



WESTSIDE TENNIS AND FITNESS

SwimEx

PLUNGE POOLS



WOLVERHAMPTON WANDERERS



TROY UNIVERSITY



CORE 4



PHILADELPHIA EAGLES



SOURCE HOTELS



WASHINGTON CAPITALS

Plunge Pools



Model	Hot Plunge	Cold Plunge	Sectional Plunge Lounge	Custom Plunge Pool
Features and functions	Hot plunge pools help increase blood flow, increase flexibility, and loosen muscles to minimize muscle strain during practice for more productive sessions. They are ideal for soothing sore muscles during rehabilitation. The SwimEx heater brings water to 104°F (40°C).	Cold plunge pools help minimize muscle inflammation so athletes gain the beneficial outcomes of exercise with faster recovery times in between practices and less pain after workouts. The SwimEx chiller keeps water at a therapeutic 50°F (10°C).	Available for all SwimEx plunge pool models. Sectional plunge pools are designed specifically for easy access into tight spaces. They are ideal for existing facilities, post construction and pre-existing rooms.	For teams that require specific treatments. SwimEx engineers can help create a custom plunge for your needs. Choose your interior layout, length and depth with different bench and seat configurations for the ideal tool.

Sizes	X-Small	Small	Medium	Large	Extra Large	Custom
-------	---------	-------	--------	-------	-------------	--------

Dimensions	4'-6" x 6'-6"	7'-9" x 7'-9" x 56.5"	7'-9" x 9' x 56.5"	7'-9" x 12' x 56.5"	7'-9" x 14'-9" x 56.5"	Up to 46' long
Water depth	3' or 3'-6"	3'-6"	3'-6"	3'-6"	3'-6"	Up to 7' deep

BENEFITS

- Solid Fiberglass Construction
- Superior Temperature Retention
- Insulated for Lower Utility Costs
- Bottom Drains for Full Draining
- Quick Cleaning Gelcoat Surface
- Variable Seating Options
- Variable Interior Layouts
- Custom Color and Accent Tiles
- Custom Logos and Team Tiles