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Lap pools for the smaller backyard



Lap pools are often chosen by those who want to swim for health and fitness purposes but who live on small or narrow blocks.

Now, lap pools have come of age, with the introduction of currents. These are perfect for the swimmer looking to up the ante when it comes to getting fit. The currents provide a degree of resistance, so the swimmer is forced to work that bit harder.

Lap pool styles and designs

The currents can be created in a couple of ways, explains Andrew from [Majestic Pools & Spas](#). One option is to use a 3 horsepower pump that produces high-volume water flow of up to around 1700 litres per minute. Some lap pools use a 3x2 horsepower pump; these have special two-inch jets and circulate about 2400 litres per minute. "This system is a little more efficient," says Andrew.

The good news is that those with a standard lap pool can now upgrade to one with currents with reasonably little fuss, due to innovations in retrofitting.

Lap pools with current settings

Lap pools with currents have benefits beyond building fitness – they can also help you wind down after an exercise session. "Not only can the currents/jets be used for exercise (i.e. resistance training), they can also double as full-strength massage jets and be used for therapeutic purposes.

"These types of jets are often better than any other type of spa or jet system around, i.e. the way therapeutic jets should be - a strong, high flow of water."

Choose a lap pool wisely

If you're thinking that a lap pool might be the best choice for your backyard, do bear in mind that they need to be of a certain length if they are to be of genuine health and fitness benefit:

"10.5m should be the minimum length," says Andrew. "This becomes a major consideration in most city or city-fringe backyards."

Contact a pool builder in your area to find out if a lap pool would be great for your backyard:

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