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Get Your Own Swim Spa by [Robert Henson](#)

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Homeowners that have small backyards may think that are not able to have things like a pool and a spa in their home. But when you understand what a swim spa is, then you start to realize that you can have the comforts and convenience of a health club right in your own backyard. Swim spas are becoming more popular as more people want the convenience of a relaxing spa and access to a pool in their own yard. When it comes to using a swimming pool for exercise, you do not need the expansive space of an Olympic size pool. You just need enough room to stretch out and get your laps in while you look forward to a relaxing soak in the spa.

A swim spa can come in one of two types of designs. The first design is an all-inclusive unit that has one pool but that pool is lined with water jets. The pool can be used to swim laps with the water jets giving the feeling of waves offering resistance, or the pool can be used as a spa for relaxing. These are generally smaller units that are either installed indoors or on the patios of homes with small backyards. The larger designs have a separate spa and pool area that allow people to swim laps while others soak in the spa portion. You can get the two-part design with the option of both parts having water jets, or you can just have water jets in the spa.

A swim spa may sound difficult to enjoy from the description, but there are many models that offer enough room to hold three and four people comfortably. With swim spas, you can cover the need for a pool and a hot tub all in the same unit. The pool portion can be used for lounging around and cooling off, or it can be used as a way to do exercise laps without having to pay for a full size unit. Since these are spas, most models come as aboveground units. But you can get units that are in-ground which allow for a very private kind of spa in your own backyard.

Before you give up on having the backyard you have always wanted, you should consider a swim spa. It is the ideal way for you to utilize the space you have and turn your small backyard into your own private health club.

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Robert Henson is a freelance writer who scours the Internet, searching for the best products and services to share online. For more specific details or information about the a [swim spas](#) discussed above, visit a www.fluidswim.com today - learn more about the a [swim spa](#) and other products offered by FluidSwim.

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