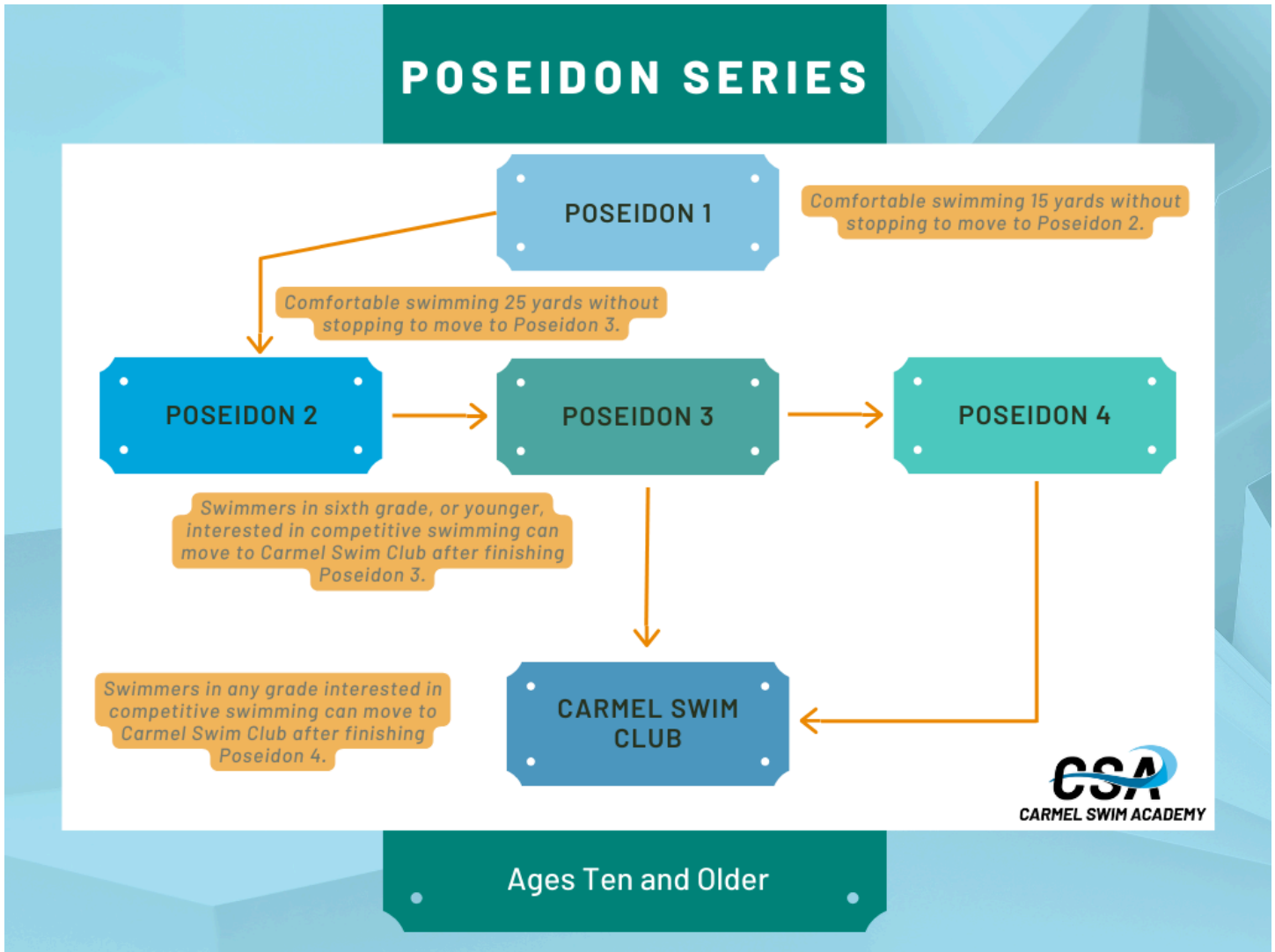


Poseidon: Ages Ten Years and Older, 45-Minute Classes



Poseidon Level 1

- Bobs - fully submerged, blowing bubbles, unassisted
- Front Float -face in, unassisted and recover
- Front Glide - streamline position on surface of water, no kick
- Freestyle - face in, unassisted, some sort of breathing, 15 yards
- Knowledge of Rotary Breathing - with proper breath exchange
- Back Float - unassisted and recover
- Back Glide - streamline position, no kick
- Backstroke - unassisted, 15 yards
- Breaststroke Kick - basic knowledge, 15 yards
- Breaststroke Arms - basic knowledge, 15 yards
- Butterfly Kick - basic knowledge, 15 yards
- Butterfly Arms - basic knowledge, 15 yards

To progress to Poseidon Level 2, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 15 yards without stopping.

Poseidon Level 2

- Front Streamline - with kick, 25 yards
- 25 Yards Freestyle - non-stop with rotary breathing, mastered
- Back Streamline - with kick, 25 yards
- 25 Yards Backstroke - non-stop with hips up, mastered
- 25 Yards Breaststroke - non-stop, proficient (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, proficient (does not have to be fully legal)
- Working Knowledge of Open Turns - all strokes
- Introduced to Flip Turns - freestyle
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

To progress to Poseidon Level 3, in addition to proficiency in the listed skills, the swimmer is comfortable swimming 25 yards without stopping.

Poseidon Level 3

- 50 Yards Freestyle - non-stop with rotary breathing, streamline off the walls, mastered
- 50 Yards Backstroke - non-stop with hips up, streamline off the walls, mastered
- 25 Yards Breaststroke - non-stop, proficient (does not have to be fully legal)
- 25 Yards Butterfly - non-stop, proficient (does not have to be fully legal)
- Proficient Knowledge of Open Turns - all strokes
- Freestyle Flip Turns - proficient
- Introduced to Backstroke Flip Turns - with stroke count
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

After achieving proficiency in the listed skills, if a swimmer is in kindergarten through 6th grade, they are eligible for the Carmel Swim Club; all other grade levels or any swimmer who does not want to join the club progresses to Poseidon 4.

Poseidon Level 4

- 100 Yards Freestyle - non-stop with rotary breathing, streamline off the walls, mastered
- 100 Yards Backstroke - non-stop with hips up, streamline off the walls, mastered
- 50 Yards Breaststroke - non-stop, proficient (USA Swimming Legal)
- Breaststroke Underwater Pull Out - proficient
- 50 Yards Butterfly - non-stop, proficient (USA Swimming Legal)
- 100 Yard Individual Medley - correct order (Fly, Back, Breast, Free), legal strokes
- Proficient Knowledge of Open Turns - all strokes
- Proficient Freestyle Flip Turns
- Proficient Backstroke Flip Turns - with stroke count
- Two-Hand Touches - breaststroke and butterfly
- Proficient Knowledge of Circle Swimming

After mastering the skills of this level, swimmers of any grade level are eligible for the Carmel Swim Club