





# Fastlane Pools, Inc. A complete line of swimming machines

Fastlane Pool® Fastlane Swim Spa™ Fastlane Seasonal Pool™ Fastlane® Fastlane WaterWell™







The inspiration for the Fastlane Pool came more than a half-century ago in Arizona, when my father swam in place in the irrigation canals that brought precious Colorado river water south to Phoenix. He and I talked for years about building a machine to swim at home—a machine that would simulate open-water swimming in a small space. Somehow other ideas, other machines filled our time.

I built the first Fastlane Pool on the pool deck at Columbia University in the summer of 1988. There was so much we didn't know at the time. The refinements in design that would allow us to ship our system all over the world came later. What I remember most with that first rough prototype was the wonder and amazement of swimmers who realized that you really can swim in place. The benefits for coaches and swimmers able to gain immediate feedback from a bottom mirror were clear even then. The therapeutic benefits of the pool were also obvious. My first customer explained to me the benefits of water-based exercises for people with MS. His neighbour purchased our 4th pool for her rheumatoid arthritis.

More than 16,000 Fastlane Pools later, the therapeutic benefits of swimming enjoyed by our customers are still clear. What has also become clear are the many challenges facing our customers interested in installing a pool. In response, we have developed a complete line catering to our clients different needs and budgets. Ease of installation as well as aesthetic choice led us to the innovative use of acrylics to augment our original design. For those interested in water therapy and exercise, we developed the WaterWell, a Fastlane Pool without the swim current. In the following pages, we present these different alternatives each developed over the years to help you realize my father's dream: exercising at home in a compact, personal pool heated to the temperature you select. Flexible enough to fit just about anywhere, any one of our Fastlane Pools will provide you with many years of health and fitness.

Sincerely,

James Murdock - Founder



### Fastione Pool® pg 3 With more than sixteen thousand in operation worldwide our signature pool offers unrivaled design and installation flexibility and the highest quality swim current available.



Fastlane Pool Swim Spa™pg 5Combining the luxury of an acrylic spa and the<br/>variable speed current of a Fastlane Pool, ourSwim Spa installs easily on any sound level surface<br/>—backyard living at its finest.



<sup>(C</sup>I love my Fastlane Pool! Your entire staff was exceptional. I have recommended your product to everyone I know. <sup>()</sup> Terri P., Wallaroo



Fastlane® pg 11 Bringing our patented, high quality, variable-speed swim current to the backyard pool, the Fastlane transforms pools too short for a good swim. Wall Mount and Deck Mount models are available for new construction and retrofits.



 WaterWell
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 Ideal for aquatic exercise and therapy, our

 WaterWell provides chest-deep water in a

 freestanding package that fits just about anywhere.



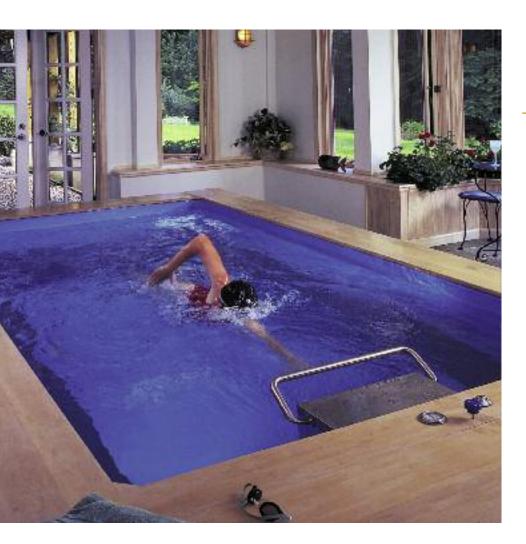
Fastlane Seasonal Poolpg 13Simple, inexpensive, perfect for the kids, ourFastlane Seasonal Pool is the ideal training poolto set up in your backyard.



### THE ORIGINAL FASTLANE POOL®

Our signature product, the Original Fastlane Pool is designed to fit just about anywhere, indoors or outside. Because of its modular design, it can be installed indoors in existing spaces. All of the components of an Original Fastlane Pool fit easily through doorways and down stairs. The modular design also allows for pools of varying sizes from  $2.13m \times 3.66m$  to  $3.05m \times 4.88m$  with water depths up to 1.83m deep. This flexibility has allowed more than 16,000 customers to realise the dream of swimming at home in an Original Fastlane Pool.

With an Original Fastlane Pool, you determine the aesthetic. Custom copings and sidings supplement the standard options that we offer. Because we use a heavy gauge vinyl liner inside the steel wall panels, you are not constrained by a mold. If you want multiple and specific water depths, we can accommodate. You can make an Original Fastlane Pool exactly the size you want. Dual propulsion pools are available to accommodate two swimmers at once. Our Elite pool, which offers a sub :50/100 metre pace, challenges competitive swimmers and is used by top level coaches.



<sup>44</sup>I have osteoarthritis and am finally able to exercise without much pain! We love our pool! <sup>29</sup>

Barry T., Tapitallee

### Specifications:

- construction: steel-panel, vinyl liner permitting variety of sizes
- depths Im up to I.83m
- wall height: 1.07m
- interior pool surface: 3 colours, 4 patterns
- manual and automatic retractable security cover, 5 colours
- synthetic coping, 3 colours
- aluminium coping with unlimited 15.24cm tile choice
- interior return channels and propulsion system, stainless steel or acrylic
- skirting
- Water Quality System
- (240 volt, 50Hz, 30 amp RCD) x2 - Skimmer
  - Electric heater/controller
  - Cartridge type filter
  - Copper/silver ionization system
- underwater lights
- hydrotherapy jets
- full-depth stairs, corner steps
- front and floor swim mirror

### FASTLANE POOL SWIM SPA™

Combining the supple curves and lustrous finish of an acrylic spa with the highest quality swim current available, the Fastlane Pool Swim Spa provides the perfect antidote to the stress of everyday life – a place where you can luxuriate in a sculpted spa seat or swim for fitness and improve your health.

Designed to fit virtually anywhere, the Fastlane Pool Swim Spa comes fully skirted in a handsome wood cabinet. Pre-plumbed, the unit can be installed quickly on any sound, level surface. Built in steps allow for easy access. Enjoy backyard living at its finest with a pool and a spa all in one.





- 2.06m x 4.11m swimming area
- 2.32m x 5.17m footprint
- water capacity: 9,161L
- water depth: I.27m
- overall height: 1.38m
- two spa seats with 24 therapy jets
- underwater lights
- acrylic shell backed with fibreglass

- foam insulation throughout
- synthetic wood skirting
- Water Quality System (240 volt, 50Hz, 60 amp RCD) x2
  - Skimmer
  - Electric heater/controller
  - Cartridge type filterUV water purifier
- 4.0 kW electric heater
- 5 hp swim current generator

### Options:

- 17.75cm high-visibility LED swim pace display
- underwater stainless steel swim mirror
- 10.16cm rigid insulating cover
- retractable security cover

## FASTLANE SEASONAL POOL™

If you simply want to swim with little interest in the time, effort, and expense involved in installing a fully-landscaped pool, our Fastlane Seasonal Pool is the ideal alternative.

A unique advantage of our freestanding Fastlane Seasonal Pool is its mobility. Enjoy the pool outdoors for the warmer summer months then move it to your garage or basement for year-round exercise, relaxation and fun.

We selected the highest quality, Italian-made, fabric walled pool and added our Fastlane swim current generator to create our most cost-effective pool offering. Our Underwater Mirror allows you to watch your stroke and make adjustments as you swim.

Designed for complete ease of installation, the Fastlane Seasonal Pool gets you and your family swimming quickly without the planning, construction and expense of a traditional inground pool.

The Fastlane Seasonal Pool makes swimming more convenient and lets you swim on your schedule without having to worry about driving, finding an open lane or paying health club fees.

### Specifications:

- 3.05m x 4.42m footprint
- 2.44m x 3.96m swimming area
- water capacity: 9,842L
- water depth: 1.12m
- wall height: 1.22m
- powder-coated steel framework
- ladder
- rugged 60 mil membrane
- solar blanket
- circulating pump
- cartridge type filter
- 5 hp swim current generator

### **Options:**

- 17.75cm high-visibility LED swim pace display
- underwater stainless steel floor mirror
- longer 3.05m x 5.64m footprint
- retractable security cover
- exterior stairs
- 4kW electric heater



### YOUR FASTLANE POOL: SWIMMING AND **MORE...** S O MUCH

### 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 a Fastlane 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. The water pressure keeps swelling to a minimum.

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

Many Fastlane 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 a Fastlane Pool. Aquatic exercise is ideal for people of all ages, abilities and physical make-ups. 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 forehand and backhand strokes with water resistance-a great way to increase power!

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. <sup>99</sup>

Dr. David Bachman, Los Angeles Times

**SWIMMING & TRAINING** Rowdy Gaines Olympic Gold Medalist





### TRAINING

The Fastlane 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 a Fastlane 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 Fastlane Pool. The kids will love swimming and playing in the current...even the family dog has been known to take a dip. The Fastlane Pool can help your family stay fit and have fun...together.

### LOCATING YOUR FASTLANE POOL, THE POSSIBILITIES ARE ENDLESS...

The Fastlane 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 Fastlane 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 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 I 300 16 17 28 and request our Free Idea Kit to help you get started.



### HOW YOUR FASTLANE POOL WORKS

The heart of every Fastlane Pool Swimming Machine is a small but powerful underwater hydraulic motor that drives a 16" propeller located at the front of the pool inside a protective housing.

The propeller pushes up to 19,000L of water per minute through two grills that straighten and smooth the water. The result is a river-like current that is totally adjustable in speed from a gentle flow to a racer's pace by using a remote control.

The Fastlane Pool swim current is far superior to those produced by jetted spas. These spas pump only a few hundred gallons of water a minute through high-pressure nozzles. The current is turbulent and very narrow, even when three or more jets are used. In contrast, all Fastlane Pool products utilise our proprietary high-volume system that produces an ideal, broad, deep, non-turbulent swim current that is wider than your body and deeper than your stroke. Remarkably free of waves and bubbles, our current is ideal for swimming, exercising and physical therapy. It is far and away the best swim current in the industry.

### FASTLANE<sup>®</sup>

There's nothing quite like a backyard pool. If you want to swim, though, a backyard pool is just too short. Five strokes – wall – five strokes – wall – five strokes – wall... it gets old fast. Even a 10m pool is not long enough to get into a swimming rhythm.

That's where we come in. We built the Fastlane<sup>®</sup> for those who already have a pool – or those who cherish the look of a traditional freeform pool – but who still desire the fitness and health benefits of swimming.

We offer two models appropriate for virtually any backyard pool. The **Deck Mount Fastlane** hangs off the pool deck and caters to those retrofitting an existing pool. For new construction, the **Wall Mount Fastlane** anchors directly to the pool wall at the waterline. All connections and hoses remain out of sight, beneath the pool deck.

With either model, you enjoy the highest quality swim current available: smooth, even, and completely adjustable in speed with a handy floating remote. Monitor your swim with our highvisibility digital display.

The Fastlane truly transforms your backyard pool from passive amusement to a centre for lifelong health and entertainment. With the Fastlane, you can swim for miles at whatever pace you set. Imagine owning a clean, utterly private river only a few feet from your back door. For play, exercise, relaxation, and complete personal wellbeing, nothing outpaces the Fastlane.



Deck Mount Fastlane



### Specifications

- construction: thermoformed acrylic and stainless steel
- water outlet: 53.34cm x 40.64 shock resistant, hexagonal, ABS grill
- water-resistant, wireless, remote control
- 52 preprogrammed speeds
- 17.75cm high-visibility LED swim pace display (optional)

- swim propulsion unit: hydraulically-powered, 40.64cm, low-turbulence propeller
- 5 hp hydraulic power unit
- electric requirements:
   240 volts, 50 Hz, 30 Amp RCD Circuit



### WATERWELL

Ideal for aquatic exercise and therapy, the WaterWell provides chest-deep water in a freestanding package that fits just about anywhere. Warm water is perfect for relieving pain and stiffness in muscles and joints. The natural buoyancy of water supports your body and eases mobility. Available in multiple sizes and depths, the WaterWell is a Fastlane Pool without the swim current. Simple to install, the WaterWell is completely self-contained and perfect for home or commercial use. All filtration, heating and sanitising equipment fits neatly behind the skirting.



I 300 I 6 I 7 28 www.fastlanepools.com.au

### Specifications:

- Water Exercise Area: 1.83m x 1.83m to 2.75m x 4.57cm (.30m increments)
- Water Depth: Im Standard, Optional 1.14m or 1.30 depths
- Water Quality System (240 volt, 50Hz, 30 amp RCD)
  - Skimmer/filter
  - Electric heater/controller
  - Nature2 copper/silver ionization system
- Digital Poolside Controls with LED display
- Interior Bench Seat
- Interior Steps

### **Options:**

- Synthetic Coping System (23.75cm x 2.5cm)
- Aluminium Coping System (20.32cm x 5cm)
- Underwater Treadmills
- Retractable Security Cover
- Stainless Steel Grab Bars
- Skirting System
- Underwater Lights
- UV Water Purifier
- Exterior Stairs
- Hydrotherapy Jets

Stairs	Cover	Underwater lights	Spa jets	Skirting	Coping	Interior colour	Construction	Horsepower	Swim current	Water capacity	Seating	Water depth	Size	
corners step, full-depth stairs optional	manual or automatic retractable security cover, optional	2 optional	4 jets optional	composite wood siding optional	aluminium, synthetic, bullnose, wood receiver, optional	3 colours, 4 patterns	galvanised steel panels, 28 mil membrane	5 hp	53.34cm x 40.64cm	7,000L to 16,000L	bench seating around perimeter, seats 20	1m standard, up to 1.83m	2.13m x 3.66m to 4.50m x 4.80m	Original Fastlane Pool
full-depth stairs, built in	10.16cm rigid foam bi-fold retractable security cover, optional	2	24 jets	slate gray or mahogany composite wood	acrylic	silver marble	fiberglass backed acrylic shell	5 hp	53.34cm x 40.64cm	\$161L	two spa seats two contoured front seats	1.27m	2.32m × 5.17m	Fastlane Pool Swim Spa
not applicable	not applicable	not applicable	not applicable	not applicable	not applicable	sapphire or platinum	stainless steel, acrylic	5 hp	53.34cm x 40.64cm	not applicable	not applicable	89cm minimum depth required	53.34cm(w) x 45.72cm(d) x 86.36 cm(h)	Fastlane
full-depth stairs	manual or automatic retractable security cover, optional	2 optional	4 jets optional	composite wood siding optional	aluminium, synthetic, bullnose, wood receiver, optional	3 colours, 4 patterns	galvanised steel panels, 28 mil membrane	none	поле	3,800L to 15,000L	Interior bench seat	1m standard 1.14m, 1.3m or 1.98m optional	1.83 m × 1.83 m to 2.74 m × 4.57 m	WaterWell
ladder	solar blanket, debris or retractable security cover optional	not applicable	not applicable	not applicable	not applicable	blue	steel frame, reinforced vinyl membrane	5 hp	53.34cm x 40.64cm	9,842L or 15,141L	not applicable	1.12m	3.05m x 4.42m or 3.05m x 5.64m	Fastlane Seasonal Pool



# Fastlane Pool Swimming Machine Specifications