



Pool and Spa Operating Temperatures

GVR takes pride in providing safe, clean, and enjoyable facilities for its members. Our swimming pools and spas are our most widely used and visible recreation amenities. GVR meets or exceeds industry standards in maintaining and operating our facilities. Depending on the primary use of specific GVR swimming pools and spas, water temperatures are set within industry-standard ranges to maximize comfort of participants. The following industry references were consulted in determining appropriate water temperatures for GVR swimming pools:

***The Complete Swimming Pool Reference*, by Dr. Tom Griffiths, lists the optimum swimming pool temperature for Senior Citizen and Special Populations as being 84 - 86°F.**

***The Aquatic Exercise Association* lists the optimum swimming pool temperature at 83 – 86 °F for moderate to high intensity, and 86 – 88 °F for low intensity. *Teaching Swimming Fundamentals*, YMCA of the USA, lists the optimum swimming pool temperature at 82 – 85 °F.**

***The American Red Cross* recommends that the most healthful swimming pool temperature is 78 - 82°F.**

The targeted water temperatures are provided below to assist GVR Members in finding the pool best suited to their needs.

Questions or comments should be directed to Hotline@gvrec.org

- Abrego North 84° F +/-1°
- Abrego South 84° F +/-1°
- Canoa Hills 84° F +/-1°
- Canoa Ranch 86° F +/-1°
- Casa Paloma 1 84° F +/-1°
- Casa Paloma 2 84° F +/-1°
- Continental Vista 84° F +/-1°
- Desert Hills 84° F +/- 1°
- East Center CLOSED
- Las Campanas 84° F +/-1°
- Madera Vista 86° +/-1°
- Santa Rita Springs 84° F +/-1°
- West Center 80° F +/-1°
- All spas 102° F +/-1°