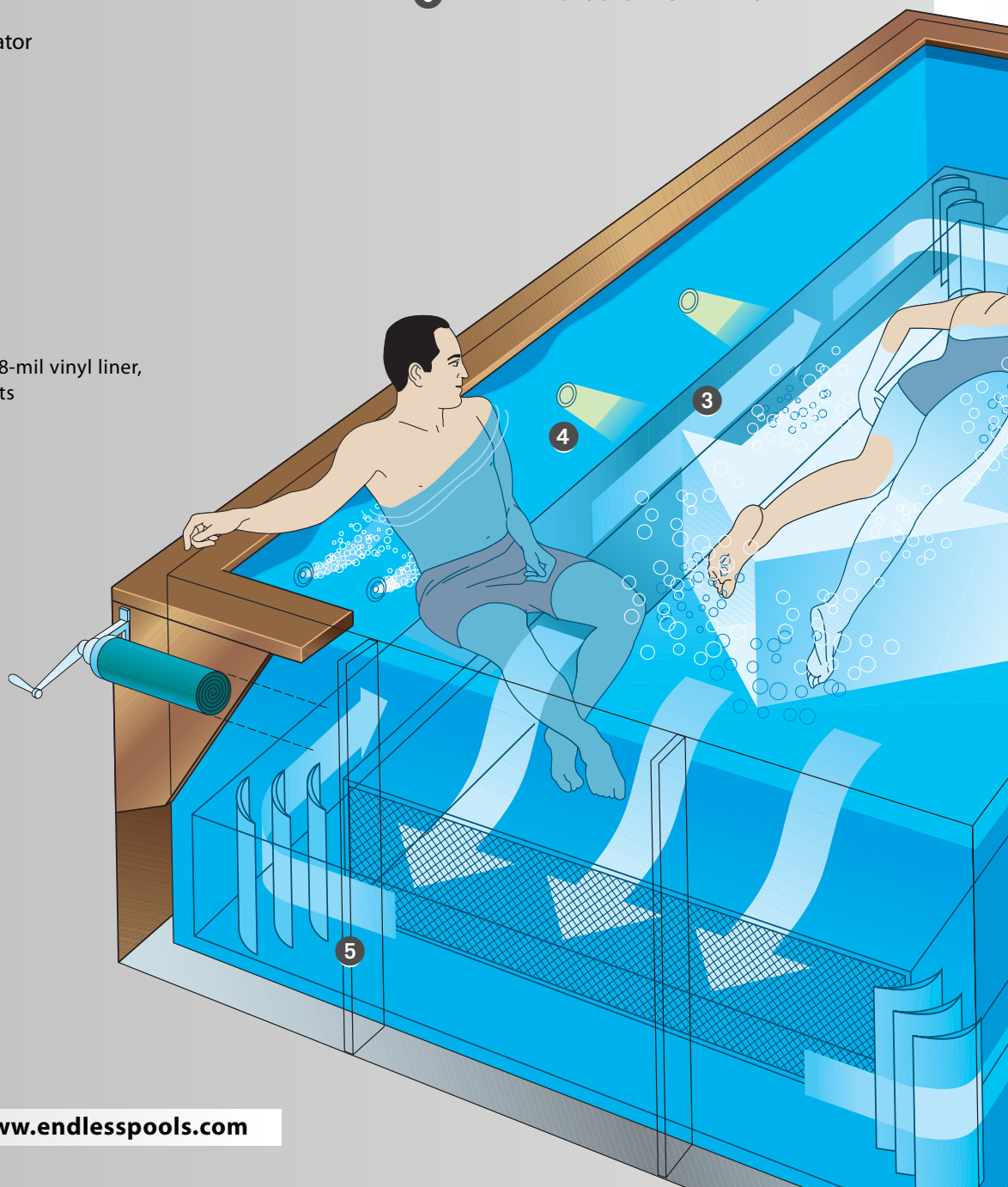
### **SITE REQUIREMENTS:**

Solid level floor capable of supporting 200 lbs./sq. ft. Pool Can be installed aboveground, Partially or completely in-ground.

### **MINIMUM POWER REQUIREMENTS:**

220 volts, 30 amps (GFCI)  
(assumes gas heater);  
110 volts,  
20 amps (GFCI)

**10 YEAR STRUCTURAL WARRANTY**



## What are the pieces

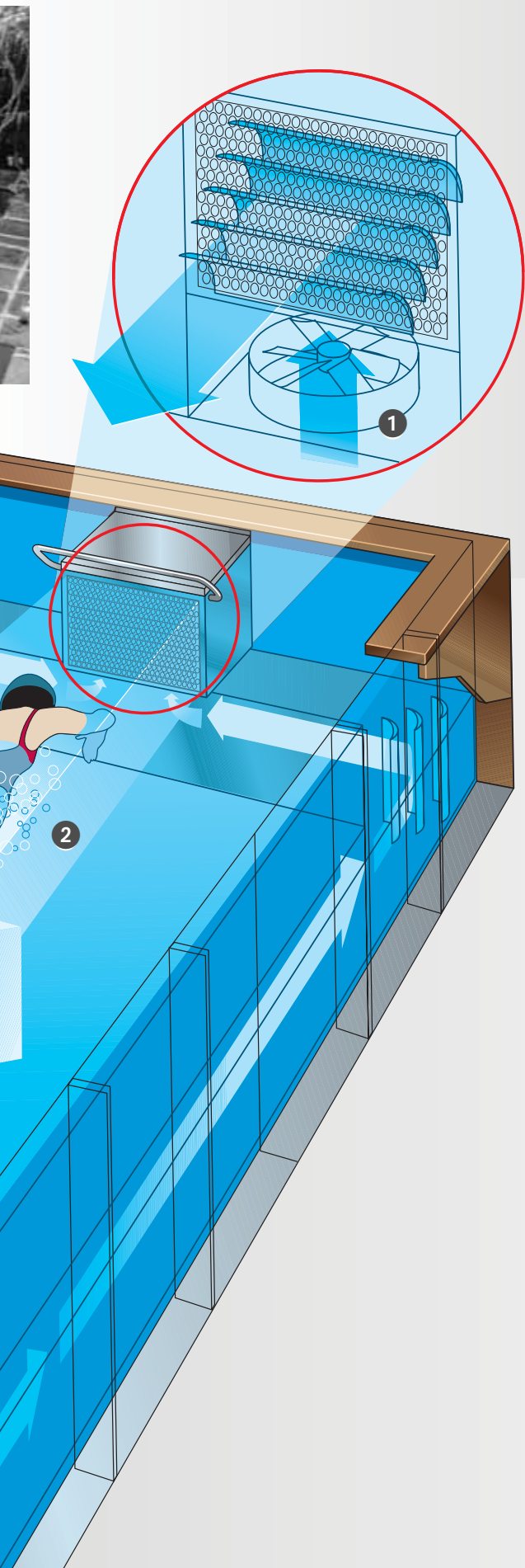
- 1 16" propeller produces broad, deep, ultrasmooth current
- 2 Fully adjustable current flows down the center of the pool
- 3 Side benches serve as perimeter seating as well as return system for water flow
- 4 Optional underwater lights add beauty and functionality
- 5 Current enters a large grill beneath the rear bench, which directs it through the side benches and back to the front of the pool
- 6 Pool can be installed fully aboveground, fully in-ground or partially in-ground

## Every age, every fitness level, everybody!

The unique, patented system of the Endless Pool produces a non-turbulent current that you can set to the speed that suits your swimming ability and exercise preference.

Anyone can learn to use the pool in a matter of minutes, no matter what age or fitness level. The pool's highest speed challenges the best competitive swimmers, yet the current can easily be adjusted to suit the beginner and everyone in between.

Whether you are looking for a more convenient way to train for competition, an alternative to high-impact aerobic exercise, or just a way to relax and stay fit, an Endless Pool is your solution to better health, fitness and quality of life.





# Your Endless Pool: Things to Consider

## Weight

Filled with water, the standard Endless Pool exerts an evenly distributed load of 200 lbs. per square foot, with a total weight of about 10 tons.

Most ground-floor rooms can support this weight without difficulty.

## Fits in Tight Spaces

Your Endless Pool can be installed flush against a wall or in a corner of a room. Minimal access to one or more sides is required, depending upon the options you select.

## Easy Assembly

You can easily assemble your pool yourself. The assembly is straightforward with the clear, step-by-step directions provided in our easy-to-use installation manual and video. The only plumbing involved is PVC pipe gluing. The pool is easily filled with a garden hose. The pool's water quality system is totally self-contained, with no connection to household plumbing.

If you prefer to have someone install your pool, Endless Pools has established a nationwide network of Factory Trained Installers. Call us to find a Factory Trained Installer in your area.

## Low Humidity

Humidity is a consideration with any indoor pool or spa installation. A floating insulation blanket is included with your pool to reduce heat loss and control humidity when the pool is not in use. When in place, it controls nearly 90% of the humidity. We also recommend our optional Retractable Security Cover to seal and protect the pool, and completely control humidity (see page 9). Humidity is only a concern when the pool is uncovered, generally only an hour or so per day.

## Locating Pool Equipment

Your Endless Pool includes a complete Water Quality System that filters, heats and sanitizes the water, as well as a Hydraulic Power Unit that creates the swim current. There are no electrical connectors at the pool—a significant safety feature. Equipment can be contained near the pool or placed up to 75 feet away in a utility room, basement, garage or other protected enclosure. This may improve access to the equipment and minimize the sound of the pump poolside.

For indoor installations, we highly recommend that both the pool and Water Quality System be located near a floor drain or that a sump pump be installed as a precaution. The area around the pool should be protected, and since it will surely get splashed, appropriate floor and wall covering materials should be selected.



# Customize Your Endless Pool

A variety of options are available to help you create the perfect Endless Pool for your individual needs and style. Some of our best-selling options are featured here.

## Custom Sizes and Depths

The modular design of the Endless Pool allows for a wide variety of configurations.

- **Shorter**—ideal for extremely tight spaces
- **Longer**—allows space for additional swimmers in the pool
- **Wider**—excellent for “frog-kick” swimming
- **Deeper**—designed to accommodate water aerobics, water jogging and physical therapy routines

## Retractable Security Cover

Prevent unwanted access to the pool, reduce heat loss and control humidity. Cover glides easily along poolside tracks. Available in a variety of colors. Call for swatches.

## Underwater Lights

Transform your pool into a beautifully lit “waterscape” for added enjoyment. Comes with clear and colored lenses.

## Hydrotherapy Jets

Relax and unwind with the therapeutic relief of 4 concentrated jets. A welcome retreat for sore, tired muscles.

## Aluminum Coping

Complete finishing kit is very simple to install and completely customizable. Can be painted any color, and enhanced with inserts of tile, wood, marble or any other material you choose to complement the beauty of your pool. Recommended for indoor or outdoor installations.

## Synthetic Coping

Complete finishing kit is simple to install and available in a variety of colors. Wide profile makes it especially suitable for partially recessed pools. Recommended for indoor installations only.

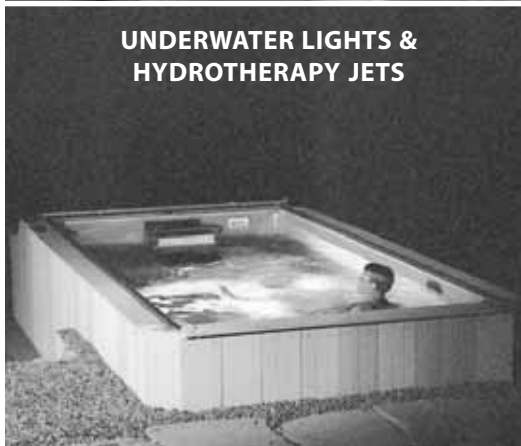
## Also Available:

- Spa Rail
- 3 Foot Stainless Steel Grap Bar
- Corner Step
- Full Depth Stair
- Underwater Swim Mirror
- Underwater Camera

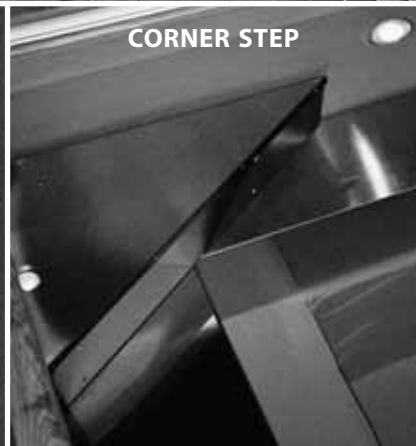
Ask your design consultant for complete details on these and many other available options for your Endless Pool.



RETRACTABLE SECURITY COVER



UNDERWATER LIGHTS & HYDROTHERAPY JETS



CORNER STEP



ALUMINUM COPING



SYNTHETIC COPING



CUSTOMIZE TO FIT YOUR SPACE

CALL NOW FOR YOUR FREE PLANNING KIT 1-800-732-8660 7



# Look Who's Swimming in an

*“My Endless Pool is the perfect way to improve my stroke technique. I used to travel to train in a 25-yard pool 5 days a week. Now I'm in my Endless Pool 7 days a week.”*

**Rowdy Gaines, 3-time Olympic Gold Medal Swimmer  
Endless Pool Owner Since 1998**

Rowdy Gaines was named World Swimmer of the Year in 1980 and is one of the most distinguished Americans in the history of competitive swimming. He's best known for his performance in the 1984 Summer Olympic games in Los Angeles, when he broke two world records in the course of winning three gold medals.

*“Before testing an Endless Pool, I was afraid the current wouldn't generate enough resistance for my training program. But the Endless Pool's flow is enough for me to do all of my aerobic and endurance training. It's great.”*

**Sheila Taormina, Olympic Gold Medalist  
Endless Pool Owner Since 2001**



Sheila Taormina was a member of the 1996 US Olympic swim team that set an Olympic Record in the women's 800-meter freestyle relay and won the Gold. Four years later she placed 6th in the first Olympic Triathlon in Sydney, Australia. She uses her Endless Pool for both personal training and the coaching clinics she conducts.



*“Water therapy is the optimal rehabilitation for people with injuries. It's also great for people with arthritis, osteoporosis, multiple sclerosis, asthma, chronic joint pain, back pain and other conditions. The Endless Pool offers additional benefits because the water temperature can be adjusted to suit individual needs—cooler (ideal for MS patients) or warmer (better for arthritis).”*

**Leslie Krichko, US Olympic Cross Country Skier  
Endless Pool Owner Since 1998**

Leslie Krichko was a US Olympic cross-country skier before a foot injury cut short her career in 1982. Thanks to water therapy rehabilitation, she recovered from surgery to become the top American finisher at the 1988 Olympics. She was so impressed with the results of her water therapy she went on to become a full-time aquatic trainer, therapist and an Endless Pool owner.

*“My Endless Pool has been a lifesaver for me. The warm water promotes circulation and mobility while increasing my strength and endurance, something I really need. Now I exercise when I want, on my own schedule, so I can spend more time with my family.”*

**Mike Singletary, Professional Football Player  
Endless Pool Owner Since 1998**



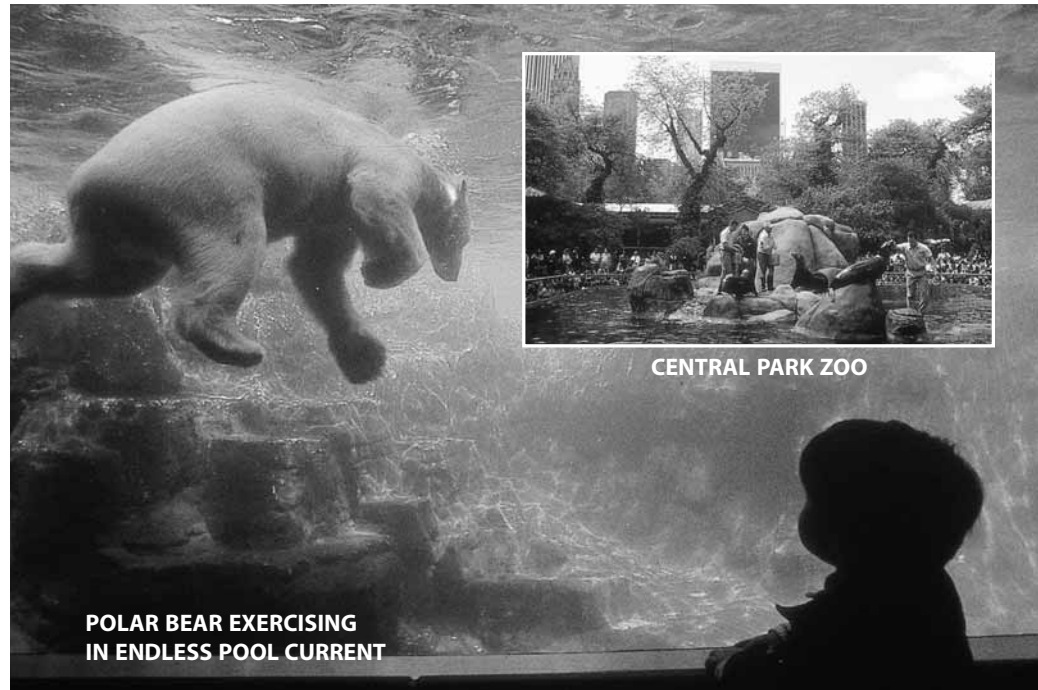
Over Mike Singletary's 12-year professional football career with the Chicago Bears, he started in 172 games, played in 10 consecutive pro bowls and made 1,488 tackles. By the time Mike retired from the NFL, he had a few sore, tired muscles and knew he needed an Endless Pool.



# Endless Pool

## Central Park Zoo, NYC

“My polar bears need exercise!” That was the call from the keeper at the Central Park Zoo Polar Bear Exhibit. An Endless Pool current for the polar bears to swim against was the answer. Now Lily and Gus, the Zoo’s resident polar bears are cavorting and getting back in shape courtesy of their own Endless Pool current.



## Princess Cruise Lines

Planning your next vacation getaway? You’ll find Endless Pools installed on several Princess Cruise ships. So between dining on fantastic food, exploring exotic places and dancing ‘til dawn, you can escape for a little fun and fitness in an Endless Pool. Be sure to ask your travel agent which Princess ships include an Endless Pool on board!

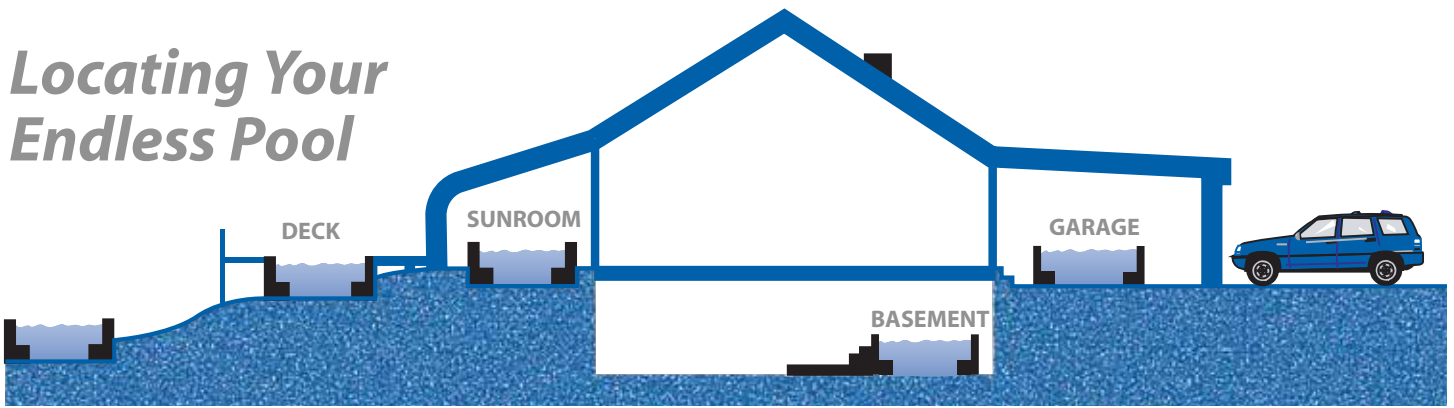


## Fun for man’s best Friend

Swimming upstream to fetch a tennis ball is not only fun, but great exercise for this winsome 10 year old Golden Retriever in California. Animal rehabilitation and exercise is just another example of the flexibility of an Endless Pool.



# Locating Your Endless Pool



## The possibilities are endless...

The Endless Pool is freestanding, and can be installed indoors or outdoors; above ground, partially in-ground, or totally in-ground. Excavation is optional. All components fit easily through doorways and down stairs.

In colder climates, the pool is typically installed in an existing ground floor room, or basement area. In warmer climates, the pool can also be located in a backyard or deck.

To enjoy your Endless Pool as quickly as possible, you may choose a relatively simple installation in your backyard, or even in your basement or garage. Two reasonably handy people with no prior installation experience can accomplish a simple assembly in as little as a few days.

Our team of professional architects and designers can help you decide the best location for your pool. When you are ready, **call 1-800-732-8660 and request our Free Planning Kit to help you get started.**



# Your Endless Pool: Remarkably Efficient and Easy to Maintain

The Endless Pool is remarkably efficient because of its small size and intelligent design. The single greatest expense is the cost of the power needed to maintain desired water temperature.



## LOW OPERATING COSTS

### Minimizing Heating Costs

To reduce heating costs, a floating thermal blanket is included with your pool. This blanket also helps control humidity.

Another way to minimize heating costs is to insulate the pool panels. This can be done easily with 2" foam insulation board. For colder climates, up to 6" of insulation can be added to "super-insulate" the side walls.

A covered, well-insulated pool will only lose a few degrees of water temperature per day. Pools installed outdoors in warmer climates, or indoors in a greenhouse or sunroom, may only require solar energy to remain comfortable most of the year.

*Note: If off-peak power from your electric company is available, the cost of electricity to heat your pool can be reduced by as much as 50%. We also offer an optional natural gas or propane heater in lieu of the standard electric heater.*

### Powering the Pool

Thanks to smart engineering, the costs to power your Endless Pool are minimal. Electricity to power the swim current costs about a penny a minute, while the circulating pump used to filter the pool water uses about \$10 of electricity per month.

## SIMPLE MAINTENANCE

### Water Quality

The Endless Pool requires very little maintenance. A comprehensive water test kit and the chemicals needed to initially balance and maintain the pool water are included with the pool. Once the water chemistry is properly balanced, maintenance takes only a few minutes per week. During routine use, the water quality should be checked once weekly and adjusted as necessary.

The copper/silver purification system included with your pool reduces the need for chemical sanitizers such as chlorine by about 80%. Chlorine levels in public swimming pools are typically 5 to 10 times greater than in your personal Endless Pool.

### Swim Current System

Programmed maintenance for the Endless Pool's swim current system is also minimal, and consists of oil filter changes about once every three years. In addition, the submersed hydraulic motor should be changed every three to five years. A complete instructional video and a new motor for this 1-hour procedure are available through the Endless Pools Customer Service Department.

# *Endless Fitness...*



*Endless Beauty...*



CALL NOW FOR YOUR FREE PLANNING KIT 1-800-732-8660 13

*Endless Fun...*



# 100% Customer Satisfaction: Our Goal 100% of the Time



## Customer Demonstrator Program

Perhaps the best proof of our high level of customer satisfaction is our very successful Customer Demonstrator Program. More than half of Endless Pool owners choose to participate in this program, opening their homes to demonstrate their pools to prospective buyers.

Once you are ready to plan your pool, be sure to ask one of our design consultants to arrange a pool demonstration. Your demonstrator-host will provide candid, informed answers to all of your questions, as well as helpful advice for planning your own Endless Pool.



OUR DESIGN TEAM

At Endless Pools, our customers are our #1 priority all of the time, without exception. Our staff of experienced designers and architects, engineers and customer service professionals are available at your convenience to help you plan, install and maintain the Endless Pool of your dreams.

During the planning and installation phase, we'll work closely with you at your direction to design your pool and address any special needs you may have. With thousands of pools installed across the country and throughout the world, we have seen it all and can help with even the most unusual requests.



OUR CUSTOMER SERVICE TEAM

Technical support is available at all times during the installation of your pool and after with our toll-free phone number. Simply call **1-800-732-8660**. When calling after business hours (Monday – Friday 8:00am ET – 6:00pm ET), leave a message and one of our customer service/technical professionals will return your call promptly.

## Take the Next Step

Call now for your Free Endless Pools Planning Kit and begin planning your own Endless Pool today!

**1-800-732-8660**

# Our Company

Endless Pools, Inc. was founded in 1988 and manufactures and sells direct a complete range of counter-current swimming machines for residential and commercial use. In an effort to control costs and quality of service, our company does not use distributors or other middle men.

Thousands of Endless Pools have been installed in homes and clinics throughout North America, and in more than 25 countries around the world. In addition, you'll find Endless Pools in some fitness/training centers, finer hotels, cruise ships and even at the Central Park Zoo, at the Polar Bear habitat.

The Endless Pool is covered by US and foreign patents issued and/or pending.

## Take the Next Step

Call Now to receive your FREE Planning Kit Including:

- Planning Video/DVD
- 18-Page Planning Guide
- Layout Grid
- And much more...

**1-800-732-8660**

or visit us at  
[www.endlesspools.com](http://www.endlesspools.com)



200 E. Dutton Mill Road  
Aston, PA 19014-2931