

# Garmin Swim<sup>™</sup> Owner's Manual



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# Table of Contents

<b>Introduction</b> .....	<b>1</b>
Getting Started.....	1
Keys.....	1
Icons.....	1
About the Training Pages.....	1
<b>Training</b> .....	<b>1</b>
Going for a Swim.....	1
About Distance Recording.....	2
Training with the Drill Log.....	2
Training with the Rest Timer.....	2
Alert Tones.....	2
Swim Terminology.....	2
Stroke Types.....	2
<b>History</b> .....	<b>2</b>
Viewing History.....	2
Using Garmin Connect™.....	2
Sending History to Your Computer.....	2
Deleting History.....	3
<b>Customizing Your Device</b> .....	<b>3</b>
Setting the Pool Size.....	3
Setting the Time and Date.....	3
Setting the Alarm.....	3
Using the Stopwatch.....	3
System Settings.....	3
Setting Your Weight.....	3
Customizing a Training Page.....	3
<b>Device Information</b> .....	<b>4</b>
Device Care.....	4
Garmin Swim Specifications.....	4
USB ANT Stick Specifications.....	4
Replacing the Battery.....	4
Troubleshooting.....	5
<b>Appendix</b> .....	<b>5</b>
Registering Your Device.....	5
Software License Agreement.....	5
<b>Index</b> .....	<b>6</b>



# 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 ([page 1](#)).
- 5 View your history ([page 2](#)).
- 6 Send your history to your computer ([page 2](#)).

## Keys




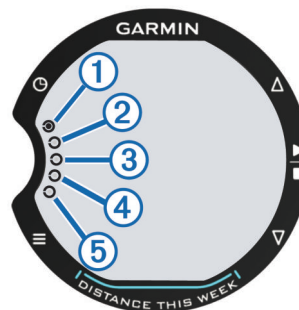
①		Select to view the time of day.
②		Select to scroll through the menus and settings. Select to turn on the backlight.
③		Select to start and stop the timer. Select to choose an option and to acknowledge a message.
④		Select to scroll through the menus and settings. Select to pause the timer. Select 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.

## 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.

## About the Training Pages



You can view five different training pages by selecting . The solid dot indicates the screen you are currently viewing.

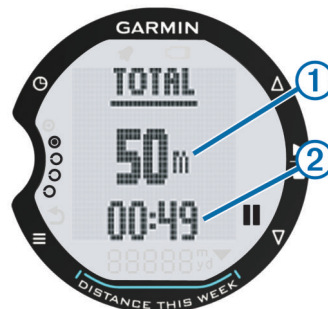


①	INT. (interval) timer page or rest timer page.
②	TOTAL timer page.
③	Details page.
④	Drill logging page ( <a href="#">page 2</a> ).
⑤	Custom data page ( <a href="#">page 3</a> ).



## Training

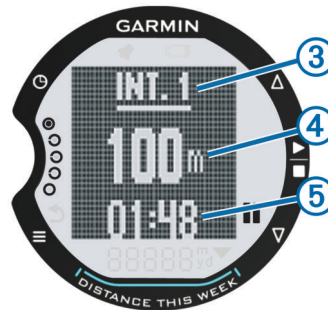
### Going for a Swim


- 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 ([page 3](#)).
- 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. You can customize an additional page of data fields ([page 3](#)).
- 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 ([page 4](#)) until you select  and resume swimming.

- 5 After completing your session, select .

- 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.

## About Distance Recording

The Garmin Swim measures and records distance by completed lengths. The pool size must be correct to display accurate distance ([page 3](#)).

**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 [page 2](#).

## Training with the Drill Log

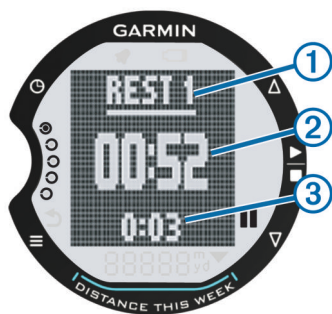
You can use the drill log setting to manually record kick sets, one-arm swimming, or any type of swimming that is not one of the four major strokes. The drill time is recorded, and you must enter the distance. The drill log feature can be enabled before a swim session or during a swim session with the timer paused.

- Select **≡ > SWIMMING > DRILL LOG > ENABLE**.
- During your swim session, select **⚙** until the **DRILL** page appears.
- Select **⏸**.  
The timer records your total drill time.
- After completing a drill interval, select **⏸**.
- Enter the drill distance.  
Distance increments are based on pool size ([page 3](#)).  
The drill is saved, and the timer is paused.
- Continue your swim session.

## Training with the Rest Timer

You can enable the rest timer if your training includes timed sets. For example, you want to do 12 intervals of 50 m on 55 seconds. The following training scenario is one way to use the rest timer. The rest timer can be enabled before a swim session or during a swim session with the timer paused.

- Select **≡ > SWIMMING > REST TIMER > ENABLE**.
- During your swim session, select **⚙ > ⏸**.
- After completing a set of 50 m, select **⏸**.



A temporary message appears showing your distance and time for the set. The rest timer page shows you the interval number **①**, swim time plus rest time **②**, and rest time **③**.

- Rest until the time **②** is 55 seconds.
- Select **⏸**, and swim another 50 m.
- Repeat steps 4–6 until you complete 12 intervals.

## Alert Tones

Alert tones sound when you select **⏸** during an activity.

To open the alert tones setting, select **≡ > SWIMMING > ALERT TONES**.

## Swim Terminology

- A *length* is one trip down the pool.
- An *interval* is made up of one or more lengths. When you select **⏸** 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 ([page 3](#)).

<b>FREE</b>	Freestyle
<b>BACK</b>	Backstroke
<b>BRST</b>	Breaststroke
<b>FLY</b>	Butterfly
<b>MIXED</b>	More than one stroke type in an interval
<b>DRILL</b>	Used with drill logging ( <a href="#">page 2</a> )

## 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).

- Select **≡ > HISTORY > VIEW**.
- 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).

## Using Garmin Connect™

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

- Go to [www.garminconnect.com](http://www.garminconnect.com).
- Select **Getting Started**.
- Follow the on-screen instructions.

## Sending History to Your Computer

You must have a Garmin Connect account ([page 2](#)), and you must pair the device with your computer using the USB ANT

Stick™ (page 2). The watch cannot be in sleep mode while pairing or transferring data.

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



- 2 Bring your device within range (9 ft. or 3 m) of your computer.  
When the ANT Agent™ finds your device, the ANT Agent displays the unit ID and asks you if you want to pair.
- 3 Select **Yes**.
- 4 Follow the on-screen instructions.

### Turning Off Computer Pairing

You can prevent transferring data to and from any computer, even a paired computer.

Select **≡** > **SYSTEM** > **COMPUTER** > **DISABLE PAIRING**.

### Transferring All of Your Data

Before you can transfer all of your history to your computer, you must be in range of the USB ANT Stick that is connected to your computer.

Select **≡** > **HISTORY** > **TRANSFER ALL** > **YES**.

### Deleting History

- 1 Select **≡** > **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**.

## Customizing Your Device

### Setting the Pool Size

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

### Customizing Your Weekly Distance

Your weekly (starting on Monday) total distance appears on the time page as **DISTANCE THIS WEEK**. You can change the first day or turn off weekly distance.

- 1 Select **≡** > **SWIMMING** > **WEEK DISTANCE**.
- 2 Select an option:
  - Select **SET DAY 1**, and select the day.
  - Select **DISABLE** to turn off weekly distance.

### Setting the Time and Date

You can set the time of day for two time zones.

- 1 Select **≡** > **CLOCK**.
- 2 Select **TIME 1** or **TIME 2**.
- 3 Select **ON**.
- 4 Select 12-hour or 24-hour time format.
- 5 Enter the time.
- 6 Enter the date.

### Setting the Alarm

- 1 Select **≡** > **CLOCK** > **ALARM**.
- 2 Select **ONCE** or **DAILY**.
- 3 Enter the time.
- 4 Select **⌚** to return to the time of day page.  
When the alarm is set, **🔔** appears.

### Using the Stopwatch

**NOTE:** The stopwatch does not record time, and no swim data is saved to history. Do not use the stopwatch for swimming.

- 1 Select **≡** > **CLOCK** > **STOPWATCH**.
- 2 Select **⏱** to start the timer.
- 3 Select **⏸** to stop the timer.
- 4 Select **⏪** to reset the timer.

**NOTE:** If you leave the stopwatch page, the stopwatch automatically resets after 10 seconds.

### System Settings

Select **≡** > **SYSTEM**.

**LANGUAGE:** Sets the device language.

**BUTTON TONES:** Sets the device to use audible tones for key presses.

**SLEEP MODE:** Turns sleep mode on or off (page 3). Turning off sleep mode reduces battery life by approximately 20%.

**COMPUTER:** Sets the device to pair with your computer using the USB ANT Stick.

**ABOUT:** Displays important software information and your unit ID.

### 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.

### Setting Your Weight

- 1 Select **≡** > **WEIGHT**.
- 2 Select the units, and enter your weight.

### Customizing a Training Page

You can customize page 5 in the training page loop (page 1). You can add up to three data fields on the page.

- 1 Select **≡** > **SWIMMING** > **CUSTOM PAGE** > **ADD PAGE**.
- 2 Select the number of data fields you want to see on the page.
- 3 Select a data type and a data field.  
For example, select **TOTAL** > **LENGTHS**.

### Data Fields

Data fields with the \* symbol display statute or metric units. The units are determined by the pool size setting (page 3). Interval fields display data for the current interval (when swimming) or the most recently completed interval (when paused).

**CALORIES:** Amount of total calories burned.

**DISTANCE\*:** Distance traveled during the current activity or interval.

**LENGTHS:** Amount of pool lengths completed during the current activity or interval.

**PACE\*:** Average pace during the current activity, interval, or last length.

**STROKE RATE:** Average strokes per minute (spm) during the current activity, interval, or last length.

**STROKES:** Average number of strokes per length during the current activity, interval, or last length.

**STROKE TYPE:** Stroke type during the interval or last length.

**SWOLF:** Swolf score is the sum of the time for one length plus the number of strokes for that length (page 2). You can select a data field to display the average swolf score during the current activity, interval, or last length.

**TIME ELAPSED:** Total time recorded during the current activity or interval. For example, for an activity, if you swim 10 minutes, then pause the timer for 5 minutes, then start the timer again and swim for 20 minutes, your elapsed time is 35 minutes.

### Inverting the Display of the Training Pages

The default appearance of the training pages is black on white while swimming and white on black (inverted) while paused.

1 Select  > **SWIMMING** > **INVERTED SCREEN**.

2 Select an option:

- Select **PAUSED** to invert the screen colors when the timer is paused.
- Select **SWIMMING** to invert the screen colors when the timer is running.

## Device Information

### Device Care

#### NOTICE

Avoid pressing the keys under water.

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 chlorinated or salt water environments.

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.

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

### Garmin Swim Specifications

Battery type	User-replaceable, coin cell CR2032, 3 volts (page 4)
Battery life	1 year <b>NOTE:</b> The actual battery life depends on how much you use swim mode, sleep mode, and the backlight.
Water resistance	50 m <b>NOTE:</b> The watch is designed for surface swimming.
Operating temperature range	From 15°F to 120°F (from -10°C to 50°C)
Radio frequency/protocol	2.4 GHz ANT+™ wireless communications protocol

### USB ANT Stick Specifications

Power source	USB
Operating temperature range	From 14°F to 122°F (from -10°C to 50°C)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol
Transmission range	Approximately 16.4 ft. (5 m)

## Replacing the Battery


#### WARNING

Do not use a sharp object to remove user-replaceable batteries.




Contact your local waste disposal department to properly recycle the batteries. Perchlorate Material – special handling may apply. See [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate).

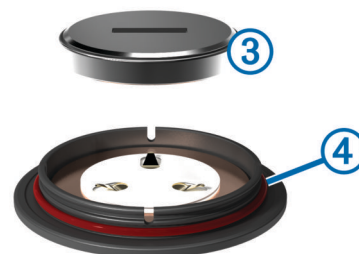
#### NOTICE



Use extreme care when replacing the battery. Do not damage the battery contacts, battery compartment, or O-ring. Damage can compromise the water resistance of the device.

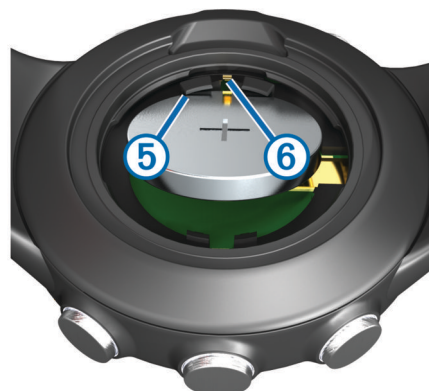
- 1 Wrap the end of a small flat screwdriver  with tape.  
The tape protects the watch exterior, O-ring, and battery compartment from damage.



- 2 Carefully pry the battery cover  off.
- 3 Remove the battery .
- 4 Make sure the O-ring  is not damaged and that it is completely seated in the lowest groove.



- 5 Tip the new battery under the two plastic tabs , and press it into place.  
Do not damage the contacts .





## Troubleshooting

### 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 , , and  simultaneously.
- 2 Select **YES**.

### Updating the Software Using Garmin Connect

You must have a Garmin Connect account ([page 2](#)), and you must pair the device with your computer using the USB ANT Stick ([page 2](#)). The watch cannot be in sleep mode while pairing or transferring data.

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

- 1 Go to [www.garminconnect.com](http://www.garminconnect.com).  
If new software is available, Garmin Connect alerts you to update the software.
- 2 Follow the on-screen instructions.
- 3 Keep your device in range (3 m) of the computer during the update process.

### Getting More Information

You can find more information about this product on the Garmin® website.

- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports).
- Go to [www.garmin.com/learningcenter](http://www.garmin.com/learningcenter).
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

## Appendix

### 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.

### Software License Agreement

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin Ltd. and its subsidiaries (“Garmin”) grant you a limited license to use the software embedded in this device (the “Software”) in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin and/or its third-party providers.

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the export control laws of the United States of America or the export control laws of any other applicable country.

# Index

- A**
  - accessories [5](#)
  - alarm [1, 3](#)
  - ANT Agent [2](#)
- B**
  - backlight [1](#)
  - battery [1, 3, 4](#)
- C**
  - cleaning the device [4](#)
  - computer [2, 3](#)
  - customizing the device [3, 4](#)
- D**
  - data fields [3](#)
  - deleting, history [3](#)
  - device, registration [5](#)
  - display settings [4](#)
  - distance [2, 3](#)
  - drills [2](#)
- G**
  - Garmin Connect [2](#)
- H**
  - history
    - deleting [3, 5](#)
    - sending to computer [2, 3](#)
    - viewing [2](#)
- I**
  - icons [1](#)
  - intervals [2](#)
- K**
  - keys [1, 4](#)
- L**
  - language [3](#)
  - lengths [2](#)
- M**
  - menu [1](#)
- P**
  - pairing [2, 3](#)
  - pool size [1–3](#)
  - product registration [5](#)
- R**
  - registering the device [5](#)
  - replacing battery [4](#)
  - resetting the device [5](#)
- S**
  - saving activities [1](#)
  - sessions [2](#)
  - sleep mode [2, 3](#)
  - software license agreement [5](#)
  - software version [3](#)
  - specifications [4](#)
  - stopwatch [3](#)
- T**
  - strokes [2](#)
  - swolf score [2](#)
  - system settings [3](#)
- T**
  - time of day [1, 3](#)
  - timer, pausing [1](#)
  - tones [2, 3](#)
  - training pages [1–4](#)
  - troubleshooting [5](#)
- U**
  - unit ID [3](#)
  - USB ANT Stick [2](#)
- W**
  - water resistance [4](#)
  - weight [3](#)



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913-397-8200  
1-800-800-1020



0808 2380000  
+44 870 850 1242



1-866-429-9296



43 (0) 3133 3181 0



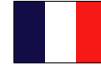
00 32 2 672 52 54



00 45 4810 5050



00 358 9 6937 9758



00 331 55 69 33 99



0180 5 / 42 76 46 - 880



00 39 02 3669 9699



0800-0233937



815 69 555



00800 4412 454  
+44 2380 662 915



00 35 1214 447 460



00 34 902 007 097



00 46 7744 52020

## Garmin International, Inc.

1200 East 151st Street  
Olathe, Kansas 66062, USA

## Garmin (Europe) Ltd.

Liberty House, Hounslow Business Park  
Southampton, Hampshire, SO40 9LR UK

## Garmin Corporation

No. 68, Zangshu 2nd Road, Xizhi Dist.  
New Taipei City, 221, Taiwan (R.O.C.)

