



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM 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



6 years–13 years
YOUTH:
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?

Is the child 13 months old?

NOT YET

**A / WATER
DISCOVERY**

Is the child 13 months - 3 years old and comfortable working without a parent in the water??

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

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

NOT YET

**2 / WATER
MOVEMENT**

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

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke 25 yards (1 length of the pool)?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke 50 yards (2 lengths of the pool)?

NOT YET

**6 / STROKE
MECHANICS**

*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.