



# Water Balance Ranges

**Saturation Index = -.3 to +.3**

## Total Alkalinity

- Measure of resistance to change of pH

Range: 60 ppm – 180 ppm

Ideal: 80 ppm – 100 ppm (High pH Disinfectants (ex. Liq. Chl.))

Ideal: 100ppm-120ppm (Low pH Disinfectants (ex. Tri-Chlor))

## pH

Measure of Acid vs. Base

Range: 7.2 – 7.8

Ideal: 7.4 – 7.6

## Calcium Hardness

Measure of Calcium Ions in water

Range: 150 ppm – 1000 ppm  
(800ppm spas)

Ideal: 200 ppm – 400 ppm

Spa Ideal: 150 ppm – 250 ppm

## Temperature

Pools:

\*Competition 78° - 82°

Recreation 83° - 86°

Children 84° - 86° → 94°

Seniors/Elderly 83° - 88°

Infant 88° - 94°

\*Therapy Passive 94° - 98°

\*Therapy Active 86° - 90°

\*Swimming Lessons 82+

\*Arthritis Foundation 84° - 88°

\*MS 80° - 84°

Spas:

99° - 104° (Not to exceed 104°)

## Total Dissolved Solids

- Measure of all minerals dissolved in the water

Not to exceed 1,500 ppm above start-up level

\*Recommended by AEA (Aquatic Exercise Association)