

## U.S. Department of Energy - Energy Efficiency and Renewable Energy Energy Savers

### Managing Swimming Pool Water Temperature for Energy Efficiency

The water temperature you desire for your swimming pool not only affects the [size of the pool's heater](#), but also your heating costs if use a [gas](#) or [heat pump](#) pool heater.

Pool water temperatures typically range from 78°F to 82°F. The American Red Cross recommends a temperature of 78°F for competitive swimming. This coincides with good fuel savings. However, this may be too cool for young children and the elderly, who may require a temperature of 80°F or higher.

The energy consumption for each degree rise in temperature will cost 10%–30% more in energy costs, depending on your location. In warmer climates, this percentage is higher because of the relatively low cost of heating a pool at 78°F. On the following pages, see the tables showing the costs of heating pools at different temperatures in different U.S. cities:

- [Estimating Heat Pump Swimming Pool Heater Costs and Savings](#)
- [Estimating Swimming Pool Gas Heating Costs and Savings](#)

Also, turn the temperature down or turn off the heater whenever the pool won't be used for several days. This will save energy and money. It's a myth that it takes more energy to heat a pool back up to a desired temperature than you save by lowering the temperature or turning off the heater.

#### Related Information

- [Swimming Pool Covers](#)
- [Swimming Pool Heaters](#)
- [Installing and Operating a Swimming Pool Pump for Energy Efficiency](#)

#### Learn More

##### Financing & Incentives

- [Find Federal Tax Credits for Energy Efficiency ENERGY STAR®](#)

##### Related Links

- [Pool and Spa Energy Savings](#)  
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Content Last Updated: February 24, 2009