

Red Sea Bulletin

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Happy Easter!

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Ready - FREDDY - Go!

Spring into the season:

Here at FREDS SWIM ACADEMY Egypt spring has nearly sprung! It really is time to get all Froggies & Frogs to spring into action.

Our spring competition at our swim clubs for swimmers and safe swimmers (from 4-16 years) is fast approaching, and to win it, you need to be in it!

For swimmers ages 4+ it is most important to become a safe swimmer first. This means we concentrate on teaching them safety exercises, breathing techniques and training for stamina to ensure their basic safety skills required.

At our clubs for teenagers, we like to set challenges and at this swimming level, we really do make it a challenge focusing on front crawl, back crawl and butterfly.

As we are the Swimming School above the average we use advanced risk awareness: water safety including risk dangers for swimming in the sea and rescue techniques including practice scenarios with our Instructors.

Mini-Competition means lots of splashing games for our smallest ones:

Join our spring Mini-Competition especially for all our little tadpoles and it really will be a splashing spectacular!



Our regular Family Fun Splash combines babies and toddlers age 3 months to 4 years and allows parents with more than one child in different age groups to enjoy a family swimming activity all together.

Family Fun Splash whatever age, anyone who has negotiated our Family Fun Splash will not be satisfied with a single lesson... beware of addiction!

Achieving Best Care!



We know how.

