

Aquatic Center

aquaticreception@thorbeckes.com

Guidlines & Policies

Main Pool

25 meter, 6 lane pool ranging in depth from 3. to 12.5 feet. Temperature is maintained at 81.5 degrees but can fluctuate do to changes in air humidity. Includes a slide and 1-meter diving board, both are available for use during OPEN SWIM.

Junior Pool

Our Junior Pool ranges in depth from 6 inches to 2.5 feet. Wide steps the length of the pool are great for introducing little ones to the aquatic environment. Every effort is made to maintain the Junior pool at 86-91 degrees.

Jacuzzi & Sauna

Use is limited to those 16 year and older unless under the care/supervision of a trainer or coach. Exercise in the Sauna is not permitted; towel is required. Jacuzzi is kept at 101 to 103 degrees. All persons must shower before using the sauna or Jacuzzi. You must consult a physician prior to the using our sauna and Jacuzzi units if you have a history of high blood pressure, heart trouble or for any other health reason.

Locker Room Policy

Children age 4 and under may accompany a parent in a locker room where the parent and child's gender do not match. Children age 5 and older MUST use gender-appropriate locker rooms to change. Family changing areas are available.

Infant/Toddlers

All infants and toddlers who are not toilet trained MUST use a swim diaper while in the pool. Swim diapers are available at the Aquatic Reception Desk for \$1.

Flotation Devices

Coast Guard approved life jackets and other devices used as Personal Flotation Devices (PFD) are permitted only under the following conditions:

1. PFDs are not permitted in the deep end of the main pool.
2. Any swimmer in a PFD must be accompanied by an adult or qualified swimmer while in the main pool (shallow end only).
3. Jumping in the pool with PFDs is not permitted.
4. Swim suits with flotation devices built into the garment are permitted in the Junior Pool and the Shallow End of the big pool with a parent at an arms length away **at all times**.
5. Flotation rings outfitted for infant use (age 6 - 18 month's) are permitted in the Junior Pool only.
6. For the DIVE-IN THEATER, fun noodles, inner tubes, water beds, etc. are allowed. If there is a specific question on what type of flotation devices we do not allow please contact the receptionist or a lifeguard. Non-swimmers must stay in the shallow end of the pool with all flotation devices. Lifeguards or receptionists have the right to remove any flotation device that becomes destructive to other people and the viewing of the movie.

Youth Policy

Children under age 12 require adult supervision while at Thorbecke's. Lifeguards provide a measure of supervision at the pool but their primary purpose is to ensure the safety of all patrons and not assistance with special needs of small children.

Children under 4 years must be accompanied in the water by a parent or guardian.

Children between 4 and 5 years who are able to walk the width of the junior pool unassisted, may use the junior pool supervised by a parent or guardian present on the deck.

Children between 6 & 11 years may be dropped-off at the pool for OPEN SWIM (only) absent a parent or guardian. Children under age 11 should not be dropped-off unattended for Lap/Exercise Swims.



audramom3@hotmail.com

A USA Swimming Program

Poseidon Aquatic Club is a USA Swimming Program that participates in Pacific Northwest Swimming (PNS), the local USA Swimming organization representing nearly 5,000 athletes in Western Washington. PNS offers competition for all ability levels, age five and older.

POSEIDON SOUTH uses a disciplined and technical approach to help swimmers make choices that lead to success in competitive environment. Nutrition, core strength, flexibility and an integrated swimming program are offered.

Much more than a lesson, our team offers your child a well-rounded conditioning program. Coaches are trained in the conduct of youth sports and the technical aspects of competitive swimming, offering a balance of fun and skill development.

POSEIDON SOUTH joins forces with an Olympia-based training squad, POSEIDON NORTH to form PAC, Poseidon Aquatic Club, for the purpose of competition. This merger brings our team size to greater than 150 swimmers and increases our athletes opportunities to compete in regional events.

Coaching Staff for the Poseidon South

Audra Messegee, Head Coach

USA Swimming Coach (certified) ASCA Level II
Audramom3@hotmail.com

Joanne Enbody, Novice Coach

USA Swimming registered Stroke Foundations Coach for Dolphins & Sea Turtles

Notes on Fees

Training fees are in addition to your Thorbecke's membership.

Training includes stroke drill, instruction and systematic conditioning for optimal performance. Age, physical maturity and experience determine placement. Junior & Senior team members are also subject to annual fees and fundraising requirements.

For more information, pick-up a Poseidon Handbook or visit www.poseidonaquatics.org