



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



13+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones. We offer Adaptive Swim lessons to accommodate students with special needs.

WHICH STAGE IS THE STUDENT READY FOR?

If the answer is YES please proceed to the next question.

Can the student respond to verbal cues and jump on land?

NOT YET

STAGE A

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

STAGE B

Will the student go underwater voluntarily?

NOT YET

STAGE 1

Can the student do a front and back float on his or her own?

NOT YET

STAGE 2

Can the student swim 10–15 yards on his or her stomach and back?

NOT YET

STAGE 3

Can the student swim 15 yards of front and back crawl and tread water for 1 minute?

NOT YET

STAGE 4

Can the student swim 25 yards of front crawl and back crawl, and 15 yards of breaststroke and butterfly?

NOT YET

STAGE 5

Can the student swim 50 yards of all competitive swim strokes: front crawl, back crawl, breast stroke and butterfly?

NOT YET

STAGE 6

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.