

Garmin Swim[™] Quick Start Manual



Introduction


⚠ WARNING

Always consult your physician before you begin or modify any exercise program.

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Getting Started

When using your Garmin Swim for the first time, complete these tasks.

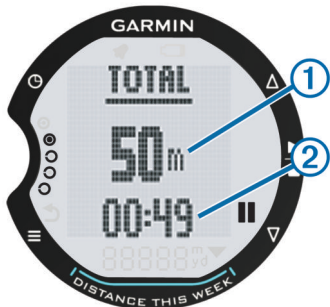
- 1 Select any key to turn on the device.
- 2 Follow the on-screen instructions.
- 3 Select , and set the pool size.
- 4 Go for a swim ([Going for a Swim](#)).
- 5 View your history ([Viewing History](#)).
- 6 Send your history to your computer ([Sending History to Your Computer](#)).

Going for a Swim



- 1 Select .

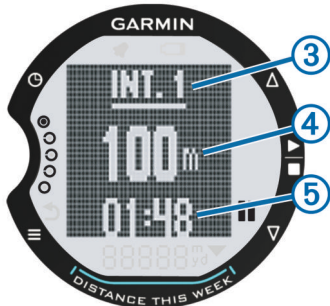
The first time you use the device, you are prompted to set the pool size. Each time you switch pools, you must set the pool size ([Setting the Pool Size](#)).


- 2 Select  to start the timer.




History is recorded only while the timer is running. Your total distance ① and total time ② appear on the **TOTAL** page.

- 3 Select  to view more swim data. Instructions for an additional page of custom data fields are in the owner's manual ([Getting the Owner's Manual](#)).
- 4 When resting, select  to pause the timer.



The paused screen includes the interval number ③, interval distance ④, and swim time for the interval ⑤. The screen appears inverted until you select  and resume swimming.







- 5 After completing your session, select .
- 6 Select an option:
 - Select **RESUME** to continue swimming. The timer resumes.

- Select **SAVE** to save the session to history.
- Select **DELETE** to delete the session without saving.






Device Information

Keys



①		Select to view the time of day.
②		Select to scroll through the menus and settings. Select to turn on the backlight.
③		Select to start and stop the timer. Select to choose an option and to acknowledge a message.
④		Select to scroll through the menus and settings. Select to pause the timer. Select to restart the paused timer.
⑤		Select to view the menu. Select to exit a page or setting.
⑥		Select to enter swim mode and view training pages. TIP: You must press the side of the blue key.

Icons

	Alarm is on.
	Battery is low.
	Select to pause the timer. The icon flashes when the timer is paused. Select to restart the paused timer.
	Additional items are in the list.
	Select to exit a page or setting.

Sleep Mode

The device goes into sleep mode if it has been motionless for one minute. This extends the battery life. As soon as you move the device again, it wakes up.

Swim Information

About Distance Recording

The Garmin Swim measures and records distance by completed lengths. The pool size must be correct to display accurate distance ([Setting the Pool Size](#)).


TIP: For accurate results, swim the entire length, and use one stroke type for the entire length. Pause the timer when resting.

TIP: To help the device count your lengths, use a strong push off the wall and glide before your first stroke.

TIP: When doing drills, you must either pause the timer or use the drill logging feature. For more information about the drill logging feature, see the owner's manual ([Getting the Owner's Manual](#)).

Your weekly (starting on Monday) total distance appears on the time page as **DISTANCE THIS WEEK**. The distance appears using the current pool size.

Setting the Pool Size

- 1 Select  > **SWIMMING** > **POOL SIZE**.
- 2 Select your pool size or enter a custom size.

Swim Terminology

NOTE: For additional information about swim data fields, see the owner's manual ([Getting the Owner's Manual](#)).

- A *length* is one trip down the pool.
- An *interval* is made up of one or more lengths. When you select **III** to rest, you create an interval.
- A *stroke* is counted every time your arm wearing the device completes a full cycle.
- Your *swolf* score is the sum of the time for one length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Stroke Types

Stroke types appear when you are viewing interval history. You can also select stroke type as a custom data field. To customize your data fields, see the owner's manual ([Getting the Owner's Manual](#)).

FREE	Freestyle
BACK	Backstroke
BRST	Breaststroke
FLY	Butterfly
MIXED	More than one stroke type in an interval
DRILL	Used with drill logging

History

Your Garmin Swim can store approximately 30 swims based on typical use. When the memory is full, your oldest data is overwritten and a warning message appears.

NOTE: History is not recorded while the timer is stopped or paused.

Viewing History

The history displays the date, total session time, total swim time, total distance, total lengths, average pace, average stroke count, average swim efficiency, total calories, and intervals data (if used).

- 1 Select **III** > **HISTORY** > **VIEW**.
- 2 Select an option:
 - Select **TOTALS** to view your accumulated distance, total time, and swim time. Totals appear using the current pool size.
 - Select **WEEKS** to view your totals for a specific week. Totals appear using the current pool size.
 - Select **SESSIONS** to view details for a specific session. A session appears using the pool size selected when the session was completed. You can also view interval details (if used).

Deleting History

- 1 Select **III** > **HISTORY** > **DELETE**.
- 2 Select an option:
 - Select **ALL** to delete all data from the history.
 - Select **TOTALS** to reset the distance, time, and swim time totals.
 - Select **SESSIONS** to select a specific session to delete.
- 3 Select **YES**.

Using Garmin Connect™

Garmin Connect is web-based software for storing and analyzing your data.

- 1 Go to www.garminconnect.com/start.
- 2 Follow the on-screen instructions.

Sending History to Your Computer

You must have a Garmin Connect account ([Using Garmin Connect™](#)), and you must pair the device with your computer using the USB ANT Stick™ ([Sending History to Your Computer](#)). The watch cannot be in sleep mode while pairing or transferring data.

- 1 Plug the USB ANT Stick into a USB port on your computer.

The USB ANT Stick drivers automatically install the ANT Agent™. You can download the ANT Agent if the drivers do not automatically install. Go to www.garminconnect.com/start.
- 2 Bring your device within range (9 ft. or 3 m) of your computer.
- 3 Follow the on-screen instructions.

Troubleshooting

Getting the Owner's Manual

You can get the latest owner's manual from the web.

- 1 Go to www.garmin.com/intosports.
- 2 Select your product.
- 3 Click **Manuals**.

Registering Your Device

Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

Resetting the Device to Factory Settings

If the device stops responding, you may need to reset it.

NOTE: This deletes all user-entered information including your history.

- 1 Hold **III**, **⊖**, and **△** simultaneously.
- 2 Select **YES**.

Device Care

NOTICE

Before you attempt to replace the battery, carefully read the instructions in the owner's manual ([Getting the Owner's Manual](#)).

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, pest repellent, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not use a sharp object to clean the device.

Avoid chemical cleaners and solvents that can damage plastic components.

Always wipe the device dry after cleaning or use, and store it in a cool, dry place.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

www.garmin.com/support



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