



# 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?

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

NOT YET

**A / WATER DISCOVERY**

Is the student comfortable working with an instructor 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 across the pool?

NOT YET

**5 / STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

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.