



**FREDDY** here!  
This month let's talk about healthy food for kids during and after water activities:

Swimming is a sport where you use almost all of your muscles:

Arms, legs, neck, abdominals, back etc. your body uses a lot of energy during swimming. That's why it's so **important to give your body the right energy intake** before you start to swim and also after you swim you will feel very hungry and thirsty and need to replenish the energy you have used.

What is a good and healthy food for froggies & frogs before they start any swimming activity?

I prefer a meal **one and a half hours before** I start any water activity like a sandwich with cheese or meat, yoghurt with fresh fruit like a banana and if you like fresh vegetables try cucumber or tomatoes. Try not to drink Mirinda, Cola or other drinks with a lot of sugar, because the sugar doesn't give you the right type of energy!

Glasses of milk or fresh fruit juice are so much better and healthier and give you the right type of energy. After swimming you can eat a sandwich again with an apple or banana. Especially bread with a combination of fresh fruit which promotes the **iron-intake** in your blood, this will ensure a good **oxygen level in your body**. Without enough iron you will feel tired, have a lack of energy and feel weak. Foods that contain a lot of iron are: spinach, liver, brown bread combined with fresh fruit. Chipsie, chocolate, energy drinks and candy do not contain any useful ingredients that your body needs to move around.

Of course Freddy understands that you like "unhealthy" food, so let's say that you eat this only 2 or 3 times a week, but never before any kind of water sport or after cleaning your teeth... Promise?

Freddy hopes you enjoy you're swimming classes in the future and that you maintain a good strong body fed with a lot of healthy fuels.



## October 22nd: Charity Swim Event

at the Hurghada Marriott lagoon area

All our froggies & frogs are welcome to collect sponsors and swim for the "Orphans living in Hurghada"

## October 31st: Halloween Party

at the island of the Hurghada Marriott

All our froggies & frogs are invited to join a very surprising party, all the new CLUB PASSPORTS will be given out to our safe swimmers, which achieved the next certification levels during October 2011.



The Medical First Aid course from FREDS SWIM ACADEMY Egypt is specifically based on child first aid and covers medical first aid in everyday life. It will teach you how to handle life threatening emergencies and how to provide first and secondary care for all conditions.

- Part 1: Primary care** 1st Nov, 15th Nov and 22nd Nov
- How to assess an emergency situation
  - How to raise the alarm (phone 123)
  - When and how to give CPR (including practice on CPR doll)

3 sessions, each approx 1,5 hours  
150 LE for parents of all our froggies & frogs  
250 LE for non members  
Special prices for nurseries and schools

- Part 2 - Secondary care** January – March 2012
- How to deal with minor and major incidents like
  - Nosebleeds
  - Cuts and grazes
  - Falls and accidents
  - Burns by fire, hot fluids, steam and sun
  - Poisoning by liquids, medicines, food and plants

**Freddy:** I eagerly await the interviews of all my new swimming instructors & team members, but first of all, I would like to introduce you to my friend Freddy Green.

**Freddy:** How old are you?

**Freddy Green:** I am exactly 5 years old.

**Freddy:** Oh, so you are 1 year younger than me.

**Freddy Green:** Yes, because I started exactly 5 years ago with my first swimming lessons in Hurghada.

**Freddy:** And why do you call yourself Freddy Green?

**Freddy Green:** Everybody called me simply the frog, but I want to make sure that I am the GREEN frog.

**Freddy:** So, Freddy GREEN, what do you like the most?

**Freddy Green:** Kids who like to learn to swim.

**Freddy:** And what don't you like?

**Freddy Green:** Kids who push others under the water!

**Freddy:** Please tell me Freddy Green, on what address children can write to you or ask you an advise?

**Freddy Green:** I am since a few weeks on facebook - just search for Freddy Green. I will be very happy to chat with all my fellow Froggies & Frogs!



**Drink & eat enough - but not too much!  
Don't bring food into the water.**

**FREDS** SWIM ACADEMY

## Freddy'S TIPS

Care for Safety



Developed by  
FREDS SWIM ACADEMY Egypt

Splashing, swimming, leaping, playing and lots of fun... The magical experience of water!

Children come into contact with water at a young age. Especially in the summer when it is fun for young children to play in the water, but I'm sad to say that the water has a dangerous side for all those non - swimmers out there. **DROWNING!**

### Let's look at some facts:

- Drowning is the most common cause of accidental death for children from birth till teenager.
- Drowning is possible in a depth of 5cm, yes only 5 cm for babies!
- A young child will drown before you even notice they are in trouble; they will not cry or scream, they will go down like a stone in the water and drown, in 2 minutes a child is unconscious and in 4-6 minutes they will suffer irreversible brain damage and a lifelong handicap.

### How to prevent drowning

- 1. Stay always next to** a non-swimmer child into or near by the water, also at home when taking a bath.
- 2. Always** provide non-swimmers with a **safe high-quality swimming aid** e.g. the SWIMTRAINER Classic.
- 3. Learn your child at an early age** the proper technique to be a safe swimmer!

And don't forget that if a child has a bad experience in the water and almost drowns, they will probably spend the rest of their life traumatized about the water and will miss out on my swimming clubs. FREDDY says: «Be smart, learn to swim at an early age, so you can enjoy the rest of your life having fun in and near the water!»

## Freddy'S News SPLASH



Hi, here I am again, your Freddy with the second edition of my News Splash. I am proud to present you my new team:



Due to the high demand for our unique training programme FREDS SWIM ACADEMY is expanding and counts now after our Instructor Seminar 13 Swimming Instructors.

### Activities for non-swimmers: Water Babies:

Wednesday 9 am at the Marriott main pool  
Friday 8.30 am at the Marriott main pool

### Aqua Tots:

Tuesday 9 am at the Marriott main pool

### Family group (Water Babies & Aqua Tots):

Sunday 4.30 pm at the Marriott main pool

### Aqua Tots plus & Splashing Rascals:

upon request

### TIMES CLUB TRAININGS:

We will train for the next certification levels, get ready, froggies & frogs!

**Froggies:** Friday & Saturday 3 pm at the Marriott Health Club pool

**Blue Frogs:** Friday & Saturday 2 pm at the Marriott Health Club pool

**Silver Frogs:** Friday & Saturday 11.30 am at the Marriott main pool

**Gold Frogs:** Friday & Saturday 10.30 am at the Marriott main pool

**Sport Frogs:** Friday & Saturday 9.30 am at the Marriott main pool

## Freddy'S Interview

**Freddy:** Hi Doris, What is your role with FREDS SWIM ACADEMY?

**Doris:** Hello everyone, I am the official representative and trainer for FREDS SWIM ACADEMY Austria for the past 18 years and I also do the seminars for all swimming instructors worldwide.

**Freddy:** What are you passionate about?

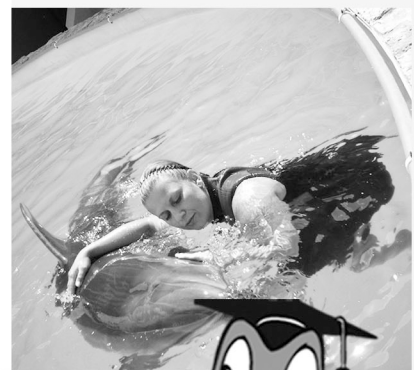
**Doris:** I am very passionate about working with children with special needs. The Swimtrainer "Classic" helps the child's development both physically and mentally, it can often teach them to swim using the correct technique.

**Freddy:** Do you have any other interests?

**Doris:** Yes, Dolphin Therapy, being in the water with dolphins is very therapeutic and the Dolphin Therapy is also proved to help children with special needs. It's an amazing experience.

**Freddy:** How did you get involved with FREDS SWIM ACADEMY?

**Doris:** Well FREDDY, I have two sons, Felix is now also a swimming instructor and he and Florian learnt to swim with the Swimtrainer "Classic" and he and Florian learnt to swim with the Swimtrainer "Classic" which is how I met Mr. Alfred the inventor of the Swimtrainer "Classic".



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## Swimming rules

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**Never leave your child unattended for one second - even nearby shallow water.**