

Early advancement with baby swimming

Aids the mental and physical development of your child

Parents can start laying the foundations for a life-long positive feeling between their children and water when their child is just a baby. "It makes sense to get babies started to swim at the age of twelve weeks", is Michaela Warmuth-Rüd's recommendation, owner of FRED'S SWIM ACADEMY. Starting from this age, the baby is able to lift his head independently, can grip toys, has a stable immune system and doesn't drop of body temperature easily in water, as he is becoming increasingly more active.

Babies and children are in their element when in the water. Baby-swimming improves mental and physical development, because movements are possible in water that infants are not yet capable of on land. "Careful forward and backward movement during baby swimming has, for example, a massaging effect on the skin and simultaneously supports the building of nerve cells and the interconnection of areas of the brain", explains Michaela Warmuth-Rüd. "This then increases the ability for movement on land." Water gymnastics is also a fun and effective therapy for premature babies or children with delayed motor development. "The pressure of the water doesn't just have a positive effect on the skin, but also on the joints and muscles", explains the proprietor of FRED'S SWIM ACADEMY. Baby swimming also improves the sense of balance, promotes independence, increases the capacity for learning and provides stimuli for growth in the infant.

Optimal support in the water

The three-stage Learn-to-Swim-System SWIMTRAINER "Classic", conceived by the Augsburg company FRED'S SWIM ACADEMY, offers children the best possible support when in contact with water and learning to swim. It gives the children lots of fun when swimming and a high level of safety. "Even 12-week-old babies can move independently with our SWIMTRAINER, as children are naturally born with the frog reflex", explains Michaela Warmuth-Rüd. The frog reflex is usually lost as the child learns to walk. The red SWIMTRAINER "Classic" supports the child in retaining this reflex, so that it can be used again later, specifically for breast stroke. The reflex can be promoted by shouting "frog" each time the child stretches or pushes. Children will quickly internalise this system and connect the "frog-call" with the "pushing" movement. In addition, children's attention can be attracted and motivated by toys such as rubber ducks, so that they even practice the frog reflex independently and use their legs in a targeted manner. In the SWIMTRAINER "Classic", the baby or toddler is in the perfect position for swimming, has his hands free to grip toys and can move



independently using his legs. This builds a positive relationship to water in a fun and very safe way.

A safe aid to independent swimming

While the red SWIMTRAINER "Classic", with the highest level of buoyancy, creates the basis for learning to swim, technique training for children aged four and over builds on this to develop the perfect swimming style. The orange SWIMTRAINER "Classic", with its reduced buoyancy, aids the process of learning the correct coordination of arm and leg movements. The yellow SWIMTRAINER "Classic", with the lowest level of buoyancy, is ideally suited to the methodical transition to independent swimming. Thanks to the reduction in air, the child is aided every step of the way to swimming freely. In this, the focus is of course always on having fun while swimming. The SWIMTRAINER "Classic" consists of five inflatable chambers and a safety belt, which guarantees great stability and ensures that the child cannot slip out. Needless to say, the SWIMTRAINER "Classic" products fulfil all safety standards, are TÜV and GS checked and free from phthalates.

To complement this, FRED'S SWIM ACADEMY also offers attractive neoprene swimming trunks and swimsuits, as well as sunhats with neck protection.

With that, children are optimally equipped to enjoy fun in the swimming pool or sea. The neoprene swimming trunks and swimsuits offer a high level of hygiene, a heat-retention effect and some buoyancy.



For more informations:

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