

Poseidon: Ages 11 Years and Older, 45-Minute Classes

Poseidon Level 1

- Bobs - fully submerged
- Front Float - unassisted and recover
- Front Glide - streamline position, no kick
- Front Streamline - with kick, 15 yards
- Freestyle - face in, unassisted, some sort of breathing, 15 yards.
- Knowledge of Rotary Breathing
- Back Float - unassisted, and recover
- Back Glide - streamline position, no kick
- Back Streamline - with kick, 15 yards
- 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
- Treading Water - vertical body position, head above water

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 and streamline off the walls, mastered
- 50 Yards Backstroke - non-stop with hips up and streamline off the walls, mastered
- 25 Yards Breaststroke - non-stop, proficient (USA Swimming Legal)
- 25 Yards Butterfly - Non-stop, proficient (USA Swimming Legal)
- Proficient Knowledge of Open Turns - all strokes
- Freestyle Flip Turns

- Introduced to Backstroke Flip Turns
- Two-Hand Touches - breaststroke and butterfly
- Knowledge of Circle Swimming

Depending on their grade level, after a swimmer is proficient in the skills in this level they can either be:

- Evaluated for the Carmel Swim Club, for swimmers in fourth grade who are interested in competitive swimming,
- Or, advance to Poseidon Level 4.

Poseidon Level 4

- 100 Yards Freestyle - non-stop with rotary breathing and streamline off the walls, mastered
- 100 Yards Backstroke - non-stop with hips up and streamline off the walls, mastered
- 50 Yards Breaststroke - non-stop, proficient (USA Swimming Legal)
- 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
- Two-Hand Touches - breaststroke and butterfly
- Proficient Knowledge of Circle Swimming

After mastering the skills of this level, swimmers at any age or grade level who are interested in competitive swimming should be evaluated for the Carmel Swim Club. If a swimmer is not interested in the Carmel Swim Club, they are welcome to continue practicing their skills within this level.

