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
- **12+ years**
  - TEEN & ADULT: STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

**NOT YET A / WATER DISCOVERY**
Can the student respond to verbal cues and jump on land?

**NOT YET B / WATER EXPLORATION**
Is the student comfortable working with an instructor without a parent in the water?

**NOT YET 1 / WATER ACCLIMATION**
Will the student go underwater voluntarily?

**NOT YET 2 / WATER MOVEMENT**
Can the student do a front and back float on his or her own?

**NOT YET 3 / WATER STAMINA**
Can the student swim 10–15 yards on his or her front and back?

**NOT YET 4 / STROKE INTRODUCTION**
Can the student swim 15 yards of front and back crawl?

**NOT YET 5 / STROKE DEVELOPMENT**
Can the student swim front crawl, back crawl, and breaststroke across the pool?

**NOT YET 6 / STROKE MECHANICS**
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

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*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.*