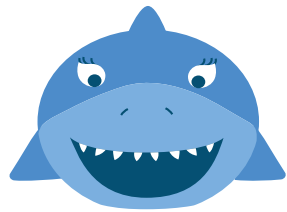


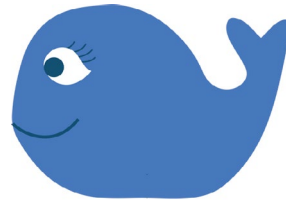
how to use **FL****ATIE FRIENDS**TM



MURPHY THE SHARK

Level Five | 13 mm thick

Swimmer is independent
and only uses the Floatie Friend
as a placebo and a Friend!



HENRY THE HUMPBACK

Level One | 38 mm thick

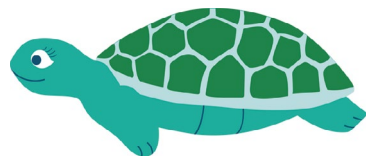
Swimmer needs most
assistance to stay afloat



PENELOPE THE PUFFERFISH

Level Two | 28 mm thick

Swimmer needs less
assistance to stay afloat and
propel with face in the water



TIMOTHY THE TURTLE

Level Four | 15 mm thick

Swimmer is becoming independent
lifting head to breathe and rolling to
back to float and breathe.



MADDIE THE STARFISH

Level Three | 20 mm thick

Swimmer needs even less assistance
and can propel with their face in the
water and lift their head to breathe.

why FLOATIE FRIENDS™

Floatie Friends are everything that traditional floaties are not!

Floatie Friends are hand-held floats that help swimmers build core strength and buoyancy for maintaining a horizontal position. As swimmers gain confidence and adapt to the correct positioning, they learn to move forward by putting their faces in the water and kicking.

Swimmers can use their Floatie Friends to learn foundational swimming skills like back floating, rolling over, independent breathing, and more!

For best results use FINIS Fishtail or Booster Fins to enhance movement forward which assists with balance and the ability to work through the levels.



ways to use **FL** **ATIE FRIENDS**TM

- 1 Floating on belly with rhythmic breathing
- 2 Back floating with 2 floats
- 3 Back floating with 1 float
- 4 Rolling over
- 5 Using Floatie Friends for side breathing
- 6 Streamline positioning



1 Floating on belly with rhythmic breathing

Best use for:

- Swimmer 3 & up
- Ready to learn independent breathing
- Ability to self submerge & hold breath for counts of 3
- Best used with Fishtail or Booster Fins

Step 1: Begin with Level One - Blue Henry Humpback float, where the swimmer holds one float in each hand.

Step 2:

- Swimmer submerges face in, floating on their belly, and starts kicking.
- The instructor gently pulls on top of the floats, assisting with trust and propulsion.
- The instructor cues swimmer on when to lift head for a breath.
- After taking a breath, the swimmer returns to face in the water, floating on their belly and moving forward by kicking and assistance from the instructor holding gently on top of the Floatie Friend.



1 Floating on belly with rhythmic breathing *continued*

Step 3: After the swimmer demonstrates the ability to move forward/propel themselves and lift their head to breathe, the instructor can gradually release the hand floats. This enables the swimmer to independently balance and breathe, with the instructor assisting as necessary.

Step 4: If the swimmer shows clear signs of progression, they can advance to Level Two-Penelope the Pufferfish and then Level Three-Maddie the Starfish, and beyond. These floats are less buoyant, requiring swimmer to use their own skills to lift their head for breathing.

Step 5: After mastering all Floatie Friends levels, swimmer can practice propulsion and breathing skills without floats, relying on their own abilities to breathe without the instructor or Floatie Friends assistance.

Pro Tip! During the initial learning phase, try not to allow the swimmer to use Floatie Friends to keep their head above water while in a “dog paddle” swimming position. This will create a false sense of buoyancy and incorrect body position. However, exploration is not discouraged.

2 Back floating with 2 floats

Back floating can be introduced at any age.

Step 1: Swimmer holds Level One-Henry the Humpback float in each hand.

Step 2: The instructor guides the swimmer into a back float position. The swimmer is then directed to extend both arms outward.

Step 3: Once swimmer demonstrates a balanced back float with assistance, then the instructor can ease away to allow them to balance on their own.

Step 4: Once demonstrating clear signs of mastering balance and floating independently with the Level 1 Floatie Friends, swimmers can progress to Level 2 and beyond. These subsequent levels require swimmers to use their own acquired skills for back floating.

Step 5: Once the swimmer has acquired the skills of balancing and floating, they may try without Floatie Friends!

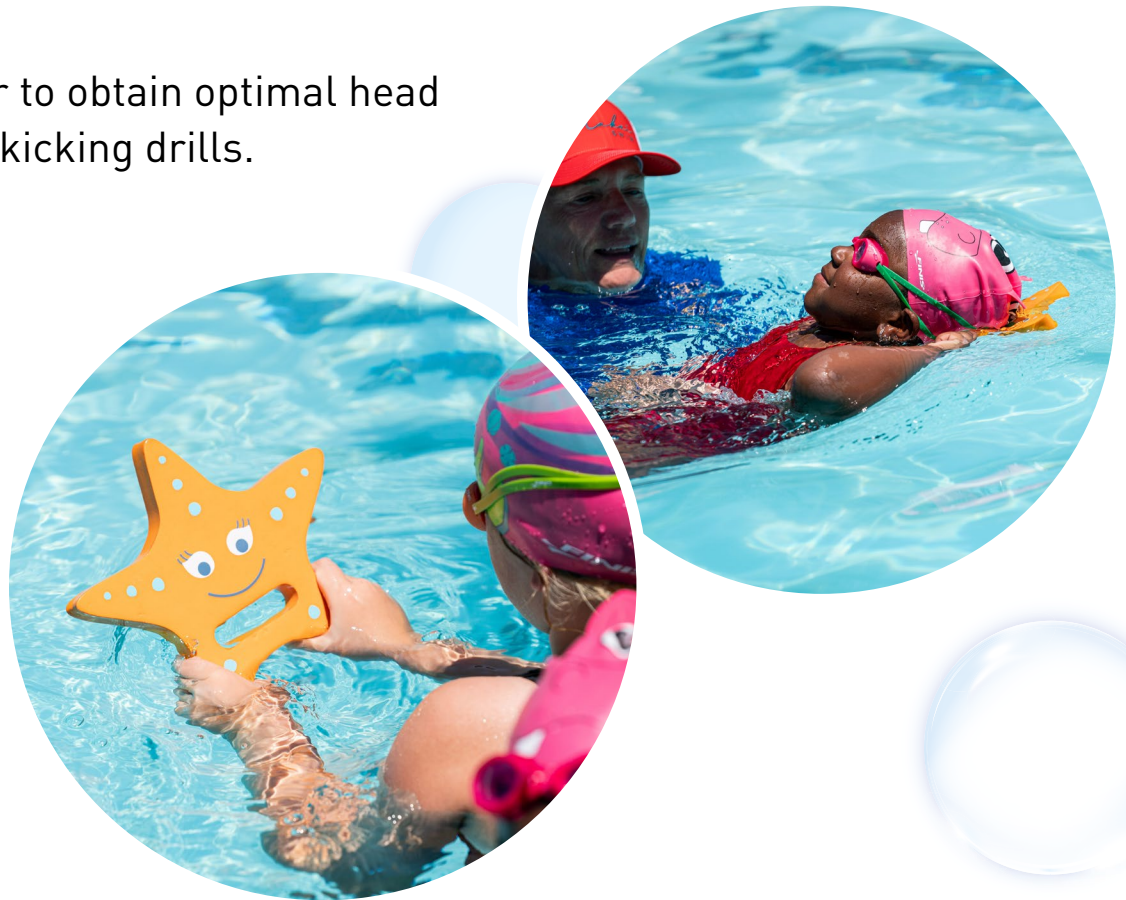


3 Back floating with 1 float

Step 1: Swimmer uses one Level 3-Maddie the Starfish, holding it with two hands behind their head like a “pillow”.

Step 2: Swimmer kicks to propel.

Note: The “pillow” allows the swimmer to obtain optimal head and body position for back floating and kicking drills.



4 Rolling over

This skill is introduced when swimmer has acquired the following skills:

- Unassisted prone swimming
- Has been introduced to back floating

Step 1: Swimmer holds onto Floatie Friends swimming with their face in the water.

Step 2: The instructor assists the swimmer in rolling over onto their back to discover their balance and buoyancy, allowing them to take a breath.

Step 3: Swimmer then rolls back on to their belly with face in the water and continues to swim.

Step 4: Repeat using each level of Floatie Friend as needed.



5

Using Floatie Friends for side breathing

This skill is introduced when swimmer has acquired the following skills:

- Unassisted prone float with propulsion (kicking or freestyle arm strokes)
- Maintains a prone streamline swimming position
- Head up rhythmic breath control

Step 1: Swimmer holds Level 1 - Henry the Humpback float in each hand while wearing Fishtail or Booster Fins.

Step 2:

- Swimmer lies on their side in the water.
- One arm is reaching in front.
- The other arm is reaching behind, near their thigh.
- Swimmer rests their ear on their shoulder which is reaching in front.
- They keep their face out of the water, resembling the side breathing position used in freestyle swimming.

Step 3: Swimmer kicks in this position across the pool.

*Be sure to alternate to the other side to discover which side is stronger and more comfortable.



5 Using Floatie Friends for side breathing *continued*

Step 4: Now the swimmer holds only one float in their outstretched arm and moves their head into the same position as in “Step 2”. The swimmer kicks in this position across the pool, ensuring to alternate to the other side.

Step 5: Once the swimmer has mastered Step 4, they are ready to attempt the same skill using floats with decreasing buoyancy levels: Level 2-Penelope the Pufferfish, Level 3-Maddie the Starfish, Level 4-Timothy the Turtle, and lastly, Level 5-Murphy the Shark.

Step 6: After using all levels of Floatie Friends and mastering proper positioning, swimmers can then try without Floatie Friends!

***Note:** Without the floats, the swimmer will perform three or four freestyle arm strokes and then roll to their side, take a breath, and roll back to their prone position moving forward as practiced with Floatie Friends. They should repeat this pattern until they establish rhythmic side breathing.

6 Streamline positioning

Step 1: Swimmer holds sides of the Level 3, Maddie the Starfish in a prone swim position with their head between their arms, arms squeezing their ears, face down. Swimmer lifts their head to breathe.

This skill is especially fun wearing FINIS Fishtail or Booster Fins to go extra fast!



fun with FLOATIE FRIENDS™



Floatie Friends add an extra splash of fun to water play!

They stick to most surfaces using water suction, making them practical and cute additions to your child's water activities.

Floatie Friends are perfect for splashing around at the beach or the lake, so don't forget to bring them along for endless water adventures!