

# Making good use of the natural frog reflex

## Easy improvement of swimming skills with the SWIMTRAINER "Classic"

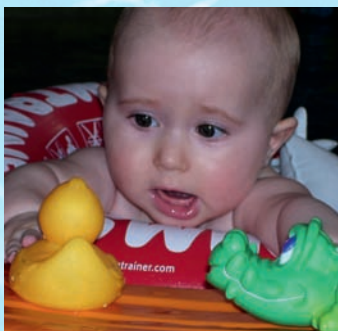
It is enormously important that children are immediately introduced to the proper swimming method, as this creates a lasting positive correlation with the water element. The SWIMTRAINER "Classic" range, conceived for this purpose by the Augsburg-based company FRED'S SWIM ACADEMY, provides children with lots of fun at every stage of development, with the encouraging results they need as well as a high feeling of comfort in the water.

The proper swimming method is accessible to children through the 3-step-learn-to-swim-system which can be applied depending on the age and progress of the individual child. Even when the child is just a baby, the red SWIMTRAINER "Classic" allows targeted early promotion of skills. As babies are born with the so-called frog reflex, they are able to move independently in the water by means of



can be easily attracted and encouraged by toys such as rubber ducks, so that they even practise the frog reflex automatically using their legs in a targeted manner.

With this, the red SWIMTRAINER "Classic" creates the best foundation for learning to swim, and, together with the technique training which builds on it, will eventually lead to a perfect swimming style. The orange SWIMTRAINER "Classic" aids in learning to correct coordination of arm and leg movements whereas the yellow SWIMTRAINER "Classic" is ideally suited to the methodical transition to independent swimming. Needless to say, the SWIMTRAINER "Classic" products from FRED'S SWIM ACADEMY fulfil all safety standards, are TÜV & GS checked and free from phthalates.



the SWIMTRAINER "Classic". This frog reflex is normally lost when toddlers start to walk. However, the SWIMTRAINER "Classic" supports the child in retaining this reflex, so that it can be effectively put to use for breast stroke. This reflex can be promoted by shouting "frog" each time the child stretches or pushes forward. Children will quickly internalise this system and connect the "frog-call" with the "pushing" movement. In addition, children's attention

### For more informations:

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