

### Cold water swimming

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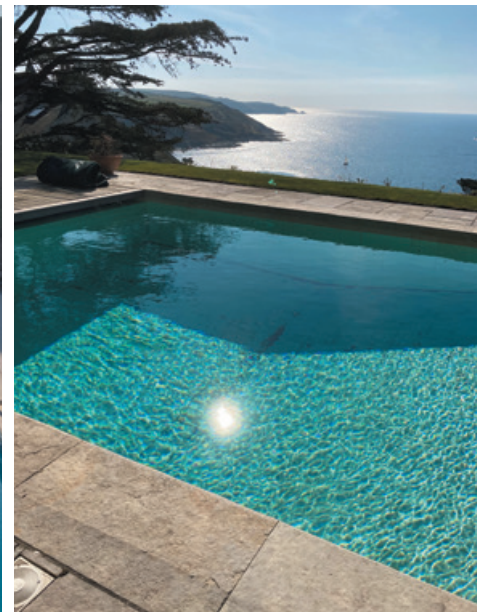
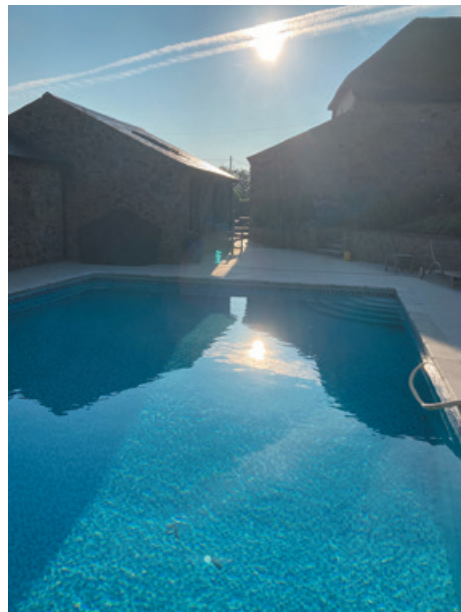
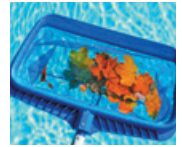
### Beat the budget

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### Kieren's top tips

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## Hello from me.

### Kieren Bean

Managing Director,  
KB Pools & Spa Services (LTD)

☎ 07946 046 486

Welcome to our fourth newsletter, we hope you have all had an enjoyable summer and spent many an hour in your pool.

This year has been exceptional, and we have grown the team to accommodate our ever-growing client base.

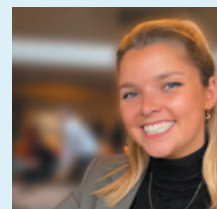
## Meet the team



### Kieren

Managing Director

Kieren is the main man and oversees all projects however big or small and having over 25 years' experience Kieren has a wealth of knowledge and experience to share with our clients.



### Bev

Business Development Manager

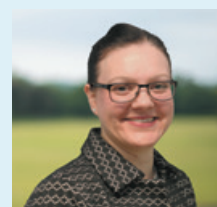
Bev joined our team in late summer and looks after our social media and new business generation.



### Brian

Senior Engineer

Brian joined the team in spring, bringing a wealth of practical experience and knowledge. Brian assists Kieren on all our technical projects.



### Nicky

Executive Assistant

Nicky looks after all the behind-the-scenes workings of Kieren Bean Pools and Spa.

# Cold Water Swimming.

Cold water swimming has grown in popularity and you don't need to swim in the sea to experience its wonderful benefits.

Why not keep your pool going this winter and take advantage of cold water swimming, you won't be using as many chemicals and we can maintain your pool for you all year round.

## There are a number of benefits to cold water swimming:

- 💧 The rhythmic motion of swimming can help to dissipate stress and the immersion into cold water helps the body to create an influx of endorphins once you get out giving the feeling of elation.
- 💧 Sleep is improved due to cold water stimulating the parasympathetic nervous system which helps the body to rest and repair promoting the feeling of relaxation and results in a better night's sleep.
- 💧 By regularly immersing yourself in cold water, this creates cold water shock which can help to fire up your immune system and assists with the production of more white blood cells and antioxidants, which boost your immune system which can help to reduce various illnesses from a common cold through to heart disease.

If you are going to experience cold water swimming always make sure you do it safely and know your limits.



# Debris covers.

## Have you got a correctly fitting debris cover for your pool?

The benefits of having a correctly fitting debris cover are almost immeasurable. Not only do they create a save environment once the pool is closed but they cut down on the sun's rays depreciating any winter chemicals you have added. They also prevent any leaf and vegetation from entering the pool and helps to reduce algae.

Why not call us today so we can accurately measure your pool to have a debris cover made specifically for your pool.



# Beat the budget.

## Ultraviolet units

Have you found your chlorine costs are spiralling? Have you thought of trying an ultra violet unit?. They give you the option of running your chlorine and at lower level.

Get in touch with us and we can correctly size the unit required with minimal fuss so it fits snugly into the existing pipe work.

## Air source heat pumps

Almost all of our clients are now turning to air source heat pumps as they are a more economic and sustainable heat source. They require minimal fuss with installation and you can even get extended seasons ones which will achieve temperature all year around. This again can be correctly sized with accurate pool measurements.

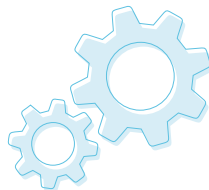
## Solar covers

There has been dramatic improvement in pool covers solar gain and heat retention qualities. These covers can be made to measure or cut on site giving you, the client an excellent fitting solar cover to fit your requirements.

Why not take advantage of this years prices and we can fit these over the winter months for you in readiness for the opening of your pool in Spring.



# Pool and spa maintenance.



We are still offering our excellent pool and spa maintenance packages, whether you have a domestic or commercial pool or spa, require weekly or fortnightly maintenance. We can tailor a package for you, safe in the knowledge that your pool is correctly maintained and recorded for your piece of mind.



## Kieren's top pool tips.



*Warning warning warning  
warning warning warning  
warning warning warning*

### Have you remembered to winterise your pool correctly?

Here are a few tips to prevent any winter issues.

- Drain your pump and filter of water to prevent frost damage
- Drop the water level to prevent overflowing
- Fit your winter cover to prevent winter debris entering the pool
- Add the correct amount of winter chemicals to prevent opening your pool up to a swamp

If you haven't done any of the above, it's not too late, why not give us a call and we will come and carry out these important tasks for you.



# Free Winter Check!

As the sun sets on the 25th year of Kieren being in the pool industry, as a huge thank you to clients new and old, we are offering a **free January winter check** which will prevent the swamp being discovered when we open your pool in Spring. (This offer does not include any pool chemicals required).

To take advantage of this offer, contact us today.

## Social Media

We aren't able to showcase all our work in this newsletter so head over to our Instagram and Facebook pages. We are also on tiktok where we showcase our past and current projects.

 [kb\\_poolsandspa](#)

 [kierenbeanpools](#)

 [@kb\\_poolsandspa](#)

## We're on hand.

We're always keen to offer free and professional advice to pool owners – often advice from an experienced and knowledgeable team can help you avoid costly maintenance or repairs in the future. So, please use us as your first port of call, and take a look at our website to see a full outline of the variety of services we offer.

We look forward to working with you in the future.

Kieren and the KB Pools & Spa team

*Kieren Bean*

## Get in touch.

We look forward to being of service to you and your family! - Kieren.

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 **07946 046 486**

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