

ELITE AQUATICS JA WELCOME PACKET





Welcome to Elite Aquatics Jamaica, a structured aquatic organization built on discipline, clarity, and measurable progression.

Here, confidence is not assumed — it is developed through precision.

Technique is not rushed — it is refined through repetition.

Every session is deliberate.

Every correction is purposeful.

Every standard is maintained.

Whether you are building foundational skills, refining technique, or advancing performance, you are entering a system designed to elevate your capacity in the water.

This is where structure sharpens confidence — and consistency builds strength.

WELCOME

MEET YOUR TEAM



Kenek Johnson

Head Coach | Founder

☎ (876) 792-0649

Coach Ken serves as your primary point of contact throughout your training experience.

He leads swimmer development and on-deck instruction, shaping the standards and coaching culture of the organization while maintaining technical direction and safety across all programs.

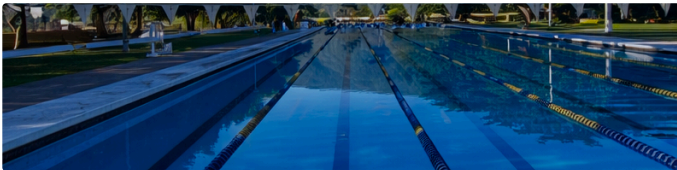
Jordana Williams

Operations Director | Co-Founder

✉ eliteaquatics.co@gmail.com

Supports the structure surrounding your experience, ensuring coordination, communication, and overall flow remain seamless behind the scenes. She oversees administration, operations, and brand execution, managing internal systems and client coordination to ensure professional delivery and sustainable growth.





WHAT TO EXPECT

01

Arrival

Plan to arrive 5–10 minutes early so you can park, change, and take a moment to settle in before stepping onto the pool deck.

02

Briefing

Your assigned coach will greet you and have a brief conversation about your comfort level, goals, and any concerns you may have. Nothing formal – just clarity.

03

Grounding

Your session begins gently. We start with simple movements to help you feel balanced and relaxed in the water.

04

Alignment

Through a few light drills, Coach observes how you move and breathe. This helps us tailor the session specifically to you – not a generic plan.

05

Guidance

You will be coached step-by-step. Every correction is calm, clear, and supportive.

06

Clarity

Before you leave, you'll have a clear understanding of what you accomplished and what comes next. Progress is structured, not rushed.

POLICIES/NOTICES

To ensure a consistent and well-organized experience for every client, the following policies outline how sessions are scheduled and maintained. These standards allow us to protect reserved training time and uphold the quality of our programs.

01

Cancellation

We understand that schedules can shift. To maintain fairness and session quality for all clients, we kindly require at least 24 hours' notice for cancellations or rescheduling.

02

Lateness

Sessions begin and conclude at the scheduled time to ensure consistency, fairness and respect for all bookings. Late arrival does not extend session time. Exceptions are made based on the discretion and availability of coach.

03

No-Show

Reserved training time is held exclusively for each client. Sessions missed without prior notice are therefore considered forfeited.

04

Payment

Full payment is required prior to the start of first session. Where full payment has not yet been made, a minimum 50% deposit **must** be paid **on or before** the first session. This deposit is non-refundable, as training time is reserved exclusively for you.

NAVIGATION



STELLA MARIS POOL

Scan for direct navigation to the UWI Mona Pool entrance. On-campus parking is available near the facility.



UWI MONA POOL

Scan for direct navigation to the Stella Maris pool facility. Parking is available on the school compound.



WHAT TO BRING

- Proper swimwear (secure, movement-friendly)
- Swim cap
- Towel
- Slippers or slide sandals
- Water bottle
- Goggles

Quick Tips:

- A small plastic or waterproof bag for wet items
- Avoid applying heavy oils or lotions before swimming — they reduce grip especially for swim caps and affect body control in water.
- Avoid eating large meals within 60–90 minutes before training.
- Arriving early and making preparations reduces anxiety especially for beginners.

YOU'RE ALL SET!



Take a moment to prepare and arrive comfortably. Once you arrive, clarity will follow. Your session is structured with intention. We look forward to welcoming you.

Confidence. Skill. Power. Let's build it — one lesson at a time.
