



# SPRING FORWARD

*Traditionally, this time of year signals the beginning of pool season, all over the country people start to prepare their pools and gardens for the upcoming summer months. However, when you live in the UK you know sun is not always a certainty, even in the summer! An indoor swimming pool will make it feel like summer all year round and provide limitless fun, entertainment and swimming.*

## ENJOY FAMILY FUN AS WELL AS TIME TO RELAX

As we think about moving forward into the warmer months, a lot of us will be spending more time with family and in the garden. Doesn't it make sense to release the potential of unused parts of your garden and maximise the space you do have? If recent experiences have taught us anything it's that having a place in our homes where we can go to switch off, relax and have fun is really important. Whether you plan on using your indoor pool for fun, fitness, or even both, it is important that you speak to a specialist to ensure your pool is designed and tailored to meet your family's needs, creating the ultimate swimming pool and pool house.

## PART OF A HEALTHY LIFESTYLE

Exercise and the enjoyment that comes with it, is extremely important when it comes to maintaining a healthy lifestyle and swimming is one of the few physical activities that benefits people of all ages. Swimming is an amazing activity that can help reduce long-term health conditions such as; diabetes, heart disease and dementia. It also has a multitude of mental health benefits that include reducing symptoms of depression and anxiety. A home swimming pool will provide you with the resources to feel these benefits on a daily basis, creating a better lifestyle for the whole family to enjoy.

Owning a pool is about more than the pool itself, it's the lifestyle you're choosing for yourself. With the right design to suit your homes, family and budget, you can ensure your pool season never ends.

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