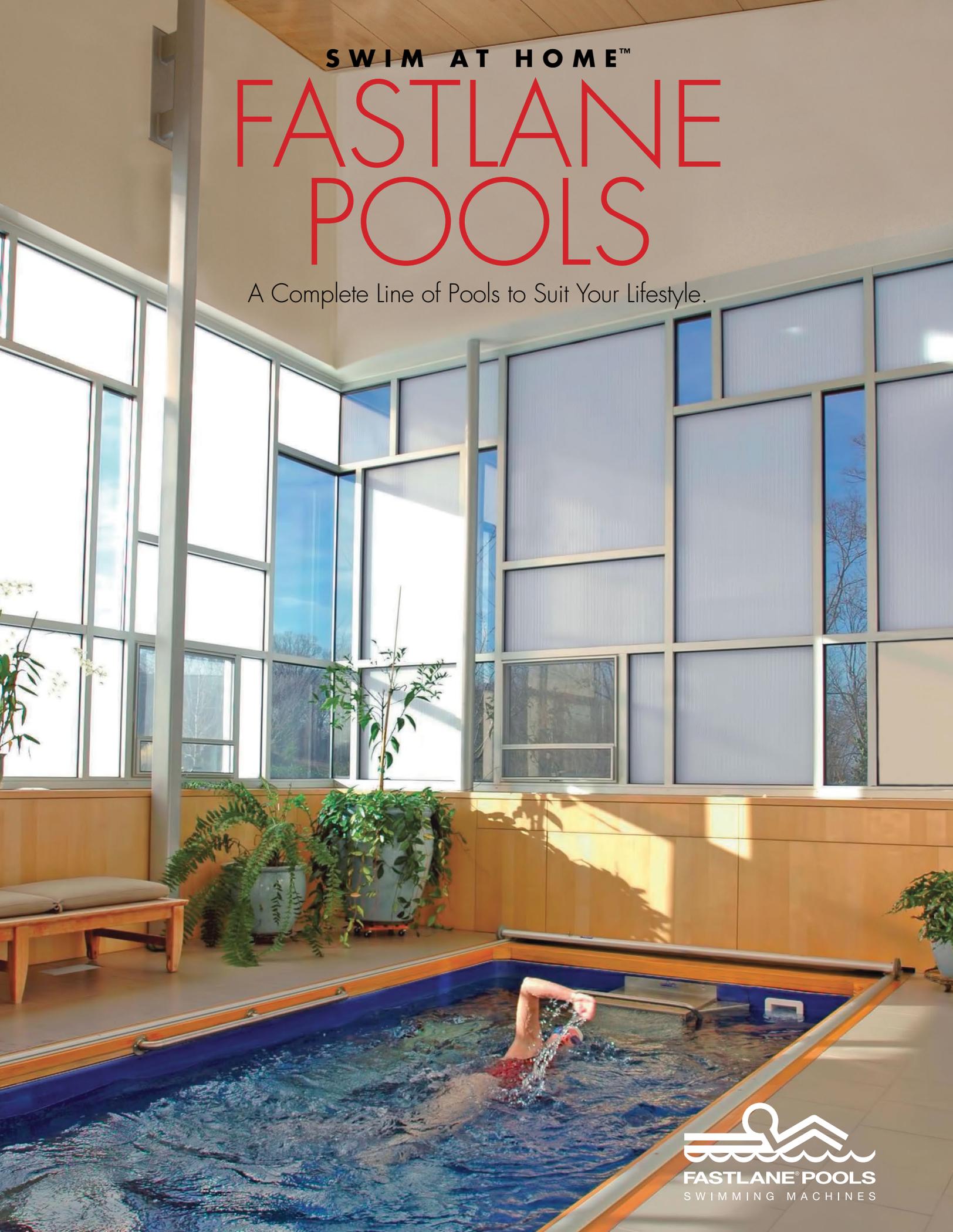


SWIM AT HOME™

FASTLANE POOLS

A Complete Line of Pools to Suit Your Lifestyle.





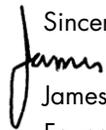
The inspiration for the Fastlane Pool arose more than 80 years ago in Arizona. As a boy, my father swam in place against the flow of the irrigation canals that brought Colorado River water to Phoenix, Arizona. He and I talked for years about building a machine to swim at home – a machine that would simulate open-water swimming in a small space.

I built the first Fastlane Pool on the pool deck at Columbia University in 1985. Though only a rough prototype, that pool still amazed the swimmers as they realised that you *really* could swim in place. The benefits of immediate feedback for them and their coaches were clear even then.

The therapeutic uses of the pool were also obvious to us quite early on. My first customer explained to me the benefits of aquatic exercises for people with multiple sclerosis. Later, his neighbor purchased our fourth pool for her rheumatoid arthritis.

More than 20,000 Fastlane Pools later, those benefits continue and even more have emerged. Along the way, we have evolved our design, catering to our clients' varied needs and budgets. The pools presented in the following pages can be adapted to any aesthetic preference and can help you meet almost any fitness, wellness, or lifestyle goals. All feature the ease of installation on which we've come to pride ourselves.

For my father, swimming in place meant freedom and simplicity. Any one of our Fastlane Pools can deliver just that – and more – to your home: a compact, personal pool that's heated to the temperature you select, flexible enough to fit almost anywhere, and durable enough to provide you with many years of health, fitness, and recreation.

Sincerely,

James Murdock
Founder
Fastlane Pools

AFTER 10 YEARS

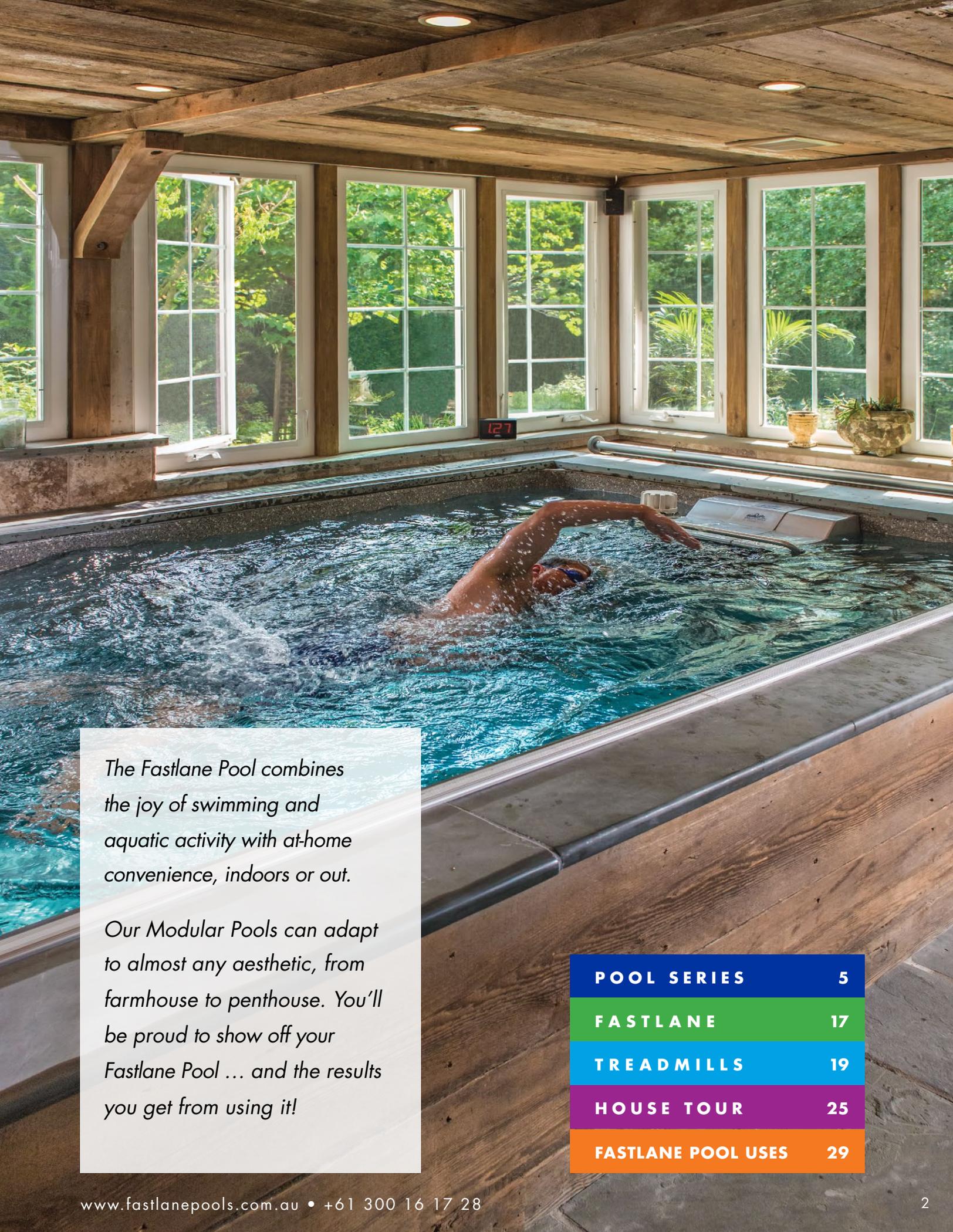
90 PERCENT
OF FASTLANE POOL OWNERS SWIM ONCE A WEEK



Outdoor Retreat



Indoor Sanctuary



The Fastlane Pool combines the joy of swimming and aquatic activity with at-home convenience, indoors or out.

Our Modular Pools can adapt to almost any aesthetic, from farmhouse to penthouse. You'll be proud to show off your Fastlane Pool ... and the results you get from using it!

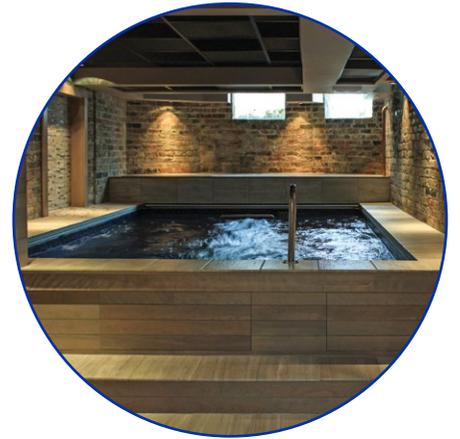
POOL SERIES	5
FASTLANE	17
TREADMILLS	19
HOUSE TOUR	25
FASTLANE POOL USES	29



*Innovative Design
to Install Virtually Anywhere*



Great for a tight outdoor patio



Fits in cramped spaces



Covers control heating costs

P O O L S E R I E S

- Compact, modular construction lets you install indoors or out, even in existing spaces. All components fit easily through doors and down stairs.
- Economical to use year-round, thanks to its energy efficient pump and compact structure.
- Beautiful because you determine the aesthetic. Choose from multiple models, with a range of sizes, depths, and numerous finishing options to suit your taste and budget.



ORIGINAL FASTLANE POOL®
The dream of swimming at home starts here.

Our signature pool is so compact that it's simple to maintain and affordable to heat year-round. Yet its state-of-the-art current makes it feel as long as a river; you can swim 'endlessly,' without ever making a flip turn. It's the biggest pool you'll ever need.

Install it indoors or out, in your backyard, in a greenhouse or garage, in a courtyard or a corner.

With sizing customisable in .3m increments, the Fastlane Pool adapts to your space requirements.

With your choice of swim currents (turn the page for details) you can have exactly the swim experience you want. It's fully adjustable to meet your goals and those of everyone in your household.



Bring the dream home

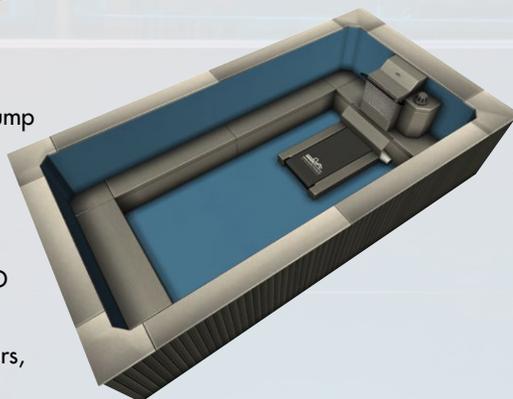
Original Fastlane Pool®

Specifications:

- 2.13m x 3.66m to 3.05m x 4.88m swimming area
- 1m standard water depth, 1.14m & 1.3m optional
- Modular steel construction
- 5-hp, swim current generator with wireless remote control
- 53.34cm x 40.64cm water outlet grill
- Interior return channels and propulsion system
- Reinforced acrylic water flow and conditioning system
- Poolside digital controls
- High-efficiency circulating pump
- Skimmer filter (removable-cartridge type)
- 4-kW electric heater
- 240 volt, 50Hz, 30 amp RCD power requirement
- Interior pool surface: 2 colours, 8 patterns available

Options:

- Manual and automatic retractable security covers
- Synthetic or aluminium coping
- PermaWood™ skirting
- Underwater lights
- Hydrotherapy jets
- Full-depth stairs, corner steps
- Swim mirrors
- Underwater treadmill



PERFORMANCE FASTLANE POOL®

Step up to a smoother, more versatile current.

Our Performance current is both smoother and, at its top speed, faster than our Original Fastlane Pool current. The custom-designed two-propeller system delivers a superior swim current:

It's larger. The system moves more water, requiring a 61cm x 45.75cm outlet grill – that's almost 30% larger than in our Original model! The broader, deeper current gives beginners more room to drift.

It's faster (or not). Power it up to its demanding top speed of 1:11/100m, or at the push of a button, slow the current down to a gentle pace.

It's smoother. Many swimmers even call it "soft." We can get technical about the propellers' counter-rotation and how interior turning vanes calm turbulence, but it all comes down to this – the current just feels better!

A significant step up from our Original current, the Performance Fastlane Pool offers greater versatility for all.

Whether you're a strong swimmer or a novice, this pool adapts to where you are now ... and delivers an ideal environment in which to grow your skills and your fitness level.



A larger current for greater resistance



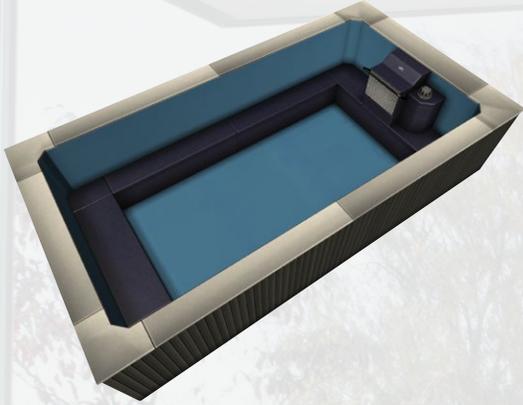
Performance Fastlane Pool®

The Performance Fastlane Pool includes all of the standard features of an Original Fastlane Pool.

Our Performance Fastlane Pool also boasts:

- 5-hp, two-propeller swim current generator with wireless remote control
- 61 cm x 45.75cm water outlet grill - almost 30% larger

All of the same options are available as for the Original Fastlane Pool (see page 6).



HIGH PERFORMANCE FASTLANE POOL®

The competition-level pool for the competitive athlete.

Launched at the IRONMAN™ World Championship in Kona, our High Performance current maxes out at a competitive 1:00/100m pace.

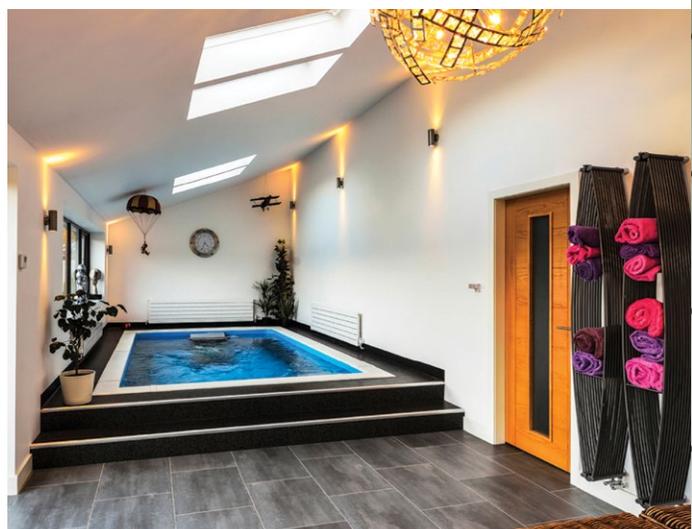
Utilising the same dual-propeller system as our Performance model, the High Performance Fastlane Pool is augmented by a 7.5-hp motor and upgraded pump, both standard. The result is a swim current that's quieter and more powerful. Think of it as the strong silent type.

Like the ocean currents at Kona, the High Performance current is smooth, clear, robust, and warm. Unlike Kona, you can control the current's pace with the push of a button.

Every Fastlane Pool installs indoors or out, can be customised to suit any aesthetic, and has a fully adjustable current for beginning swimmers or light aerobic resistance. But the High Performance model adjusts higher, for a most vigorous challenge!

Take the Challenge. Call Today.

+61 300 16 17 28



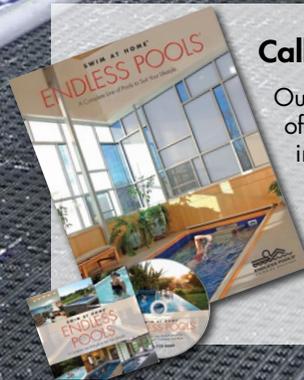
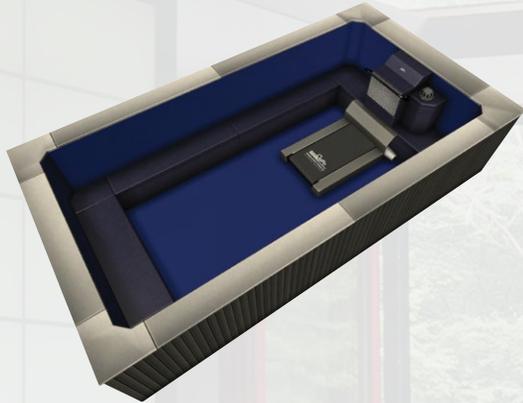
Perfect your stroke

High Performance Fastlane Pool®

The High Performance Fastlane Pool includes all of the standard features of an Original Fastlane Pool. Our competition-level current also features:

- 7.5-hp, two-propeller swim current generator with wireless remote control
- 61cm x 45.75cm water outlet grill - almost 30% larger
- 240 volt, 50Hz, 50 amp RCD power requirement
- 2.44m to 3.05m widths

All of the same options are available as for the Original Fastlane Pool (see page 6).



Call to Request your **FREE** Planning Kit!

Our Planning Kit includes: a DVD showing hundreds of installation ideas, planning programming of indoor and outdoor designs, a planning guide, the Fastlane Pool Options brochure, and a Pool Layout Kit. This comprehensive package will help you plan your Fastlane Pool installation! Call us today at **+61 300 16 17 28** to talk to a Design Representative.

ELITE FASTLANE POOL®

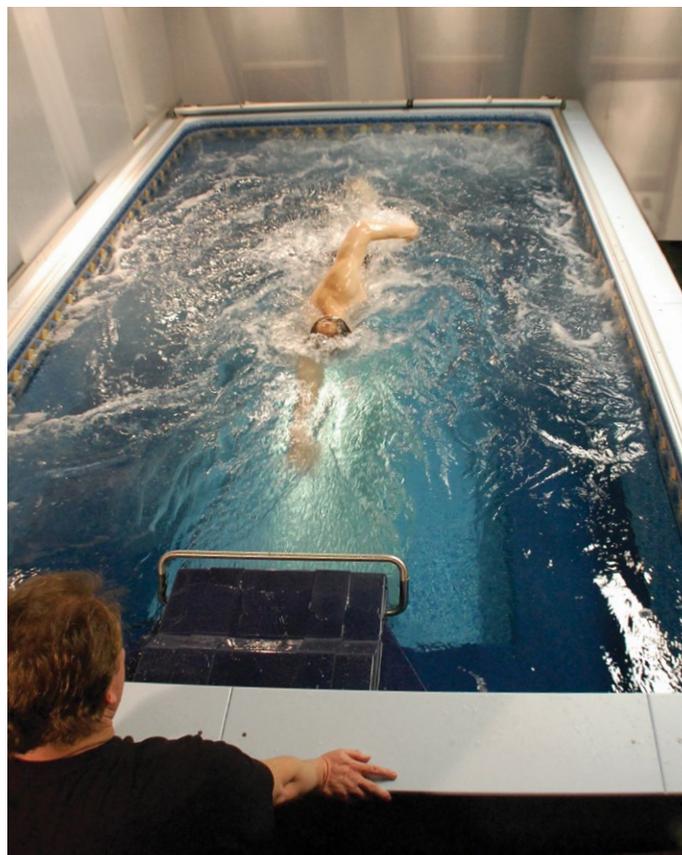
When only the best will do.

What makes the Elite Fastlane Pool so revolutionary? It starts with the construction. A 7.5-hp motor drives two custom-designed propellers, moving more than double the water volume of our powerful Original current system. The propellers' greater distance from the outlet grill (itself a spacious 61cm x 45.75cm) gives the current more time to straighten, so you enjoy an ultra-smooth swim, at speeds up to :56/100m.

This is the stroke-training pool that's installed on the decks of Queensland Academy of Sport, University of Michigan, USC, Harvard, Auburn, Penn State, and SwimMAC Carolina. Now it's available for residential installation.

Turbulence-free power, high-volume precision ... that's what makes the Elite Fastlane Pool the choice for top-tier coaches, for great swimmers, and for swimmers who aspire to greatness.

Better Your Personal Best. Call today.
+61 300 16 17 28



The perfect coaching pool

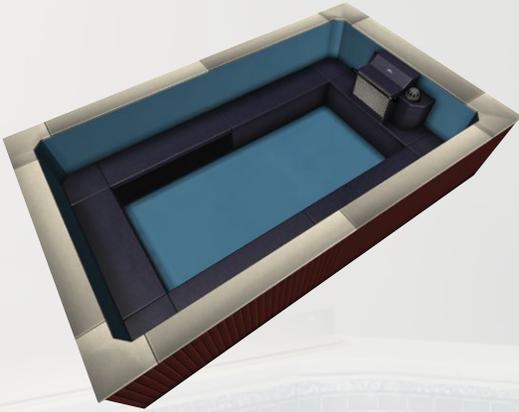
Elite Fastlane Pool®

The Elite Fastlane Pool includes all of the standard features of an Original Fastlane Pool.

Our best current is made possible with these upgrades:

- 7.5-hp, two-motor, side-mounted, two-propeller swim current generator with wireless remote control
- 61 cm x 45.75cm water outlet grill
- Three 1.5m x .46m stainless steel VGB compliant suction grills
- 240 volt, 50Hz, 50 amp RCD power requirement
- 2.44m to 3.05m widths

All of the same options are available as for the Original Fastlane Pool (see page 6).



DUAL-PROPULSION FASTLANE POOL®

For couples who want to stay fit together, and for families who want more active playtime, the Dual-Propulsion Fastlane Pool lets you have it all.

With two swim currents, you and a partner can swim or exercise at the same time, each at your own independently controlled speed. Competitive pairs can challenge each other with every swim!

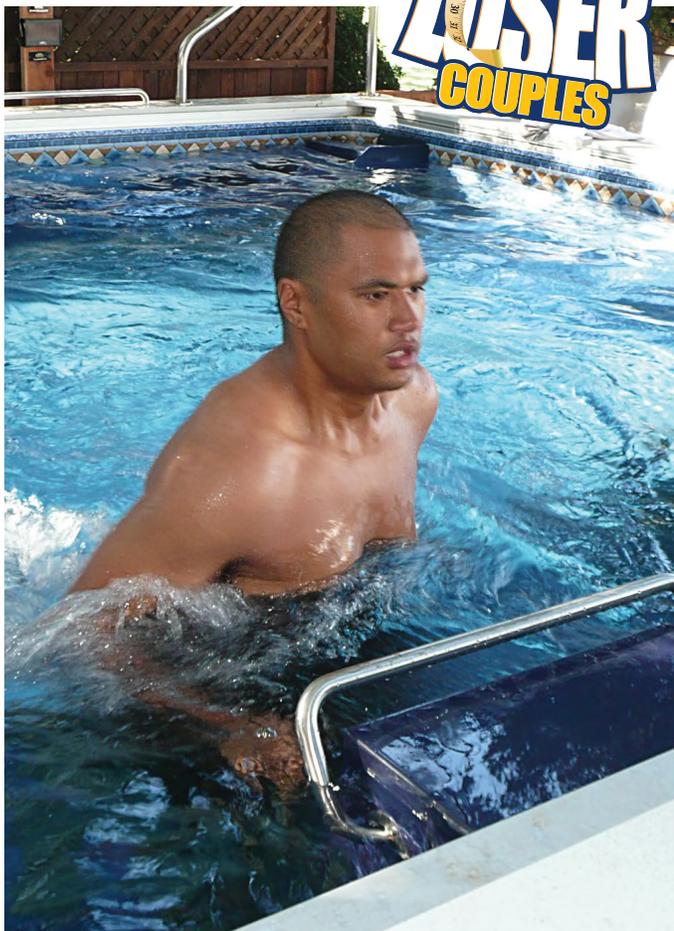
Swim Together, Stay Together. Call today.

+61 300 16 17 28

As Seen on TV

NBC's hit weight-loss show, *The Biggest Loser*, used a Dual-Propulsion Fastlane Pool for their contestants. Complete with two hydraulically powered underwater treadmills, the adjustable-speed current delivered a progressively challenging, low-impact workout.

With two stations for side-by-side exercise, the Dual-Propulsion pool delivers the fun and camaraderie of getting fit with a friend!



A swimming machine made for two

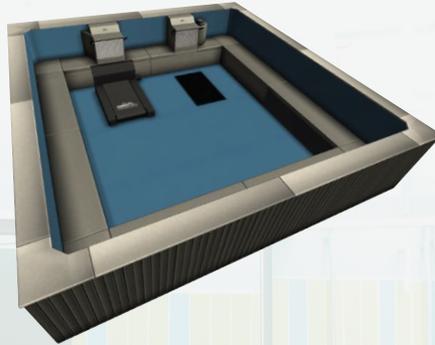
Dual-Propulsion Fastlane Pool®

Specifications:

- 3.96m x 4.27m to 4.88m x 4.88m swimming area
- 1m standard water depth, 1.14m & 1.3m optional
- Modular steel construction
- Two 5-hp swim current generators with wireless remote controls
- 53.3cm x 40.6cm water outlet grills
- Reinforced acrylic water flow and conditioning system
- Poolside digital controls
- High-efficiency circulating pump
- Skimmer filter (removable-cartridge type)
- 4-kW electric heater
- Two 240 volt, 50Hz. 30 amp RCD power supplies required

Options:

- Manual and automatic retractable security covers
- Synthetic or aluminium coping
- PermaWood™ skirting
- Underwater lights
- Hydrotherapy jets
- Full-depth stairs, corner steps
- Swim mirrors
- Underwater treadmill



WATERWELL® THERAPY POOL

If you need the buoyancy of water for exercise or therapy, why should you have to endure long drives to the pool, crowds, the smell of heavy chlorine, and cold water?

The WaterWell is designed specifically to bring the benefits of aquatic fitness into your home. It features:

- An interior bench/workout station
- Full temperature control
- A low-chlorine water-quality system
- Sizing adjustable to provide waist- or chest-deep water
- Hydrotherapy jets (optional)
- An underwater treadmill for low-impact walking, jogging, or running (optional)

A versatile therapy pool for a range of ailments, the WaterWell has the reliable construction of a Fastlane Pool® without the swim current. With the same modular design, the WaterWell fits almost anywhere, indoors or out, even in existing spaces.

To lose weight, relieve chronic pain and muscle spasms, improve flexibility, and build strength without stressing joints, the WaterWell gives you year-round, at-home convenience.

Treat yourself at home. Call today.
+61 300 16 17 28



Weightless workouts

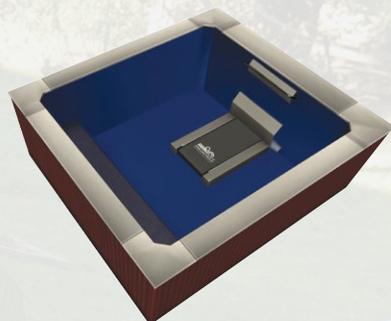
WaterWell® Therapy Pool

Specifications:

- Steel-panel, vinyl liner permitting variety of sizes from 1.83m x 1.83m to 3.05m x 4.88m'
- 1m standard water depth, 1.14m & 1.30m optional
- Water quality system (240 volt, 50Hz, 30 amp RCD)
 - skimmer
 - electric heater/controller
 - cartridge type filter
 - copper/silver ionisation system
- Interior pool surface: 2 colours, 10 patterns available
- Interior bench seat
- Interior steps

Options:

- Manual and automatic retractable security covers
- Underwater treadmill
- Synthetic or aluminium coping
- PermaWood™ skirting
- Underwater lights
- Hydrotherapy jets
- Full-depth stairs, corner steps



FASTLANE POOL FASTLANE®

The Fastlane puts the Fastlane Pool swim current in any traditional backyard pool.

Without the Fastlane, attempting to swim in a traditional pool is frustrating: five strokes, wall, five strokes, wall.... Flip-turns impede your exercise, endurance training, and even the simple enjoyment of a swimming rhythm.

With the Fastlane, your pool – be it kidney-shaped, freeform, or Grecian – will sport the best swim current available. The current is smooth, generously sized, and fully adjustable with the handy, water resistant remote.

With Deck-Mount and Wall-Mount options, the Fastlane securely anchors to new and existing pools. All connections and hoses remain hidden beneath the pool deck.

For swimming, exercise, relaxation, or just a new twist to your next round of Marco Polo, let the Fastlane bring new-school functionality to your old-school pool.

Make the ordinary extraordinary. Call today.
+61 300 16 17 28



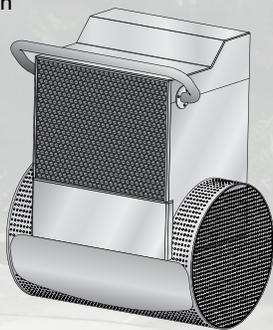
Fun for the entire family

Fastlane® Specifications:

- 1 m water depth required
- 2008 VGB Compliant
- 240-volt, 50 Hz, 30-amp RCD Circuit
- Available in platinum or sapphire
- 5-HP swim current generator
- Acrylic and 316L stainless steel construction



ANSI/APSP-16
VGB 2008



AQUATIC TREADMILLS

Our hydraulic treadmill turns your Fastlane Pool® into a versatile home gym.

Turn on the swim current to add intensity to your walk, jog, or run; the current's resistance also helps you develop your core conditioning. Both the treadmill and the current have adjustable speeds to let you tailor and progress your workouts.

The hydraulic treadmill features a spacious 50.8cm wide belt. With its 5-hp motor, it reaches a top speed of 6.44 km/h. The handy, water resistant remote lets you control the power and the speed. A manual treadmill is also available.

Maximize the potential of your Fastlane Pool. Ask your Design Representative about including a treadmill.

WHY UNDERWATER?

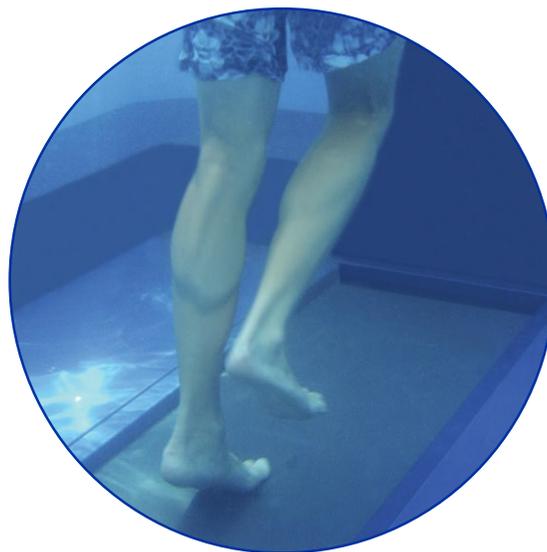
Research shows that, compared to land-based treadmills, underwater treadmills let you:

- Burn more calories.
- Enjoy an increased range of motion.
- Suffer less muscle soreness and joint impact.
- Start rehabilitation exercises earlier so you can recover sooner.

And those rehab exercises can greatly benefit people who are unable to exercise on land, be it due to injury, surgery, arthritis, or other medical conditions.

Take a step in the right direction. Call today.

+61 300 16 17 28



Recover faster

Treadmill Case Study

Olympic Gold Medalist Alistair Brownlee

From an Achilles tendon tear in February to Olympic Gold in August – that’s the road British triathlete Alistair Brownlee traveled in 2012. And much of that ground was trod on the Fastlane Pools® underwater treadmill!

“When I tore my Achilles, I thought ‘I’m going to have to do something special to get myself in shape as quickly as I can,’” said Brownlee, the world’s premier triathlete.

“As soon as I started using the Endless Pool, my Achilles stopped getting stiff. That was a massive, massive benefit,” recalled Brownlee. “The pool made a huge difference.”

When it came time to race – just six months from his grave injury – Brownlee captured an early lead and never looked back.

In 2016, both brothers went from injuries to the top of the Rio’s Olympic podium. Alistair had ankle surgery just nine months prior. His brother, Jonny, who’d taken the bronze in London 2012, was recovering from a stress fracture in his left femur. The injuries struck at critical times, putting their Olympic qualification at risk.

Again, they dipped into their Endless Pool for rehabilitation and for training that wouldn’t have been possible otherwise.

Today, Alistair stands as the first triathlete, man or woman, to earn successive gold medals in the sport. He and Jonny are the first brothers to take gold and silver together since Rome 1960.

Thanks to a relentless work ethic and the unique benefits of the Endless Pools swim current and treadmill, they have twice captured the glory that otherwise may have escaped them.



Brownlees celebrate at the 2012 Olympics.



MAKE ANY ROOM YOUR POOL ROOM

It's the most site-friendly pool on the market. With our Pool Series' modular design, all parts fit through doorways and down stairs. The installation possibilities are as 'endless' as our swim current!

You can install a Fastlane Pool in a space as small as 2.75m x 4.57m. Our WaterWell has a footprint as small as 2.44m x 2.75m!

The option for a corner installation gives you even more flexibility. Our low-chlorine water purification keeps the smallest pool rooms smelling fresh, while our secure cover options make controlling humidity a breeze!

Getting started is easy: just choose your location, select your pool, and we'll build it to your specifications.

SUNROOM

Bathe your pool in natural light for an al fresco feel while still in the safety of your home. With our LED lighting, the warm water of your Fastlane Pool feels even more welcoming!

GARAGE

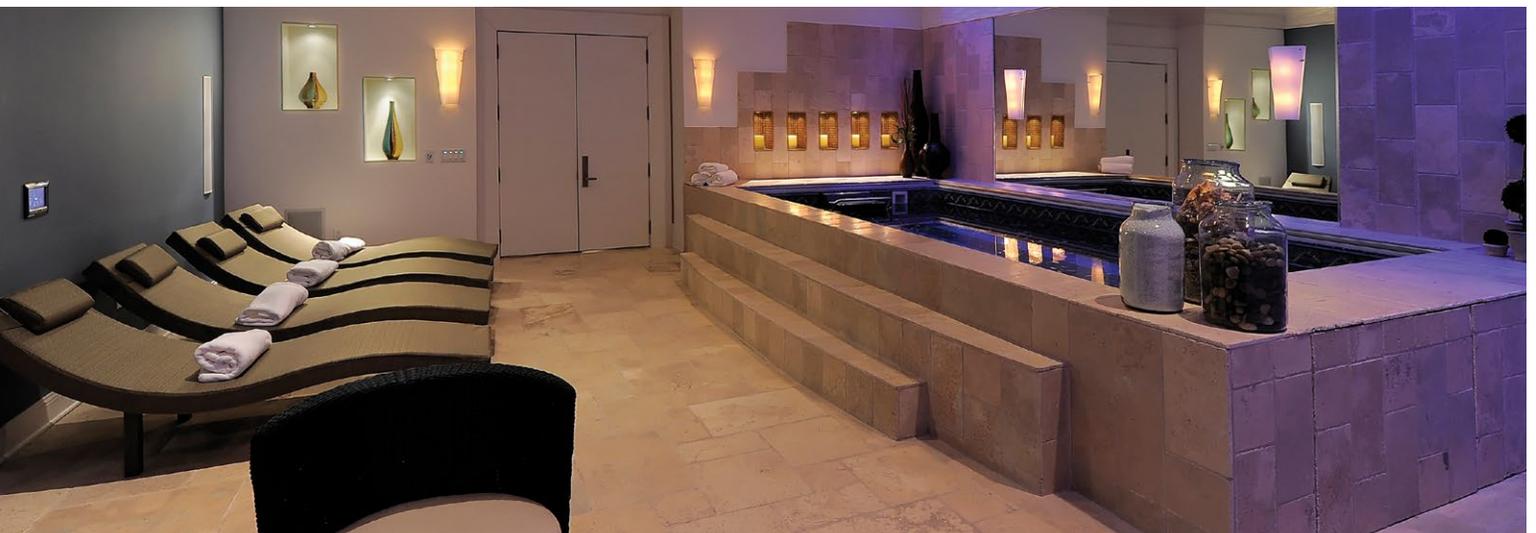
Move the lawnmower and dusty boxes aside, and you have an accessible, convenient location for your Fastlane Pool. The concrete floor makes an ideal pre-prepped site.



Existing garages



Sunroom installations



Endless Pools Fit Almost Anywhere

The compact Endless Pool installs easily in your backyard, patio, sunroom, basement, or garage.



AN OASIS OUTSIDE YOUR DOOR

A compact Fastlane Pool can fit in almost any backyard, no matter the size.

Compared to traditional pools, the Fastlane Pool requires less maintenance, heats more affordably, and preserves more of your property for gardening and other recreation.

BACKYARD

The backyard pool has long been a vital part of the dream of homeownership. A Fastlane Pool lets you realise that dream with more versatility for swimming and exercise as well as a smaller footprint to maximise the rest of your yard.

With its compact size and the ability to super-insulate the cabinet, you can enjoy outdoor swimming in a warm, energy-efficient pool all year round!

DECK/PATIO

The perfect centerpiece for a new or existing patio, the Fastlane Pool lets you create an at-home sanctuary for exercise and entertaining.

Its small footprint gives you added versatility. Build a deck around your pool to create an in-ground feel without the cost of excavation. Or recess the pool into a deck and add extra-wide coping to create poolside seating.

PLACEMENT

Adding to the flexibility of our pool, they can be installed above-ground, partially in-ground or fully in-ground.



Backyard installations



New outdoor spaces



Above-ground



Partially In-Ground



Fully In-Ground

Designed for Easy Installation

The Original Fastlane Pool can fit virtually anywhere. The modular panel system can easily be assembled inside or out, and can be installed In-ground, Partially In-ground or Above-ground.

Our Fastlane Pools Spa Series is delivered pre-plumbed and pre-wired and comes fully skirted with only minor assembly and electrical work to be completed.

Your first step is to think about the space in your home that could best accommodate your pool. Then give your Design Representative a call at **+61 300 16 17 28** and together we can decide which Fastlane Pool product is right for you.



SWIM AT HOME™

Besides being enjoyable, swimming delivers one of the best workouts available.

- It uses more muscles than any other exercise.
- It develops strength and stamina with no harsh impact on joints or tendons.
- It provides an excellent cardiovascular workout.

In a Fastlane Pool®, swimming is even better!

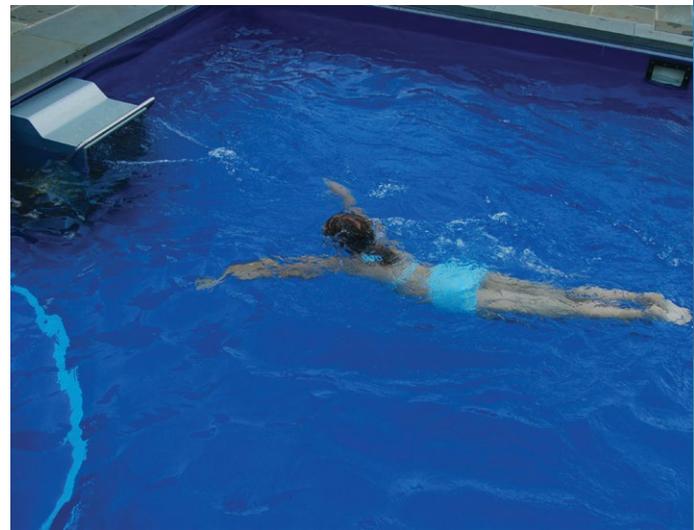
- It's 20-30% more effective as no flip-turns are required.
- You'll swim against a current adjustable for all ability levels; as you get stronger, just push a button to make the current faster.

See your stroke in real time.

Our mirrors let you monitor and improve your swimming technique. Their real-time feedback is a must for serious swimmers.

- The 61cm x 91.5cm Floor Mirror shows you your body roll and hand entry.
- Our angled Swim Mirror lets you monitor hand entry and pull-through, as well as shoulder rolls; it also helps you stay centered in the pool.
- The overhead Backstroke Mirror gives you a full-body view of this challenging stroke.

Made from polished stainless steel for safety and durability, the underwater mirrors are easily visible in the smooth, bubble-free Fastlane Pools swim current.



Exercise at your own pace



The No-Fear Pool

The Fastlane Pool provides an ideal environment for new and inexperienced swimmers.

It's shallow (water depth ranges from 1m to 1.3m) so most people can stand with their head above water. For kids, the nearby seats and benches keep safety just steps away.

The adjustable current has entry-level speeds near zero. You'll get as gentle a swim as you feel comfortable with (and with experience, as challenging a swim as you can handle!).

Plus, the warm water of at easy to feel confident when you're shivering!

For safety, versatility, and comfort, there's no better place to learn to swim than a Fastlane Pool.

THE MIRACLE OF AQUATIC EXERCISE

For people of all ages and abilities, regular aquatic exercise has been proven to:

- Increase flexibility and strengthen muscles
- Relieve the symptoms of many medical conditions
- Improve balance and agility
- Decrease joint swelling and reduce pain
- Permit effective low-impact exercise

There are a few reasons for this. First, water’s buoyancy can reduce your body weight up to 90%, which dramatically reduces tension and eliminates stress on joints and muscles.

Second, water’s natural resistance (enhanced with our optional swim current or jets) makes for a sufficiently challenging workout.

Lastly, water temperature can promote healing. The temperature-controlled Fastlane Pool can be heated up to 33° C (40° with our 5.79m Dual-Temperature Swim Spa) to relax muscles and increase blood flow; that’s especially soothing for muscle spasms, back pain, arthritis, or fibromyalgia. Cooler water often provides relief from multiple sclerosis and other ailments.

Feel better at home. Call today.
+61 300 16 17 28



Walking and Running

For many people, running — even walking — can be dauntingly painful. Our underwater treadmill allows you to exercise pain free.



Warm Water Therapy

Warm water assists in relaxing muscles and increasing blood flow to injured areas while improving endurance and conditioning.



Adjustable Resistance

The natural resistance of water combined with our swim current will provide you with a challenging workout.

Percentage of body weight off-loaded with increasing immersion depth

Why Aquatic Therapy Works

The deeper the water, the more buoyant your body becomes. And buoyancy leads to less weight being borne by your ankles, knees, and hips, so those joints experience less pain and stress.

You can customise your Fastlane Pool’s depth to create your ideal environment for at-home aquatic exercise and therapy. Ask your Fastlane Pools Design Representative for assistance.

Who recommends aquatic exercise as a safe, low-impact way to gain the benefits of physical activity?

- Australian Institute of Sport
- Diabetes Australia
- Arthritis Australia
- Heart Foundation
- MS Australia



FASTLANE POOLS® AT A GLANCE

- **Convenient** year-round access to swimming, exercise, family fun, and spa therapy, all from the comfort of home
- **Affordable** compared to a traditional pool.
- **Energy Efficient** using less water, energy, and chemicals
- **Versatile** for installation indoors or out, in new or existing spaces
- **Ideal swim conditions**, featuring push-button temperature control and a current that adjusts to suit anyone, from toddlers to triathletes
- **20,000+ installations** in over 100 countries



TAKE THE NEXT STEP...

Call a Fastlane Pools Design Representative.

We're here to help plan your perfect pool. Our experienced staff of designers, architects, and engineers will guide you every step of the way, from model selection through your first swim! (You can call our Customer Service hotline after that.)

Try an Fastlane Pool near you.

Swimming is believing! The best way to experience the Fastlane Pools swim current is to try a pool in your area. Ask your Design Representative about our nationwide network of demonstration pools or our Keperra Showroom. Take a swim; we guarantee you'll love it!

Call **+61 300 16 17 28** for a no-commitment next-step today!

Fastlane Pools are manufactured by Wellness Marketing, a subsidiary of the MASCO Corporation, a Fortune 500 Company.

