

FREQUENTLY ASKED QUESTIONS

What are the benefits for my dog?

One session (30 mins) is equivalent to a full day of regular dog play. At the end of one session, your dog will most likely be quite happy to sleep after a full workout. The more you swim, the more results you can expect to see. Eventually, you should be seeing improved sleep, a healthier appetite, weight loss for over-weight dogs and overall muscle building. This type of workout is what all dogs need and will result in a happier, healthier dog.

How many sessions does my dog need?

It depends on your dog's condition and level of fitness. This will be discussed with the trainer for each situation because each dog is different.

How long does each session take?

Sessions are based on 30 minutes, the optimum time needed for your dog to get the most out of the activity. Your dog will be swimming for 30 mins depending on the level of fitness and breed of dog. Afterwards, we have a cleaning area for you to rinse your dog.

What happens during a session?

Depending on your dog and the level of comfortable-ness in the pool, your dog may require a doggy life jacket. Once we see how much activity we can get out of your dog, we will be getting your dog to swim, jump, chase balls and toys in the pool and generally have fun... lots of fun. We'll be using toys and water balls to get your dog to interact with our trainers in a fun, safe environment.

How much does it cost?

\$40 per session for Open Swim. Please check our Packages for other programs that may best suit you and your dog.

What is the facility like?

We have a fully filtered, indoor heated pool. The pool is 14' wide by 36' long and is 4' deep right across. It is filled with salt water which is electronically controlled. We also have a doggie shower area and one for clients who choose to go into the pool, plus a changing room, an outdoor exercise area for the dogs before they enter the pool and client parking.

What is the temperature of the water?

The pool is heated at 28° Celsius (82° F) and being lower than body temperature, this prevents muscle exhaustion in the pool.

How do I know that the pool is safe from germs or harsh chemicals?

Our filtering system cleans the water regularly. It adds a small amount of sodium chloride (3000ppm of salt, which is 1/10th to 1/20th of ocean water) and breaks it down into sodium and chlorine, which you need to combat bacteria. The amount of chlorine it adds is so slight, you can't even smell it. The resulting salt water is the same as the saline in your eyes.

How does the Post Swim work?

Swimming strengthens muscles, respiratory systems, the heart, and overall fitness. While exercising in the water, the dog does not bear any weight on hips, joints and shoulders as you would in walking, running or jumping. Because the dog is using every muscle, without the weight

bearing; your dog is burning a high amount of calories while building muscle. Most dogs will loose muscle mass during an operation and it is vital to get them active again as quickly as possible. Swimming provides the fastest route to muscle building. Our goal is to provide the highest amount of pool activity in your allotted time.

Is it safe for my older dog?

Yes of course, older dogs have a more difficult time in exercising. Our staff are in the pool to ensure your dog gets support and guidance in a safe and engaging manner. One of the reason why pool activities are great for older dogs is that it places zero stress on the joints, hips, back or shoulders. It's also great for arthritic dogs because the heat penetrates and relaxes joints and tendons.

Is this only for older dogs?

No, all dogs need activity. All dogs need some sort of exercise.

Can I swim with my my dog?

We prefer our clients come and watch poolside to help keep your dog calm and focussed. Those clients who choose to go into the water will need to bring their own towels and the session is controlled by the trainer. You are swimming with your dog to help coax activity to assist the trainer only.

What conditions do you most commonly deal with?

Obesity, hip dysplasia, arthritis, and post-op recoveries like cruciate repair.

Why is it the same price for Open Swim for large dogs versus smaller ones?

Because all dogs are using the pool.

Is swimming safe?

Swimming is safe in a controlled enviroment. Check with your vet if your dog is dealing with a treatment or is in recovery from surgery. Your vet can advise you when would be the best time for swimming.

How soon after surgery can I bring my dog in?

Always check with your vet first. Every situation is different.

Can swimming help my dog loose weight if my vet has recommended that my dog needs to loose some?

Yes, with a recommended meal plan and daily exercise program, we can ensure that your dog hits the target weight your vet has set for you.

Can you teach my dog to swim?

All dogs can swim by instinct. Some dogs experience a fear of water which we help them get over in our Introduction to Water package. For dogs that suffer from panic attacks and dogs that have never been in water, we equip them with doggie life jackets as an added precaution as we teach them that water is safe and fun.

Are there conditions that you would not recommend swimming for?

Yes, dogs who show signs of diarrhea, viral infections or transferrable diseases, open or infected wounds or are in heat. All of these conditions are not sanitary for the rest of the dogs using the pool and these conditions will contaminate our water.

