



OWNER'S MANUAL

An Instruction Manual For The SwimEx Aquatic Exercise Machine
Models SX400S, SX480S, SX500S & SX600S
SwimEx Systems
846 Airport Rd, Fall River, MA 02720
800-877-7946

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS.....	Preface
HOW THE SWIMEX WORKS/ SAFETY FEATURES.....	1.0
WARNINGS & PRECAUTIONS.....	2.0
HOW TO OPERATE THE SWIMEX, A USER'S GUIDE.....	3.0
VARIATIONS & MAINTENANCE.....	4.0
TROUBLESHOOTING.....	5.0
WATER QUALITY GUIDELINES.....	6.0
CUSTOMER SERVICE INFORMATION.....	7.0
REPLACEMENT PARTS LIST.....	8.0

HOW THE SWIMEX WORKS

The enclosed paddlewheel at the rear of the tank pulls water from the swim area and propels it down and under the false-bottom floor, or side channels, of the SwimEx. The water is guided forward, and when it reaches the front of the unit, it is turned back towards the swim area, where it flows through the grille and into the swim area.

The water current is 18" to 36" inches deep, depending on the model, and is as wide as the swim area. This current travels down the length of the swim area and is pulled through the rear grate where the paddlewheel again propels the water through the system to create a smooth, continuous water current.

Pneumatic (air) control buttons are used to "Start" and "Stop," and to adjust the water current using the "Slow" and "Fast" buttons. These are located on the front wall of the swim area. There is also a "Stop Bar" located on the top lip above the paddlewheel grille. In addition to the "Stop" button located on the front lip of the pool, pushing or depressing the "Stop Bar" with your hand will stop the paddlewheel. When air pulses, generated when you depress a button, travel through the air tubes that connect these control buttons to the AC Tech controller, they enter a sensor that turns them into electrical currents. Two types of air pulses can be generated. By quickly depressing a button and immediately letting it up, a short air pulse is generated. This is ideal for the "Start" and "Stop" buttons. Secondly, by depressing and holding in a button for up to 3 seconds, a longer air pulse is generated which will cause the electrical current in the AC Tech controller to last for the 3 seconds. This is ideal for the "Fast" and "Slow" commands, as it allows for a longer response to increase or decrease the water current speed.

The electrical current that is controlled by the air buttons regulates the power (amps) going from the AC Tech controller to the paddlewheel motor. The amount of power sent to the paddlewheel motor will determine the paddlewheel rotation speed, thus, controlling the water current speed. Once it is set, the power output to the paddlewheel motor will remain steady, ensuring that the water speed you have selected will remain constant.

SAFETY FEATURES

All SwimEx pools are made to the industry's highest standards. These pools are made for a lifetime of safe, fun swimming and exercising. Listed below are some of the major safety features of SwimEx pools.

- * **Pneumatic (Air) Button Swimmer Controls:** Stop, Start, Slow, and Fast air push buttons let you adjust the current from inside the pool.
- * **Rear Shut-Off Bar:** air tube mounted along the entire length of the rear of the pool - push anywhere on the tube to immediately stop the current.
- * **E.T.L. (Electronic Testing Laboratories) Approved:** the entire SwimEx pool and the options have been tested and approved by E.T.L. under UL specifications for spas & hot tubs (UL1563).
- * **Front and Rear Safety Grilles:** 3/4" thick stainless steel front and rear grilles protect the swimmer from the paddlewheel propulsion system. Additionally, the rear grille (intake) openings are only 1/8" wide.
- * **Front and Side Handrails:** stainless steel grab rails surround the water area for added safety.
- * **Non-Skid Surface:** the entire pool floor is manufactured with a non-skid surface that will not wear down.
- * **Main Drain & Filter Intakes:** the main drain is not accessible from the swim area. There are two filter (water) intakes, or suction lines: one is not accessible from the swim area, and the other is housed in a basket located in the skimmer.

WARNINGS AND PRECAUTIONS

- High speed settings can be threatening. Set water speed at a comfortable level for each individual.
- When set at full speed, the SwimEx is designed to provide strong swimmers with a strenuous work-out. Warning: Improper use may result in serious injury or death.
- Wear goggles every time you swim.
- A qualified instructor must always be present.
- Never dive in the swim area.
- Never turn on the machine when the floating cover is in place.
- Never enter the swim area unless the floating cover is *completely* removed and stored away.
- Never press your body against the rear grate. Do not permit objects to block the grate.
- Do not take apart, or attempt to adjust the electronic controller. Serious injury or death may occur. Contact a licensed electrician or the SwimEx Customer Service Department.
- Never run the filter system's pump when the shut-off valves are in the off position. This will cause severe damage to the system, and will burn out the pump. (The shut-off valves are located on the water lines running from the SwimEx: 2 valves to the filter system and back from the filter system to the SwimEx, and 1 valve at the eyeball inlet.)
- Keep the water level at the prescribed amounts. Low water levels will cause noisy operation due to air in the system. Also, high speed operation at low water levels could damage the machine. High water levels will not damage the SwimEx but will cause excess splashing and will create waves, not the smooth current that is desired.
- Always check the water quality and temperature before using the SwimEx, and adjust as needed.

HOW TO OPERATE THE SWIMEX

Make sure to read this entire manual BEFORE using your SwimEx. Read and comply with the directions on the instructional decal located on the inside front wall of the SwimEx.

The following is the SwimEx User's Guide. We recommend keeping the original copy intact with this manual, and also keeping a waterproof copy near the SwimEx for easy reference, or for guest's use.

SWIMEX USER'S GUIDE

- Always consult your physician before using the SwimEx, or before beginning any exercise or therapy program.
- Never swim alone.
- Never dive into the SwimEx.
- Wear swim goggles at all times, and a bathing cap when necessary.
- Make sure the floating thermal blanket is removed from the swim area and stored away before starting the paddlewheel.
- Keep water filled to the prescribed level:*

1/4" above the front lip for the 5 HP drive system

1/2" above the front lip for the 7.5 HP drive system

*The following is a more accurate way to adjust the water level: Fill the unit slightly higher than normal. Submerge yourself up to your neck. By pressing the fast button, bring the water current up to full speed. Slowly drain the water from the pool until the water current (coming out of the front grate) is smooth and FLAT. (No Waves or Air Bubbles!) Stop draining. This is your ideal water level.

- Check the water temperature and chemical levels, and adjust as needed.

-
- 1) Enter the swim area via the ladder or stairs located in the rear of the SwimEx.
 - 2) Move to the front of the swim area where the swimmer's control panel is located.
 - 3) Press the START button (this activates/starts the paddlewheel).
 - 4) Press the FAST button until desired water speed is reached -- allow approximately 30 seconds for the current to reach this speed.
 - 5) Slightly adjust the water speed, as needed. To change the water speeds, use either the SLOW or FAST buttons until you reach your desired speed. (Remember to

- allow approximately 30 seconds for the SwimEx to reach the desired speed.)
- 6) Start swimming against the current and pace yourself to stay in a stationary position.
 - 7) Keep your head over the arrow's cross (located on the SwimEx's floor); this will keep you in the ideal swimming location. When swimming on your back, use an overhead mark to keep yourself in the ideal swimming location.
 - 8) Do not allow anything to obstruct the front or rear grates.
 - 9) To stop swimming, walk or swim up to the swimmer's control panel and depress the STOP button. This will stop the paddlewheel. The rear shut-off tube can also be used to stop the paddlewheel.
 - 10) Exit the SwimEx using the ladder or stairs.
 - 11) Replace the floating thermal blanket, or other suitable cover.

VARIATIONS

Various swimming aids may be used in the SwimEx to enhance training, or for variation. Among the items available are:

- * Kickboards
- * Mask, fins, snorkel
- * "Pull" buoys/boards
- * Hand paddles/swim mitts
- * Flotation vests/Aquajogger
- * Life Line (Rope)

NOTE: Do not let these aids get pulled into the rear grate. This may cause severe damage to the paddlewheel drive system. After you are done using these swimming aids, store them outside of the swim area.

MAINTENANCE

DAILY:

- * Check/Test water quality, adjust as needed.
(See Section 6.0)
- * Local water conditions, usage, temperature, evaporation rate and other factors must be taken into consideration when planning and maintaining your water quality control. See your local water chemical supplier for information. It is best to take a sample of your pool water with you for accurate analysis and local professional advice.

Remember that the SwimEx holds approximately 2,600 gallons of water (3,200 gallons for Models SX480S & SX600S), therefore, requiring only **small** amounts of chemicals, if needed.

- * Check/adjust water level.

5 HP SwimEx:	1/4" above front inside wall
7.5 HP SwimEx:	1/2" above front inside wall

- * Check skimmer for any objects.
- * Check water temperature; adjust heater thermostat if needed.

WEEKLY:

- * "Bleed" the filter (release the air- please refer to Manufacturer's Manual). For heavy use, bleed the filter daily.
- * Check the hair catcher, which is located just before the filter pump, for any objects, and remove if needed.
- * Clean the sides of the SwimEx at the water line (scum line). We recommend wiping the side walls with a clean, wet towel/rag, at least once a week or as needed.
- * Check to make sure all electrical equipment is functioning properly: i.e. Ozonator, heater, etc. (See Manufacturer's Manual)

MONTHLY:

- * Check filtration pressure. (Refer to Manufacturer's Manual)
- * Clean filter cartridge. (See Manufacturer's Manual)

Light use:	Every 3-4 months
Medium use:	Every 2-3 months
Heavy use:	Weekly or as needed

NOTE: Use the following as a guide for usage rates.

Light use:	0-2 hours of daily operation/3-4 x week.
Medium use:	2-4 hours of daily operation.
Heavy use:	Over 4 hours of daily operation.

- * Check all electrical connections, all ground wire connections, and test all circuit breakers for proper function.

YEARLY:

- * Replace filter cartridge (See Manufacturer's Manual). Check manual for size. Most local pool stores carry replacement filters, or you can call the SwimEx Customer Service Department. For heavy use, replace filter often, as needed.
- * Clean out the air vent holes on the filter pump motor (use a vacuum or a blow unit using compressed air- See the Manual).

MAINTENANCE CONTINUED

- * Lubricate and grease paddlewheel shaft bearings using a waterproof, lithium-based grease.

Light use: Every year
Medium use: Every year
Heavy use: Every 6 months

- * Change paddlewheel motor gear box oil per manufacturer's instructions.

Light use: Every 2 years -- fill to "continuous oil level"
Medium use: Every year -- fill to "continuous oil level"
Heavy use: Every year -- fill to "continuous oil level"

SwimEx recommends using synthetic gear oil, such as "Mobil SHC 634", which is the gear oil supplied in the gearbox. (The capacity for the 7.5 HP gearbox is 8 pints -- the 5 HP's capacity is 4 pints.) SwimEx stocks this oil. Contact the SwimEx Customer Service Department for details at 800-877-7946.

- * Lubricate the electric (paddlewheel) motor per manufacturer's instructions.

Light use: Every year
Medium use: Every year
Heavy use: Every year

- * Check all control-button air-tube lines to make sure they are securely attached to the air buttons and to the controller. Also, inspect for any crimps or obstructions in the air lines.

AS NEEDED

- * **Vacuuming:** For the mini vacuum system - follow manufacturer's instructions.

- * **Cleaning of Fiberglass Surfaces:** A "Fantastic" or "Soft-Scrub" type of cleaner works well. For mineral stains, "Lime-A-Way" is the recommended cleaner. They can all be found in most retail stores' cleaning agent section. Use a clean, dry cloth, and be careful not to get the cleaner in the swim area water. If the SwimEx needs to be drained to reach these stains, simply open the main drain water shut-off valve located under the front section of the SwimEx. (Refer to SwimEx Installation Manual.) Turn this valve to the closed position before refilling with fresh water. For tough stains, a fiberglass polishing compound should be used. Buff out the stain with a clean buffing pad. If this

compound is used, the fiberglass surfaces should be waxed. **Do not** wax the top lip of the pool. A liquid polymer wax such as “Nu Finish” will stand up best, or you can use any type of fiberglass boat wax that also stands up well to constant warm water exposure. You should clean, polish, and wax your fiberglass surfaces if the surfaces start to "yellow" or stain, as needed. For severe stains, call SwimEx. To prevent staining due to minerals in your local water supply, see Section 6.0: Water Quality Guidelines.

- * **Maintenance Charts:** The following are SwimEx maintenance charts. We recommend keeping the original copies intact with this manual, and keeping waterproof copies near the pool for quick reference.

TROUBLESHOOTING

Keep all manufacturers' manuals handy and refer to them as needed.

* **If machine shuts down and will not start:**

Press the STOP button and then press the START button.

If this does not work, go to the circuit breaker panel, and flip the circuit breaker to the electronic controller "off." Wait 5 minutes then turn the circuit breaker back "on". **DO NOT ATTEMPT TO DO THIS WHILE YOU ARE WET!** Now press the START button.

NOTE: The AC Tech electronic controller will shut down the machine if unusual electrical or mechanical problems arise. The controller has a built-in G.F.I. (ground fault interrupter) circuit built into it for equipment protection. This monitors the current going to the paddlewheel motor. If there is an imbalance in the amps going to the paddlewheel motor, which can occur for a number of reasons, this G.F.I. electronic breaker will shut off, thus, shutting down the machine. The controller must be reset by depressing the STOP button; it will then be ready for a start command. If the machine shuts off again, there is a problem, and it must be handled by a licensed electrician. You may also call the SwimEx Customer Service Department.

* **If too many air bubbles are coming out of the water return eyeball:** (The water line from filter to swim area.) **Note:** A small amount of air bubbles is normal if you are using an Ozonator.

Check to see that the air trapped inside the filter is released by "bleeding" the filter (refer to manufacturer's manual).

Check for any obstructions in the skimmer basket or hair catcher.

Check for any leaks in the water lines.

* **If filtration system problems (heater, pump and filter) arise:**

Refer to Manufacturer's Owner's Manual or call SwimEx.

* **If paddlewheel is making strange noises:**

Make sure you have the proper water level.

Make sure there is nothing blocking the rear grille.

Did you lubricate the paddlewheel shaft bearings? (See maintenance section.)

* **If air is getting "sucked" into the paddlewheel, causing air bubbles to flow through the system and exit out the front grille into the swim area:**

Check to make sure nothing is blocking the rear grille covering the paddlewheel.

Check swim area water level and adjust if needed.

To remove the air trapped in the system, simply stop the paddlewheel by depressing the *STOP* button. This will "burp" the air out of the SwimEx. Before re-starting, make sure there is nothing blocking the rear grille, and be sure the water is at the proper level.

CUSTOMER SERVICE INFORMATION

The SwimEx Customer Service Department is open from 8:00 a.m. to 5:00 p.m., Monday through Friday. The Customer Service phone number is 800-877-7946. Our Customer Service Department staff is extensively trained and very knowledgeable. We ask that you call only AFTER you have reviewed the proper procedures outlined in the SwimEx Owner's Manual, and after you have reviewed the manufacturers' owners manuals outlined below.

Note: Make sure to have your serial numbers and model numbers available before calling.

Pump & Filter Units:

Pentair Pool Products,
Technical Services (800) 831-7133

Any questions or problems relating to the water circulation, filter operation, etc.

Electronic Controller:

AC Technology Corp.
(508) 278-6781

Please have your electrician call with any questions or problems concerning the electronic controller (i.e. LED warning/caution lights light-up, you cannot start the SwimEx after reviewing and following procedures outlined in the SwimEx Installation Manual, etc.)

Ozonator (Model CD4000):

PureZone
(800) 724-5901 (US & Canada)
(416) 736-9699

Any questions or problems concerning your ozonator, or water quality if you are using an ozonator to purify your water.

Pool Heaters:

Electric:

Coates Heater Company, Inc.
253-872-7256

Gas:

Pentair Pool Prod.,
Model Minimax 100
800-831-7133

Skimmer:

Hayward Pool Products, Inc.
909-594-1600 (USA)
905-829-2880 (Canada)

Swimometer:

Any questions or problems concerning the swimometer, call SwimEx Customer Service at 800-877-7946.

The SwimEx Customer Service Department will gladly assist you with areas of interest and concern NOT listed above.

SWIMEX PARTS RETURN POLICY

In order to allow SwimEx to more efficiently track parts returned to us and to properly account for their costs, the system described below has been instituted. In order for this procedure to eliminate parts handling problems that have occurred in the past, you as a dealer or retail customer must assist by following the steps outlined below. If any questions arise, please contact the SwimEx Customer Service Department **PRIOR** to shipping parts to us.

All parts being returned to SwimEx must have a Return Authorization number assigned to them prior to their shipment. This R.A. number will be assigned by the Customer Service Department only. In the case of parts to be returned after the receipt of replacement parts or of a follow up order, a highly visible yellow shipping label indicating the R.A. number will be included with the outgoing order. This same label will be mailed to you in the case of parts being returned with no replacement or follow up parts order. It is an absolute necessity that this label be used; packages arriving without such identification will be refused by the TPI Receiving Department, and subject to return shipment or storage charges at the sender's expense.

Parts shipped to dealers or retail customers as warranty replacement orders will originally be invoiced to the dealer's or retail customer's account. Upon receipt and a determination that warranty coverage is to be extended, SwimEx will move the charges from the customer's account and transfer the order to the appropriate warranty account. If return warranty parts are not received within 30 days, the billing for the shipment of new parts remains on the dealer's or retail customer's account, and will be treated as a regular parts order.

Parts returned by dealers or retail customers will be subject to a fifteen percent restocking fee in cases **NOT** involving defective, mis-shipped, or warranty merchandise.

WATER QUALITY GUIDELINES

After totally cleaning and rinsing the pool, fill the SwimEx with water to the proper level. No matter how you are going to treat (purify) the water, it must first be shocked with chemicals. Even if you are using an ozonator, this must be done. We recommend using a dry/granular chlorine, an algaecide, and a de-mineralizer.

During the filling process you will need to add three 1/2 cup measurements of chlorine (1 1/2 cups total). The first time is when you begin filling the unit. Allow the water to rise approximately 2" above the floor, and then spread the first 1/2 cup of chlorine over the water. When the unit is halfway filled, spread the second 1/2 cup of chlorine. The third 1/2 cup is spread when the unit is filled to the proper level. You should now have 1-1/2 cups of dry/granular chlorine in your unit.

After the unit is filled, add the algaecide per directions on the container. Add the de-mineralizer per directions on the container. Now, run your filter system for 48 hours.

After the filter has been on for 48 hours you need to:

- 1) Adjust your PH. The PH should always be between 7.2 - 7.6 (Ideal 7.4).
- 2) Clean your filter.

Now test the "total alkalinity" of the water. You should take a sample of the water to a local pool store for this analysis. The total alkalinity should be in the 100-120 ppm range. If it is not, ask your local pool company what kind of chemicals to put in the water, and the amounts of each needed to bring the total alkalinity to the appropriate range. Test yearly. Keeping the total alkalinity in the proper range will also help to stabilize your PH.

Normal water maintenance begins after the 48 hour filter period. The following is a guideline to keep your water clean and sparkling:

NOTE: THESE ARE GUIDELINES ONLY! Local water conditions, swimmer usage, temperature and other factors may require variations in your water maintenance. We also recommend having a local swimming pool maintenance company on file, in case you experience difficulty in maintaining your water quality.

If you are using an ozonator, follow the manufacturer's start-up and water preparation guidelines. In most cases, a chemical to "de-mineralize" the water is recommended by the manufacturer. The Aqua-Doc also does this, but over a long period of time (2-3 weeks). If you are not using ozone, check with your local chemical supplier for proper amounts, levels, testing procedures, etc.,

depending on what type of chemicals you will be using.

WATER QUALITY GUIDELINES CONT'D.

Important Note: We recommend a water softening system be used to remove all minerals (iron, copper, magnesium, etc.) from your water supply to prevent staining. (Chemical additives remove a large portion of these minerals, but even small amounts can stain the pool surface.) This system must be located on the water supply (fill) line before filling the SwimEx with water.

If the pool's surface begins to stain (usually a light-brownish color), it could be due to "colbalting" - a reaction of the pool's surface to the chemicals in the water. If you suspect that this is the case with your pool, we recommend using a chemical agent called "KEETROL PLUS". Keetrol Plus is odorless, colorless, tasteless, and will start to work immediately if the stain is due to colbalting. It can be obtained at most local pool stores. Follow the directions on the container.

IMPORTANT WARRANTY INFORMATION

After your SwimEx installation is completed, it is extremely important to fill out and return the warranty cards to the respective manufacturers. These cards (packed with the individual item) need to be on file with the manufacturer in order to complete and expedite any warranty claims. Warranty cards that need to be returned include: SwimEx Systems, AC Technologies, Electra Gear, and Coates.