

# Instruction Leaflet

## FunFlex

Swimming noodle

## FunFlex swimming noodles are made from high quality polyethylene foam.

### Applications

- **Children's Pool Toys** a variety of attractive colors to choose from, durable enough to withstand many years of continued use and are safe for children
- **Swimming Assistant** can be used to teach your children how to swim, can act as a substitute to a floatation device
- Enhancer of Basic Swimming Skills can be used by a child or an adult in order to develop the skills necessary to feel comfortable in water while also understanding the basics of swimming

### Recommended usage

#### 1. Floating and Getting Comfortable

Use the noodle to float in the pool. To do this, place the noodle under both of your armpits and let your arms hang over the top of the noodle. An advantage of using a pool noodle is that you will be able to float vertically and horizontally. Spend some time floating with the noodle and becoming comfortable in the water.

#### 2. Kicking Vertically - Treading Water

Kick your legs while floating in a vertical position. This will prepare you to start treading water without the noodle. Once you feel confident, release the noodle and try treading water with your arms free as well.

#### 3. Front Floating Horizontally – Preparing to Swim

Float your body in a horizontal position with the noodle under your armpits. Kick your legs with a flutter kick technique. This will prepare you to swim freestyle once you are ready to let go of the noodle.

#### 4. Back Float – Starfish and Backstroke

Turn over to do a back float. Place the noodle under your neck for support. Extend your arms to your sides to balance your float. Once you've managed that, kick your legs so that you can prepare yourself to learn the backstroke.

### **! Warning !** Not suitable for children under 36 months! Only use in shallow water under constant supervision of adults! No protection against drowning! Do not bite/chew! Choking hazard!

#### Disclaimer

00.021.062 - v.1.0 - 21.07.2023

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### Product care/storage to avoid premature discoloration:



• When not in use, do not leave your foam noodle in the sun. Purge with water before storage.

### Equipment lifetime:

• 2 years after production date. For production date see label attached to swimming noodle.

### Manufacturer address:

Theraflex Izolacji Sp. z o.o. Przemysłowa 6 58-130 Żarów, Poland Phone: +48 74 858 96 66 (8 a.m. – 4 p.m.) Web: www.thermaflex.com

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