



# Poseidon Learn to Swim

Preschool Objectives (Recommended ages 3-5)

- 1 { •Standing jump entry-assisted.
- 2 { •Entry and submerge from a vertical position-assisted.
- 3 { •Exit the water-unassisted.
- 4 { •Hold breath underwater-assisted.
- 5 { •Attempt to open eyes underwater.
- 6 { •Front and back floats- assisted.
- 7 { •Front and back glides- assisted.
- 8 { •Kicking on front and back- assisted.
- 9 { •Arm circles front and back- assisted.
- 10 { •Pushes off wall onto belly and onto to back-assisted.

Students in the Preschool Class will work independently in the water with an instructor. This is most often the first swim lesson for swimmers. Students will work on the above objectives and may move to Level 1 when they can achieve these skills independently.

Group size is capped at 4 for safety and to maximize instruction time. Six-30 minute lessons are included in each block.

Session	Dates	Times	MAC Member	Non-Member
Preschool 4A	6/23, 6/30, 7/14, 7/21, 7/28, 8/4	12:00-12:30 p.m.	\$70	\$85
Preschool 5A	6/18, 6/20, 6/22 6/25, 6/27, 6/29	10:00-10:30 a.m.	\$70	\$85
Preschool 6A	6/18, 6/20, 6/22 6/25, 6/27, 6/29	12:15-12:45 p.m.	\$70	\$85
Preschool 7A	7/9, 7/11, 7/13 7/16, 7/18, 7/20	10:00-10:30 a.m.	\$70	\$85
Preschool 8A	7/9, 7/11, 7/13 7/16, 7/18, 7/20	12:15-12:45 p.m.	\$70	\$85

# Poseidon Learn to Swim

## Level 1 Objectives (Recommended ages 4-6)

- 1 •Enter and exit shallow water.
- 2 •Jump into pool- assisted.
- 3 •Hold breath under water for 5-10 seconds.
- 4 •Exhale under water through mouth/nose for 5 to 10 times.
- 5 •Float independently on front and back.
- 6 •Glide independently on front and back.
- 7 •Flutter kick on front and back independently.
- 8 •Demonstrate basics of front and back crawl independently.
- 9 •Demonstrate basics of breaststroke kick.
- 10 •Demonstrate basics of butterfly kick.

This aquatics level is designed for children who are comfortable and confident in the water without the aid of any flotation device. This level focuses on the above objectives. Swimmers are ready to move on to Poseidon Prep classes when they can do all of the above.

Group size is capped at 4. Six-30 minute lessons are included in each block.

Session	Dates	Times	MAC Member	Non-Member
Level 1 4B	6/23, 6/30, 7/14, 7/21, 7/28, 8/4	12:30-1:00 p.m.	\$70	\$85
Level 1 5B	6/18, 6/20, 6/22 6/25, 6/27, 6/29	10:30-11:00 a.m.	\$70	\$85
Level 1 6B	6/18, 6/20, 6/22 6/25, 6/27, 6/29	12:45-1:15 p.m.	\$70	\$85
Level 1 7B	7/9, 7/11, 7/13 7/16, 7/18, 7/20	10:30-11:00 a.m.	\$70	\$85
Level 1 8B	7/9, 7/11, 7/13 7/16, 7/18, 7/20	12:45-1:15 p.m.	\$70	\$85

# Poseidon Prep

## Objectives (4+)

- 1 • Demonstrate proper techniques of streamlining with freestyle, backstroke, and breaststroke.
- 2 • Demonstrate catchup drill with kickboard.
- 3 • Demonstrate an understanding of proper butterfly kick.
- 4 • Demonstrate an understanding of breaststroke pull w kick.
- 5 • Demonstrate an understanding of proper freestyle technique.
- 6 • Demonstrate an understanding of proper backstroke technique.
- 7 • Complete a 25 Free without stopping.
- 8 • Complete a 25 Back without stopping.
- 9 • Demonstrate an understanding of beginning flip turn technique.
- 10 • Complete at least 250 yards by Week 6.

Designed for swimmers who need a bit more work before swimming on a competitive team, or those who just want to be more confident in the water, these lessons are conducted with no more than 5 to a group.

Swimmers will be scheduled based on age and ability with general guidelines of ages 4-6 and 7+. Poseidon Prep is designed for children who are independently swimming. Swimmers may be moved to a group that more closely fits their abilities. Students will be able to demonstrate the above skills when they are ready to move on from Poseidon Prep.

Six-45 minute lessons are included in each block.

Session	Dates	Times	MAC Member	Non-Member
PSDN Prep 4C	6/23, 6/30, 7/14, 7/21, 7/28, 8/4	1:00-1:45 p.m.	\$75	\$90
PSDN Prep 5C	6/18, 6/20, 6/22 6/25, 6/27, 6/29	11:00-11:45 a.m.	\$75	\$90
PSDN Prep 6C	6/18, 6/20, 6/22 6/25, 6/27, 6/29	1:15-2:00 p.m.	\$75	\$90
PSDN Prep 7C	7/9, 7/11, 7/13 7/16, 7/18, 7/20	11:00-11:45 a.m.	\$75	\$90
PSDN Prep 8C	7/9, 7/11, 7/13 7/16, 7/18, 7/20	1:15-2:00 p.m.	\$75	\$90

## Poseidon Stroke Academy

Designed for competitive swimmers who want to focus on specific skills, our 1-day sessions are taught with rapid improvement in mind. Choose one stroke academy or choose several. These are offered throughout the year. If getting in summer league or high school shape is your goal, choose from our regularly scheduled clinics and get a jumpstart on the competition. Underwater videotaping is included for all participants. All Stroke Academies are run by the Poseidon coaching staff. Numbers are capped in order to keep a good coach: swimmer ratio. Register early to reserve your spot.

Session	Focus	Dates	Times	MAC Member	Non-Member
Stroke Academy 1H	12 & Under Clinic (Stay in Shape)	9/10-10/31 M/W	3:30-4:30 p.m.	\$140	\$170
Stroke Academy 1I	13 & Over Clinic (High School Prep)	9/11-11/1 Tu/Th	3:30-4:30 p.m.	\$140	\$170

## Poseidon Triathlon Swim Training

Designed for tri-athletes (students and adults) who want to improve their freestyle, increase distance and generate more power per stroke, evaluate stroke with underwater videotaping and personalized feedback.

1-hour sessions scheduled with a Poseidon coach, to be conducted Saturday or Sunday afternoons. All sessions are private and are scheduled directly with a Poseidon coach once purchased. Instructors are Jessica Laird and Joss Sallade.

Instructor	1 Lesson	2 Lessons	3 Lessons
<i>Jessica Laird</i>	\$85	\$155	\$225
<i>Joss Sallade</i>	\$85	\$155	\$225

## Poseidon Private Lessons

Designed for competitive swimmers who want to improve stroke technique, tweak starts and turns, one on one with a Poseidon coach. 30 minute sessions, to be conducted Saturday/Sunday afternoons. All sessions are private and are scheduled directly with the instructor once purchased.

Instructor	1 Lesson	2 Lessons	3 Lessons
<i>Jessica Laird</i>	\$40	\$75	\$105
<i>Joss Sallade</i>	\$40	\$75	\$105
<i>Andrew Raber</i>	\$35	\$65	\$90

## Meet the Group Lessons Instructors

### Ali Pedin



Ali was a competitive swimmer for over 10 years and became a certified water safety instructor in 2015. She has a love of coaching swimmers of all ages and skill levels, toddlers, adults, beginners, advanced swimmers and everyone inbetween. Ali tailors her lessons to each swimmers' skill set and prioritizes making her lessons progressive and fun, and is not above getting a little silly. Ali graduated from Virginia Tech in 2016 with a B.S. in Biochemistry. In addition to being a swim instructor, she also works as a medical scribe and volunteer at a medical clinic. Some of her hobbies are cooking, traveling, foreign languages and spending time with her two cats.

### Kate Jeffries



Kate has been swimming since she was 5 years old. An instructor at MAC, Kate swam for her neighborhood swim team, and local club teams including Poseidon. She is currently a student at VCU and is studying elementary education. She hopes to one day teach Kindergarten. She looks forward to helping children become better swimmers.

### Shanyn Valentine



Shanyn is a sophomore in college, and has been teaching swim lessons for four years (for ages 3-15) and loves swimming as both a sport and for fun. Shanyn was a competitive year round swimmer for 9 years and enjoyed that as well.

## Meet the Private Lessons Coaches

### Jessica Laird



to reach their true potential.

Jessica joined Poseidon Swimming in the fall of 2015 as our Junior Group head coach. She began her coaching career in 2010 at SwimStrong in Strongsville, Ohio. Prior to joining Poseidon, she was a coach for CYAC in Charlottesville. Additionally, Jessica has experience coaching at the high school level. In the past, she has been an assistant coach for Hanover High School and Monticello High School. Jessica has also spent her summers coaching summer teams for Hanover Country Club and Battlefield Green. She has also been an Eastern Zones coach for VSI for 2016 and 2017. She is an ASCA Level 2 coach. Jessica is a graduate of Marshall University with BFA in Graphic Design. She is a native of Hanover, Virginia. Coach Jessica enjoys helping and encouraging her swimmers

### Andrew Raber



Andrew started coaching with Poseidon in 2017. Andrew swam for the Robious Rapids/MAC Manta Rays for 13 years, and competitively year-round for six years. He has coached the MAC Manta Rays for five years and has also coached the James River High School Varsity team for two years. Andrew is currently looking to pursue a Sports Management degree. Andrew works with all ages of swimmers, and helps coach the Poseidon Academy clinics as well.

### Joss Sallade



Joss has been coaching at Poseidon since 2012 and works with all levels of swimmers. Joss swam for the Granite Marlins for 14 years and coached there 2008-2015. Joss is currently the Lead Coach at Poseidon-MAC, a clinic instructor at MAC, and the Head Coach of MAC's summer league team. He is pursuing a Master's degree in Elementary Education at VCU. In his spare time, he enjoys weight-lifting, swimming and mountain biking.